

Ed Sias Invitational

September 10th, 2016 - Hidden Valley Park, Martinez, California

"I also realize that winning doesn't always mean getting first place;
winning means getting the best out of yourself."

-Meb Keflezighi, silver medalist, 2004 Olympic Marathon

Travel

- Location: Hidden Valley Park, Center Avenue & Glacier Drive, Martinez, CA 94553
- Meet at the bus circle at **6:15am** for a 6:30am departure (we want to arrive and be parked before 8:00am in order to be prepared for our first race at 9am).
- Freshman boys who are in the first race should get into the first few cars to depart Monta Vista.
- Senior veteran boys: (Andy, Bennett, Scott, Rahul, Angelo, and Aidan), we would like you to mix in with the freshmen in the first few cars to talk to the freshmen, answer questions, give advice, calm them down...thank you!

VERY IMPORTANT: THIS IS OUR FIRST RACE OF THE SEASON

For many of our teammates, this will be their first high-school cross country race ever! They deserve to be celebrated. So, **everyone**, please plan on staying for the entire meet! We want everyone at the starting line for each race, 100 athletes yelling the MV cheer with the group racing in the middle...particularly for the Frosh-Soph races, we want our young athletes to feel the ground shake! When you are done racing...don't just sit around camp...cheer your teammates on. Spread out around the course, get to places in the course where you can encourage your teammates. Places where your teammates will like a friendly voice include the top of hills or rises (where you can remind your teammates to lengthen their strides and get back to race pace after getting to the top) and around 400m to the finish (where you can cheer and let them know that they have a minute of hard push to the end)! MVXC...let's rock this!

CAMP: Not sure where camp will be, we have never raced here before. Coaches will be there early to set up. Look for your coaches to set up camp and get your bib numbers.

WARM-UP: Find your warm-up leader(s) 1 hour before race time. Stick with them! Report to the starting line 10 minutes before the start. **Seniors and juniors, please sit boxes for us.**

THE COURSE: All races are 2 miles. The course starts and finishes on grass in Hidden Lakes Park. In between the terrain ranges from moderately hilly to flat, with dirt, woodchip, and paved surfaces. Spectators can easily view the first and last half-mile of the race from a single vantage point. The trails are wide enough to accommodate races of over one hundred competitors. Maps: <http://www.campotrack.com/edsias/edsiascoursemapPAGE.html>

Notes

- Have a healthy dinner, and get a good night's sleep, on Friday night! We hope you join the team at the pasta party—you will get good food, and you and your teammates can develop positive energy!
- Hydrate! Be drinking plenty of water the day before. Have a glass of water when you get up, drink consistently in the morning and sip from your water bottle while waiting to race. You don't want to be bloated with your stomach distended from gallons of water, but you do want to be well hydrated. In the last 48 hours, this will help you most of all.
- Eat a healthy breakfast – fruit (bananas!), breads/bagels/rice/oatmeal, some protein, etc...if you are racing early in the morning, something like what you have been eating

before your Saturday morning workouts might work well. If you are racing later, towards the middle of the day, you might want a bigger breakfast (but probably not super heavy—steak and eggs is a poor idea for almost everyone on race day! haha). Depending upon the time of your race you may want a reasonable snack however do not eat anything heavy within 2 hours of your race start (munching on a banana works for me as a snack when I am close to race time). Plan your eating for Saturday on Friday, think about your fuel strategically—don't make it up as you go along. **WRITE DOWN WHAT YOU EAT**, and make notes about how you felt, you can adjust in the future.

- Bring a snack for after your race. People racing in the first couple races will benefit from something substantial, such as a hearty sandwich, after your cool down.
- Don't just sit around the camp after your race; warm down and **cheer on your teammates** in their races.
- Check the weather and dress appropriately.
- Don't forget your uniform!
- **Meet t-shirts are \$15**—bring money for a shirt, and snacks if you want some.
- *It's a great day to race!*

<u>RACE:</u>	<u>TIME:</u>	<u>Warm-Up Leader(s):</u>
Freshman Boys	9:00am	Some of the senior boys—you choose
Junior Varsity Boys	9:25am	Scott G, Ethan Lin
Frosh-Soph Boys	9:50am	Some of the senior boys—you choose
JV and Soph Boys	10:15am	Rahul, Angelo
Large School Varsity Boys	11:05am	Andy, Bennett
Large School Varsity Girls	11:55am	Salma, Akshara
Junior Varsity Girls	12:20pm	Megan, Anushka
Frosh-Soph Girls	12:45pm	Some of the senior /jr girls...you choose
JV and Frosh-Soph Girls	1:10pm	Priyanka, and some sr /jr girls...you choose

Anyone who wins a medal...you must wear the medal all day!

Final Notes

You cannot control the result of your race. However, there are lots of things you can control, including:

1. **Effort:** You can control how hard you try. When that little voice in your head asks you to slow down, you can dig down and continue to work and get the most out of your body and spirit. No matter what place you are in, the front or back of the race, you can decide to try to keep up with the people around your or even to pass them; you don't have to listen to the voice that says slow down.
2. **Attitude:** You can choose to have a positive attitude before, during and after the race. Choose to light up the room when you walk **into** the room.
3. **Spirit and Respect: Every Monta Vista athlete should say 'thank you' to at least one official or volunteer.** We would not be able to have races without volunteers and it takes just a little attention to remember to say 'thank you for being here' to people. Say 'well done, good finish, could not have done this without you' to the athletes in front of you and behind you in the finish chute; your competitors are a gift to you, helping you find the best inside yourself. Last year, sometimes the boys would turn around after then finish chute and high-five everyone who finished behind them and say well-done—that is a really good look for Monta Vista and makes the entire team proud.