

# Monterey Bay Invitational October 14th, 2017

## Toro Park

**“If you want to become the best runner you can be, start now. Don’t spend the rest of your life wondering if you can do it.”**

*Priscilla Welch*

### General Notes

- Have a healthy dinner, and get a good night’s sleep, on Friday night!
- Plan your breakfast and snacks for Saturday, depending upon what time your race is.
- Hydrate! Have a glass of water when you get up, drink consistently during the day, and sip from your water bottle while waiting to race.
- WRITE DOWN WHAT YOU EAT and make notes about how you felt and how you might want to adjust your eating in the future.
- Bring a snack for after your race.
- Don’t just hang around the camp after your race; warm down and **cheer on your teammates**. Be courteous to everyone still racing.
- Check the weather and dress appropriately. **Don’t forget your uniform!**
- If you want to buy snacks or a meet T-shirt bring some \$\$\$.
- **Remember to thank the meet organizers and volunteers for supporting this event.**
- **Remember to say something good to your competitors before and after the race.** A runner in front of you is a gift to help you find something you didn’t know you had inside you, maybe a PR. Say thank you and well done!
- ***Remember that it’s always a great day to race! Say it on the line.***

### Transportation

**Runners are responsible for talking to each other and their parents to arrange rides and help each other find rides to Toro Park. I suggest you plan to leave at 7:15am, so that you arrive well before 9am, more than an hour before the first race starts.**

**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.

**Thoughts on the Toro Park Course:** Like most races, the party really starts after mile 1. It’s nice to get out well before the first turn but don’t kill yourself, unless you are in first place, a few spots one way or another is not critical. Be patient in the first mile, especially in the narrow portion of the trail around the field. If you wait until the course gets wide and start to work your way up you will feeling better than all the people who went out too fast, and you will have two miles to pass them all. Start working your way up as opponents tire and there is more room to move. Run the hill with LEVEL EFFORT. This is not level pace, you will slow down. That’s OK, it’s not the place to kill yourself. At the top of each hill, stretch your stride out a bit and try to get moving down the hill. Competitors who went up the hill too hard will want to take a rest and you can break their will and drop them if you get moving here.

Before the race, make sure you know where the finish line is, and jog back to find your ‘sprint point’ about 30 to 45 seconds out from the finish line. Pick out a tree, bush, or turn and commit to giving everything you have from that point to the finish line. Do this at all races, knowing the finish area helps.

