

**Artichoke Cross Country Invitational October 1st, 2016**  
**(and Beach Party)**  
**Half Moon Bay High School**

“Racing teaches us to push beyond where we thought we could go.”

—Pattisue Plumer

**Notes**

- Have a healthy dinner, and get a good night’s sleep, on Friday night!
- Hydrate! Have a glass of water when you get up, drink consistently in the morning (if you are taking the SAT I think you can take water in to the test with you!), and sip from your water bottle in the afternoon while waiting to race. (Plan to drive as soon as SAT is done.)
- Eat a healthy breakfast – fruit (bananas!), breads/bagels, some protein, etc...our races are in the afternoon so you can eat a real breakfast, whatever feels good to you. Depending upon the time of your race you may want a medium or light lunch or 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). If you are taking the SAT, you probably want to have a snack planned and in a bag to eat in the car on the way to the race. You don’t want to feel like you have a brick in your stomach, but you don’t want to be hungry! 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 might want to adjust in the future.
- Bring a snack for after your race; don’t wait until dinner to eat after your race.
- Don’t just hang around the camp after your race; warm down and **cheer on your teammates** in their races.
- Check the weather and dress appropriately. We are going to the beach afterwards so bring a sweatshirt that you can keep dry, and a dry shirt, or layers.
- Don’t forget your uniform!
- Get to MVHS Circle by 10:45am for rides. (later than 11:00 am and you’re left behind!). **There is often traffic on the way to the race on Highway 92 so we leave early.**
- If you want to buy snacks or a meet T-shirt, (Artichoke has *nice* shirts) bring some \$\$\$.
- **Remember to thank the meet organizers and volunteers for supporting this event.**  
**The Half Moon Bay coach is a really cool guy. Coach Paul Farnsworth is usually running around in a cowboy hat; go say thanks to Coach for hosting a great race!**
- ***It’s a great day to race!***

**DIRECTIONS:** 280 North, 92 West, Right on Main St., Right on Lewis Foster Drive.

**CAMP:** Look for 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! Also, report to the starting line 10 minutes before the start.

**Course:** 2.33 miles. Grass, asphalt, dirt paths, muddy areas, synthetic track, gravel road, down hills, flats, and a wee bump (this is their joke—it’s a real hill!) a little past the halfway point.

**Two strategic things to think about:** 1. On hills: (pick it up a little before the hill, on the hill maintain a constant effort/don’t strain to keep the same speed up the hill, at the top of the hill pick up your pace and lengthen your stride when everyone else is dogging it). 2. Before the race, find the finish line, then identify your ‘sprint point’ 1-2 minutes before the finish line. By the time you hit the track you should **already be pushing**, other people will wait until the track! Once you are on the track you are almost done, that is late; you can go earlier. Commit to **truly slam it** from your sprint point to the finish, don’t let anyone pass you and seek to pass anyone within striking distance!

“The most important thing I have learned from running is that there is only one runner in this race, and that is me.” ~ Dr. George Sheehan

<u>RACE:</u>	<u>TIME:</u>	<u>Warm-Up Leader(s):</u>	<u>Team/Ind. Awards</u>
Frosh Boys	1:00 pm		20 Individual
F/S Girls	1:25 pm	Ria, Sylvana	1 <sup>st</sup> team/25 Ind.
F/S Boys	1:55 pm	Jeff F, Andrew R	1 <sup>st</sup> team/25 Ind.
JV Girls	2:20 pm	Sabrina, Joyce	20 Individual
JV Boys	2:55 pm	Jason, Ryan N	20 Individual
Varsity Boys	3:20 pm		1 <sup>st</sup> team/25 Ind
Varsity Girls	3:50 pm		1 <sup>st</sup> team/25 Ind

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

*The Artichoke Invitational is where your coach won his first Varsity medal in an invitational, back in year mumble mumble.*

Who Is Running What:

Varsity Girls: Akshara, Anjali, Claire, Lauren, Sanjana, Sarah, Triya

Varsity Boys: Derek, Jeffrey Xu, Justin, Kingsley, Aravind, Kyle, Nitin

Freshman Boys: For now we are going to put all our boys in the Frosh/Soph race. The F/S race is more competitive so we want our best athletes there, and right now we are thinking of keeping all our Freshman boys together...if there are 5-7 freshmen boys that would rather run at 1:00 (so you can be done early and cheer the rest of the day!) come talk to coach about this option.

F/S Girls and Boys: All frosh and soph boys or girls, unless you are running varsity or the freshman only race.

JV Girls and Boys: All junior and senior boys and girls unless you are running varsity.

## **BEACH PARTY!**

We are heading to the beach after our race!  
Details will follow from the parents who are driving and coordinating. Dress and pack appropriately!

The party will happen at **Venice Beach** @ Half Moon Bay State Park

[http://www.parks.ca.gov/?page\\_id=531](http://www.parks.ca.gov/?page_id=531)