



2025 Season Guide



Fall 2025 Cross Country Season Guide

Sage International School of Boise

Greetings Middle School Athletes and Families!

This document will serve as a guide for the Fall 2025 season. Please bookmark this document for use throughout the season. When we have any updates to share on meet times or dates, we will update this document *and* send that information via email.

Happy running!

Bryce Mercer, Vicki Foshay, and Ryan Freers

bryce.mercer@sageintl.org (Coach Mercer is the primary contact for any team questions or concerns)

ryan.freers@sageintl.org

vicki.foshay@sageintl.org

Practice Information:

- Mondays-Thursdays: 3:50 pm – 5:00 pm.
- Practice dates: **8/18/25–10/15/25**
- Students change and meet in Mr. Mercer's room (#140) by 3:50pm.
- Parents pickup students at the *Parkcenter doors* (6th–12th grade entrance) at 5:00pm. Please be considerate of ESage pickup going on at the same time.
- Students will need the following for practice each day: running clothes, running shoes, water bottle, and a healthy snack. In addition, it is strongly recommended that students bring sunscreen, wear a baseball hat and/or sunglasses, and/or bring layers of clothing based on the weather.
- **Air Quality:** If the air quality is RED (AQI of 150 or higher) we will have practice INDOORS. We base this decision on the [AirNow](#) monitoring stations.
- **Extreme Heat:** If the [heat index](#) is over 100 degrees, we will limit our outdoor time to 15 minutes with mild activity (i.e. form drills). If the heat index is over 90 degrees, we will limit our outdoor time to 30 minutes with moderate activity (i.e. easy running with breaks). Heat index is based on the relative humidity and temperature at the time of practice.

Meet Information:

See the next page for the season's race schedule with links to the location of each race and other pertinent information. Some of the meets are still being scheduled and we will provide the exact times as soon as we know them. Races are generally 3K/1.8 miles.

IMPORTANT NOTE ON TRANSPORTATION: We will provide bus transportation to and from EACH meet. We will meet at the South Elementary Doors at Sage to depart and pick up after the meet will be at the Middle School Parkcenter doors. Please email Coach Mercer (bryce.mercer@sageintl.org) directly if your child will miss a meet.

Date	Meet Name	Location	Race Time(s) Races are 3K/1.8 miles	Transportation Times
Wed Aug 27	Middleton Soggy Sneaker Run Meet Info Site	Middleton, ID Middleton High School	4:30pm Boys JV 5:00pm Girls JV 5:30pm Boys Varsity 6:00pm Girls Varsity	RESULTS Race Information Sheet

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Wed Sep 17	Parma Invite Meet Info Site	Parma, ID Parma High School	4:30pm Girls 5:00pm Boys	Race Information Sheet Results Calendar Invite
Wed Oct 1	Kiwanis Open Meet Info Site	Payette, ID Kiwanis Park	5:00pm Girls 5:30pm Boys	Race Information Sheet Results
Thu Oct 9	Rusty Fender Meet Info Site	Bruneau, ID Rimrock Junior/Senior High School	4:00pm Girls 4:30pm Boys	Race Information Sheet Results
Wed Oct 15	Winston Tilzey Meet Info Site	Nampa, ID West Park	4:00pm Girls 4:30pm Boys	Race Information Sheet Results
Sat Nov 15	NXR Northwest Regional Championships Meet Info Site	Spokane, WA	8:15am Coed Ages: 3rd-8th	I am not sure if we will do this race. It was on Island, but they have now moved it to Spokane.

To see meet results on the AthleticAPP, go to <https://anet.io/4PMPJSPSD> to download the app, then sign up with our team code: **4PMPJSPSD**. Coaches will also email results after each meet along with posting them to the list above.



Middleton Soggy Sneaker

Middleton Dirty Dash Information ([Meet Info Site](#))

Wednesday, August 27th, 2025

[Middleton High School](#)

Current Weather Forecast: 85°F, chance of rain ([NOAA Forecast](#)) ([Air Quality](#))

2:40	Students change during 5th period and meet by the Flagpole
2:55	Leave Sage
3:55	Arrive Middleton High School
4:30	3K Boys Junior Varsity Race
5:00	3K Girls Junior Varsity Race
5:30	3K Boys Varsity Race
6:00	3K Girls Varsity Race
6:45	Leave Middleton High School
7:30	Arrive Sage

What to Bring

- Snacks
- Water Bottle
- Change of Clothes and Shoes (race might be muddy)
- Sunscreen
- Rain Gear
- Running Shoes
- Running Clothes
- Team Jersey (given on bus)
- Light Jacket or Raincoat

Additional Details

- If you would like to ride home with your parents please find a coach prior to leaving.
- If you would like to ride home with somebody else's parents please make prior arrangements.
- [2022 Middleton Twilight Results](#)
- [2023 Middleton Dirty Dash Results](#)
- [2024 Middleton Soggy Sneaker Run Results](#)
- [2025 Middleton Soggy Sneaker Run Results](#)

Contact Information

- Coach Bryce Mercer: bryce.mercer@sageintl.org
- Coach Ryan Freers: ryan.freers@sageintl.org
- Coach Vicki Foshay: vicki.foshay@sageintl.org



Parma Invite

Parma Invite Information ([Meet Info Site](#)) ([Calendar Invite](#))

Wednesday, September 17th, 2025

[Parma High School, Parma, ID](#)

Current Weather Forecast: *Perfect Running Weather (80°F and sunny)* ([NOAA Forecast](#)) ([Air Quality](#))

2:25	Students Dismissed at the End of 4th Period to Change and Meet by the Flagpole
2:40	Leave Sage
3:45	Arrive Parma High School, Parma, ID
4:30	3K Girls Race
5:00	3K Boys Race
5:50	Leave Parma High School, Parma, ID
7:00	Arrive Sage @Parkcenter Middle School Entrance

What to Bring

- Snacks
- Water Bottle
- Change of Clothes
- Sunscreen
- Running Shoes
- Running Clothes
- Team Jersey
- Light Jacket or Raincoat

Additional Details

- If you would like to ride home with your parents please find a coach prior to leaving.
- If you would like to ride home with somebody else's parents please make prior arrangements.
- [2025 Parma Invite Results](#)
- [2024 Parma Invite Results](#)
- [2023 Parma Intive Results](#)

Contact Information

- Coach Ryan Freers: ryan.freers@sageintl.org
- Coach Bryce Mercer: bryce.mercer@sageintl.org
- Coach Vicki Foshay: vicki.foshay@sageintl.org



Kiwanis Open

Kiwanis Open Information ([Meet Info Site](#))

Wednesday, October 1st, 2025

[Kiwanis Park, Payette, ID](#)

[Calendar Invite](#)

Current Weather Forecast: *Party Cloudy and 75°F* ([NOAA Forecast](#)) ([Air Quality](#))

2:45	Students Dismissed During 5th Period to Change and Meet by the Flagpole
3:00	Leave Sage
4:15	Arrive Kiwanis Park, Payette, ID
5:00	3K Girls Race
5:30	3K Boys Race
6:20	Leave Kiwanis Park, Payette, ID
7:30	Arrive Sage @Parkcenter Middle School Entrance

What to Bring

- Snacks
- Water Bottle
- Change of Clothes
- Sunscreen
- Running Shoes
- Running Clothes
- Team Jersey
- Light Jacket or Raincoat

Additional Details

- If you would like to ride home with your parents please find a coach prior to leaving.
- If you would like to ride home with somebody else's parents please make prior arrangements.
- [Course Map](#)
- [2025 Kiwanis Open Results](#)

Contact Information

- Coach Ryan Freers: ryan.freers@sageintl.org
- Coach Bryce Mercer: bryce.mercer@sageintl.org
- Coach Vicki Foshay: vicki.foshay@sageintl.org



Rusty Fender

Rusty Fender Information ([Meet Info Site](#))

Thursday, October 9th, 2025

[Rimrock Junior/Senior High School](#)

[Calendar Event](#)

Current Weather Forecast: Sunny, 75°F ([NOAA Forecast](#)) ([Air Quality](#))

2:00	Students Dismissed During 4th Period to Change and Meet by the Flagpole
2:15	Leave Sage
3:25	Arrive Rimrock Junior/Senior High School
4:00	3K Girls Race
4:30	3K Boys Race
5:25	Leave Rimrock Junior/Senior High School
6:45	Arrive Sage @Parkcenter Middle School Entrance

What to Bring

- Snacks and food for after the race
- Water Bottle
- Change of Clothes
- Sunscreen
- Running Shoes
- Running Clothes
- Team Jersey
- Light Jacket or Raincoat

Additional Details

- [Race Course Map](#) (this might be old)
- There is parking available in the school parking lot or on the north side of the football field.
- Porta potties will be available near the football field.
- Middle school races will start across the road from the football field and end on the field.
- The course has varied terrain: compact gravel, dirt trails, paved road, and a little grass.
- If you would like to ride home with your parents please find a coach prior to leaving.
- If you would like to ride home with somebody else's parents please make prior arrangements.
- [2022 Rusty Fender Results](#)
- [2023 Rusty Fender Results](#)
- [2024 Rusty Fender Results](#)
- [2025 Rusty Fender Results](#)

Contact Information

- Coach Vicky Foshay: vicky.foshay@sageintl.org
- Coach Bryce Mercer: bryce.mercer@sageintl.org
- Coach Ryan Freers: ryan.freers@sageintle.org



Winston Tilzey

Winston Tilzey Invitational Information ([Meet Info Site](#))

Wednesday, October 15th, 2025

[West Park](#), Nampa, ID

Current Weather Forecast: 60s°F and showers ([NOAA Weather](#)) ([AirNow](#))

2:15	Students Dismissed From 4th Period to Change and Meet by the Flagpole
2:30	Leave Sage
3:15	Arrive West Park
4:00	3K Girls Race
4:30	3K Boys Race
5:30	Leave West Park
6:10	Arrive Sage @Parkcenter Middle School Entrance

What to Bring

- Team Jersey
- Warm Clothes
- Rain Coat
- Snacks
- Water Bottle
- Change of Clothes (jerseys will be collected)
- Sunscreen
- Running Shoes
- Running Clothes

Additional Details

- **NOTE:** Jerseys will be collected after the race, please bring a change of clothes.
- [Course Map](#)
- If you would like to ride home with your parents please find a coach prior to leaving.
- If you would like to ride home with somebody else's parents please make prior arrangements.
- [2021 Winston Tilzey Results](#)
- [2022 Winston Tilzey Results](#)
- [2023 Winston Tilzey Results](#)
- [2024 Winston Tilzey Results](#)
- [2025 Winston Tilzey Results](#)

Contact Information

- Coach Ryan Freers: ryan.freers@sageintl.org
- Coach Bryce Mercer: bryce.mercer@sageintl.org
- Coach Vicki Foshay: vicki.foshay@sageintl.org



Resources

[List of Top Sage Athletes](#)