

SCVAL 1: Lynbrook

Tuesday, September 29, 2015

"A river cuts through rock, not because of its power, but because of its persistence."

-James Watkins

Location: The location has been changed from Santa Clara to Lynbrook!

Lynbrook High School
1280 Johnson Ave
San Jose, CA 95129

Notes:

- ❖ Eat a LIGHT lunch. You do not want a full stomach, but you do not want to be on empty either.
- ❖ The 7 Varsity Boys will be released at 2pm (2:15 at the bus circle) for their 3:30 race, the rest of the team will be released at 2:30 (2:45 at bus circle) (next race is 3:57). (Parents, if we can have a couple cars for the V boys, then most of the team will miss only 30 minutes of class).
- ❖ Look for your coaches when you get there for a camping spot. We are on the Lynbrook campus this time and I'm thinking we put up canopies in the bleacher seats, track & field style.
- ❖ Bring a snack for after your race.
- ❖ Don't forget your uniform. (All of it!)
- ❖ The weather is getting cooler, so bring warm clothes for after your race.
- ❖ Always be prepared, keep **3 large trash bags in your track bag**: 1-for your dirty, wet, muddy clothes; 2-for your track bag if it is rainy or muddy; 3-emergency rain poncho.
- ❖ Find your 'sprint point' 30-60 seconds from the finish line and commit to yourself that you will make a fast finish!
- ❖ The Lynbrook coach, **Jake White**, works very hard to put on this race and help the league quite a bit. Coach White and the other volunteers who put on this race would appreciate a 'thank you'!

Lynbrook Rules:

Please stay out of the school area—don't wander around.

Stay off the football field (they have a football practice) but we can use the Field Hockey Field for warm up because field hockey is away at a game.

The only people allowed at the mile mark are coaches as tennis will be practicing.

There are bathrooms at the snack shack and the red brick building next to the basketball hoops.

"There is no satisfaction without a struggle first."

- Marty Liquori

Course:

2.1 miles around a high school, flat and fast. It will feel like middle school XC! There will be a map posted near the snack bar at the school...the map on line does not make a ton of sense to me ☺ Don't worry we won't get lost, Coach White will explain what is going on! We start on the track.

Here is a link to a map: <http://www.mappedometer.com/?maproute=457126>

Here is Coach White's description:

Start is on the track across from the snack shack

One lap around the track the exit at 300meter start line go out the gate at end of the visitor bleachers

Take the path that runs around the baseball and softball fields. Go onto the service road that runs by the classrooms and swimming pool.

Take the path that runs in front of the tennis courts and exit onto the dirt service road. Take serve road and enter path.

Take the path that runs in front of the shot putt area and continue on the track exit at 300meter start line go out the gate at end of the visitor bleachers for the 2nd loop

Take the path that runs around the baseball and softball fields. Go onto the service road that runs by the classrooms and swimming pool.

Take the path that runs in front of the tennis courts and exit onto the dirt service road. Take serve road and enter path.

Take the path that runs in front of the shot putt area and continue on the track

Go directly to the finish line which lines up with the 25 yard line on the football field.

SCHEDULE:

Time	Race	Warm Up Leaders
3:25pm	DAL Varsity Boys (7)	
3:40	ECL	
3:57	DAL Varsity Girls (7)	
4:14	ECL	
4:34	DAL FS Boys (all unless Varsity)	
4:50	ECL	
5:10	DAL Varsity 'B' Boys (Jr and Sr unless V)	
5:30	ECL	
5:55	DAL Varsity 'B' Girls (all girls not running V)	

Warm-Up:

Find your warm-up leaders, 45 minutes before the race and stick with them! Warm up with your team and running partners. Be at the starting line 10 minutes before the start.