



SOUTHWEST PROJECT



Week #

8

The Southwest Project Newsletter Week 8

BVSW had some great racing this weekend against some high-level competition. The out-of-town trip down to Arkansas showed our top runners can compete with the best in the country. The athletes that competed in Ray-Pec showed that no matter the level, BVSW will compete with school twice our size. This week we get to have some fun in a relay format meet on our home course. To stay up to date & follow us on Instagram (@BVSWDistance & @bvsw_xc_boosters) where I will send out cool information about the season.

For more information about the BVSW XC team checkout the Website! www.bvswxc.com

NEW INFORMATION

Heartland Relays Thursday (10/8)

BVSW is continuing the Heartland XC Relays! This event has been a staple in the BVSW XC schedule as our “pre-EKL” event to focus on a little speed while having a lot of fun. Coaches will break up the team into relays (either 4x1mi, or 2x2mi) and athletes can pick & “accessorize” their uniforms to match their relay teammates. The course will be set up a little different than normal, with a 1-mile loop & the start/finish line in the middle of the start area.

Since this is a relay meet, we need ALL ATHLETES that can compete to be present & there on time or the other runners on the relay team will NOT be able to race. Winners of each relay race will receive cookies as their award!

Chile Pepper Festival Recap

Great weather on a fast course under fantastic conditions & against some of the best teams across the country led to a great day to run fast, especially for our kids! The girls got the meet kicked off in the fast heat of the El-Caliente race. **Campbell Harger** (36th) improved upon her PR dropping it to **18:10!** That time makes her the BVSW School record which has stood since 2018. She led the girls to a team finish of 28th out of 108 teams entered in the two heats when combined. The girls took a big step to show they are ready for the post-season! In the boy's race, **Andrew Claar** (18th) went out with the lead pack & held on for a top 25 finish earning our first ever medal at the event. With PR's up & down the lineup, the boys showed they can compete with multiple state's biggest & best teams in the field. They finished 15th overall & only a few spots behind some rival KS teams.

KC XC Classic Recap

While the Chile pepper group was had the perfect course conditions, the KC XC Classic crew had a little more mud to deal with. Just as the heat started to kick in the girls JV group ran their hearts out. **Hadley Ross** (6th) was the first T-wolf to cross the line, but we had many more coming shortly after her. **Rachel Pishny** (8th), **Samantha Dinger** (13th) & **Tara Misterek** (14th) all medaled in the field. That great group finished the meet with a team score of 68 taking 2nd place overall! The last race of the day was the JV boys. **Paul Trausch** (3rd) led the way, but **Connor Maxfield** (9th), **Jonathan King** (16th) & **James Strobl** (19th) also medaled. The boys held onto 4th place overall. With the mud & the heat, the times may not have been there for everyone, but the competition proved we are getting to our best as the end of the season approaches.

NXR – Heartland Regional Meet (November 14-15th)

Below is a link to register for the NXR-Heartland trip. PLEASE fill out the link even if you don't plan on attending. Link to Register: <https://forms.gle/BNibYn3HUqu6cPLEA>

“Are You on the Journey to the Summit of Great”

Pasta Party Wednesday (10/7)

We will have our Pasta Party on Wednesday October 7th at the home of the Reynolds. We will meet at school at 3pm, have a quick meeting then head over to their house for our run. After we are done, food will be ready.

Address: 12304 W 162nd St, OP 66221

We need some helpers for this & future Pasta Parties. See Booster Club email for more details.

Link to Signup: <https://www.signupgenius.com/go/60B054AA9A828A31-64864583-cross#/>

THINGS THAT STILL APPLY

More than Miles – Amazon Wish List

We are still in need of some help with a few team-bonding materials that have been put together in an Amazon Wish list posted below. If you the parent of a girl on the team, we can use your help with these items.

Link: https://www.amazon.com/hz/wishlist/ls/19WUALFZ1SEEO?ref=wl_share

Practice Schedule Calendar

Below is our entire practice calendar for the 2026 XC season. This document can also be found on the website.

Link to Meet Schedule: https://www.bvswxc.com/_files/ugd/ab0cb5_8e9aa634d6c64b65bc46def028021421.pdf

Daily Schedule for Week 8

Day	Date	Location	Time – Who	Workout Details
Monday	Oct-5	BVSW	3:00pm – ALL	-FullWU, “The Michigan”, CD, Leg Elv
Tuesday	Oct-6	(BVSW) ² BVSW	6:30am – Elite ² 3:00pm – ALL	-TAPP (AM) -LL, Recovery , 4xBU, HT, Band, Roll
Wednesday	Oct-7	Reynold’s Home	3:00pm – ALL	-LL, Pre-Meet , 4xBU, HT, Leg E, Strch
Thursday	Oct-8	BVSW ² BVSW XC Course	6:30am – Elite ² 2:15pm – ALL	-Double (AM) Heartland XC Relays 4x1mi Girls – 3:30 4x1mi Boys – 4:15 2x2mi ALL – 5:00 3x1mi ALL – 5:45
Friday	Oct-9	BVSW	3:00pm – ALL	-LL, Recovery , 4xBU, HT, Roll, Leg E, Strch
Saturday	Oct-10	Quivira Park	7:30am - ALL	-1/2WU, Steady Run , 6xBU, HT, Leg Elv
Sunday	Oct-11	OFF ³	OFF ³	-Rest Day ³

¹ AM: Quality Practice for Elite, Green, Black Groups. PM: Double for Elite Group & Recovery Run for White Group

² AM: Morning Double for Elite Athletes. Meet in new Athletic Entrance

³ We will be taking our rest day on Sunday this week, Monday is Mandatory to better prepare for Thursday race days next week.

* Sunday OR Monday session. Athletes can run Sunday evening OR meet for normal practice the following Monday

“Are You on the Journey to the Summit of Great”