

Central Park Invite Tuesday, September 27th, 2016 Central Park, Santa Clara

What you are is what you have been. What you'll be is what you do now.
-Buddha

Central Park, Santa Clara:

- Have a good breakfast and a snack in the morning. Eat a light lunch. Another snack especially if you race later. You don't want to race hungry but you also don't want a full stomach bouncing around. You can eat all you want *after* the meet. Write down what you eat and if you feel good in the race, do this again!
- RELEASED from school at 1:30pm – rides at bus circle at 1:45pm.
- Bring a snack for after your race.
- Don't forget your uniform (all of it!).

Parents/Drivers--Parking: Personal cars can park on the side of the park opposite Kiely Blvd at the Swim Center Parking Lot or in the surrounding neighborhood.

CAMP: Let's set up camp near the start/finish at the baseball field (that's on the EAST side of the park). We find a spot under the redwood trees right next to the course for convenient cheering! ☺ Get your bib right away and pin the bib to your singlet!

RECYCLABLES AND TRASH: When you leave the park, please take recyclables with you. All garbage bags can be thrown in the dumpster located by the creek near the softball fields. We are responsible to pick up your litter in our team area. Thank you for your help.

REST ROOMS: The Community Recreation Center, including restrooms, is off limits to the athletes. There are restrooms near the start: the swimming pool and tennis court restrooms. There are also 2 other restrooms located within the park. Please remind the runners to stay away from the recreation center and please keep an eye on your team so that they do not damage the facilities. Also, stay away from the elementary school and their restrooms.

WARM-UP: Find your warm-up leader(s) 1 hour before race time. Stick with them and warm up as a group! After the races have started, please do not warm up on the course itself. Also there is an elementary school near Kiely Blvd; this big grass area is tempting for strides and warm up but PLEASE STAY OFF THE ELEMENTARY SCHOOL GROUNDS and the grassy area nearby. There are plenty of streets or areas to jog on so please just use common sense – we want to have as little impact on the neighborhood as possible. IF YOU WALK THE COURSE BEFORE THE START, GET OFF THE COURSE AND DO NOT—I CANNOT STRESS THIS ENOUGH, DO NOT—GO ON TO THE ELEMENTARY SCHOOL GROUNDS. SCHOOL IS IN SESSION AND WE MUST NOT DISTURB THESE KIDS.

Report to the starting line 10 minutes before the start.

During your warm up and while walking the course, find the finish, and run back one to two minutes to find your sprint point—***commit to pushing from that point!***

RACE: Flat and Fast, all races ~2.3 miles. The terrain is flat and consists of grass and asphalt paths. Go out quickly the first 800 meters, get in good position, but not TOO fast. You don't win for being in front after 400 meters! ***Think of Central Park a great race to practice the strategy of going out under control and building to a powerful finish while collecting lots of road kill.***

You can always control the number of KARMA POINTS you earn in a day.

You cannot always control whether you have a bad day or a good day racing. You can control your attitude. One thing you can do, no matter how your day is going good or bad, is your respect you're your sport and those that make your sport possible.

Everyone should thank at least one volunteer, official or helper at the meet! In particular, the Santa Clara coach, Julie L'Heureaux, is the meet director. Coach L'Heureaux runs **really** good track meets and XC meets (track athletes may remember, she was the meet director of the SCVAL championship track meet). Coach L'H has her act together! If you have a good time at her meet—*please tell Coach L'Heureaux you appreciate her work!*

And for sure...thank the parents who are driving you to the meet!

Make this a habit...always thank at least one volunteer or official at every meet you attend. You can always thank more than one; thank the person who takes your tag, thank the timer, thank the starter...if you see someone helping out it takes only a moment to say 'thank you for being out here.' We would not have cross-country without these volunteers!

Schedule of Races

They will run ahead if possible! After the race before yours has started, when you finish your jogging and drills you should head to the start area for your strides. Pay attention as the race before your race winds down and get ready to race.

Race	Time	Athletes
3:15pm	Freshman Boys (all MV freshmen)	All freshmen. Kyle and Nitin will be warm-up leaders.
3:40	Varsity Boys (8 runners)	Bennett, Andy Ma, Andy Fang, Jeffrey, Justin, Kingsley, Derek, Eliot
4:00	Varsity Girls (8 runners)	Paru, Kelly B, Salma, Akshara, Sarah, Claire, Sanjana, Triya
4:20	Sophomore Boys (all MV sophomores unless running varsity)	All other sophomore boys. Ryan, Aravind and Karthik please lead the warm up.
4:40	Varsity 2 Boys (all remaining boys)	Aidan, Jason please lead the warm up.
5:05	Frosh-Soph Girls (12 max)	Anjali and Lauren lead warm up; Reema, Alisha Gao, Serena, Melinda, Kelly W, Athena, Cindy W, Anjana, Anushka, Audrey
5:30	Varsity 2 Girls (all remaining girls)	Megan, Bhavna, Joyce, Alisha Chen, Risha, Julia
6:00	RELEASED TO RETURN. <i>PLEASE DO NOT LEAVE EARLY, SUPPORTING YOUR TEAM IS PART OF BEING ON THE TEAM. AFTER YOUR RACE—WARM DOWN, STRETCH, AND CHEER!</i>	ONLY WHEN CAMP IS CLEAN.

VARSAITY BOYS AND GIRLS; WE'D LIKE A LONG COOL DOWN AFTER THE RACE! THIS IS NOT A LONG OR HILLY RACE. FINISH THE RACE AND CHEER ALL THE RUNNERS BEHIND YOU! AS A GROUP, 4-6x60m STRIDES AFTER YOU HAVE RECOVERED, COOL DOWN LONGER THAN USUAL PLEASE!

Whether you believe you can or believe you can't, you're probably right.
-Henry Ford

