

MVXC Dawn Patrol

Friday Night October 21/Saturday Morning October 22

*“Running isn't a sport for pretty boys. It's about the sweat in your hair and the blisters on your feet. It's the frozen spit on your chin and the nausea in your gut. It's about throbbing calves and cramps at midnight that are strong enough to wake the dead. **It's about getting out the door and running when the rest of the world is only dreaming about having the passion that you live each and every day with.** It's about being on a lonely road and running like a champion even when there's not a single soul in sight to cheer you on. Running is all about having the desire to train and persevere until every fiber in your legs, mind, and heart is turned to steel. When you've finally forged hard enough, you will have become the best runner you can be. And that's all that you can ask for.”*

— Paul Maurer, *The Gift - A Runner's Story*

On Friday, you will have dinner at home and then come to the Monta Vista gym. Bring a sleeping bag and a pillow, clothes to sleep in, a toothbrush and toothpaste, a water bottle and running clothes for the next morning...and you will be ready for the first ever MVXC Dawn Patrol!

We will have some fun together in the early evening (exact meeting time will be announced later), and sleep in the gym. We will have lights out not too late so what we get a good night's sleep.

In the morning we will get up early and start running so that we are at the top of Fire Trail as the sun rises! Please come with good, positive morning attitudes...nothing can be more of a morning downer than people complaining about how early, dark and cold it is. We are lucky to be up in the morning! After some warm up and sun salutations, we will have a crushing workout...then head back to school for breakfast. You should be home by 10.

Expectations of all teammates joining the Dawn Patrol:

- At the time set for lights out, you are quietly in your sleeping bag, no talking or whispering—you are letting your teammates sleep (if you want to read on your tablet, that is OK, but please no talking about homework or anything else. and no audio).
- Only boys in boys' area, only girls in girls' area, no exceptions not even for a single second. Dawn Patrol is **not** date night so please behave accordingly.
- Everyone runs! Please don't sign up for the sleep over if you are not planning on running a hard workout early on Saturday morning or if you cannot stay through breakfast. Dawn Patrol is an athletic team event.
- The standard expectations and rules for all MVXC runners regarding behavior and respect.

If you plan on attending, please return this form to the coaches (or captains to give to coaches). We want your parent's phone number for that evening so that if they need to come get you for any reason (behavior or health), we can phone one of your parents.

I am proudly joining the MVXC Dawn Patrol!

Athlete Name (print clearly!)	Athlete Signature
Parent Name (print)	Parent Signature
Parent Phone Number for night of October 21:	

