

Lagoon Valley Classic Cross Country Invitational

Saturday, September 4, 2021 @ Lagoon Valley Park, Vacaville, California

Believe that you can run farther or faster.

Believe that you're young enough, old enough, strong enough, and so on to accomplish everything you want to do.

Don't let worn-out beliefs stop you from moving beyond yourself.

—John Bingham

TRANSPORTATION

- ❖ Most of us are planning to travel together on a bus. Please be in the bus circle by 5:00am on Saturday morning. The bus will leave at 5:15am EXACTLY. Arriving at 5am is on time, 5:15 is late. If you are late, plan on having your parents drive you—we can't wait for stragglers, we don't know if you are 30 seconds or 30 minutes away. Wheels up at 5:15!
- ❖ If you are going to ride with us on the bus, please bring a check to Coach Flatow for \$25 made out to Monta Vista ASB in advance (write your name on the check!)
- ❖ If you did not reserve a spot on the bus, then your parents are driving you. The race is held at Lagoon Valley Park in Vacaville, California. Parents driving should use the entrance off of Lagoon Valley Road. Please arrive no later than 8:15am—EVERYONE should be there for a cheer circle for the start of the frosh-soph girls race at 8:45am. (If you intend to earn PE credit you must support all the races, not simply run your own race and leave.)

Three Things to Focus on at Lagoon Valley

1. **Cheering for your Teammates—especially the freshmen:** One of the best MVXC traditions is for our first race of the year, EVERYONE on the team comes to the starting line for the first freshman races and screams our cheer together! We want all 60 runners and coaches at the starting line at 8:45am and 9:00am for the two frosh-soph races (the other races too but ***especially*** for the frosh-soph races!) We will all crowd around the racers and cheer together! After your race is done, warm down but do your warm down where you can cheer. After you have finished your warmdown, do not simply sit around the camp, go out on the course and cheer—just like you want your teammates to cheer for you!
2. **Warm Up:** Give yourself and your group plenty of time to warm up, drill, do your leg swings and have your strides done five or ten minutes prior to race start. Be on the starting line well before it's time to go, make sure you have your bib on, you have your racing flats on, check that your shoes are double knotted, and you are set to race. Most high school runners don't warm up thinking they need to save their energy for the race. That is false! You want have your core temperature elevated a bit, your muscles loose and primed with blood vessels wide open, so you are ready to race when the gun goes off.
3. **Gratitude and Respect:** 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. **Everyone should thank at least one volunteer at every meet we attend** (and why not two?). Be specific and sincere as you thank the volunteers—it matters and it will make you feel good too. To your competition, say good luck at the start and 'well done, good finish, could not have done this without you' to the athletes in front of you and behind you at the finish; your competitors are a gift for 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 good look for Monta Vista and makes the entire team proud! You can't always control your race results; you can control how you express gratitude and appreciation. A guaranteed win!

SOME OVERALL THOUGHTS--PLANNING

- ❖ We are going to wake up early on Saturday morning. So plan your weekly school commitments so you can get plenty of sleep on **Thursday** night. If you get a full night's sleep on Thursday, you will have a head start on sleep prep for Saturday. Get ahead on your homework in the front half of the week if you can so Thursday and Friday are good sleep nights.
- ❖ Let your parents know in advance what you would like to have to eat on Saturday morning for breakfast and what you want to pack for lunch. It's not fair to your parents to get home on Friday night and say 'I want a whole wheat bagel and a banana in the morning' if you didn't give them time to shop. Let them know how they can help you and give them plenty of time to execute.
- ❖ Pack your race bag on Thursday night so you don't lose sleep running around on Friday night (see below about what you should have in your bag). This also let's you know if your lucky post-race shirt is in the dirty clothes hamper—you have time to run that baby through the wash!

NOTES

- ❖ Things you need: Pack your uniform, a dry **MVXC** shirt for after your race, breakfast, snacks and lunch, some money for a meet t-shirt, race shoes if you run in flats, dry socks, a roll of toilet paper, water bottle...whatever else you need
- ❖ Get to bed early and have a good night of sleep! We are leaving early-early-early!
- ❖ Have a good breakfast! Check to see when you are going to be racing and plan your breakfast accordingly. You are probably going to be eating on the bus so figure out what will work for you. You don't want to have a stuffed-full stomach, but you don't want to be hungry. Before a morning race, I like to have an almond butter and honey sandwich, a banana, and maybe some orange juice two to three hours before race time, but that's me—you might copy what I do, or else figure out what works well for you!
- ❖ Assume that we will have a warm morning but check the weather. As I write this, Accuweather is projecting an overnight of 53 and a high of 78, that's cooler than two years ago) so if we go by that probably 60 for the first race and heading to 80 by noon. Have a glass of water when you wake up and sip water during the morning (but **please** use the toilet before you are on the bus, we will be driving without stopping for almost two hours!).
- ❖ You may want to buy a t-shirt since we are going to a new race—most athletes do get a t-shirt...the shirts are \$20 each...buy early before sizes (especially smalls) run out!.
- ❖ **Before the race:** Warm up as teams. Check out the finish and **find your sprint point!** There are course maps at the end of this meet sheet; don't worry if the map is confusing, usually the course makes sense once you are there and can look around and see the trails.
- ❖ **After the race:**
 - Cheer for your teammates! Don't just sit around the camp, go out and yell for your friends and running partners! Be at the start for big cheers.
 - Fair warning: Your coaches will be annoyed if you just hang around camp after.
- ❖ You can bring some homework for the ride back or down time at the race too. **HOWEVER we do not want to see anyone hanging around the camp while your teammates are racing.** If you have finished racing, go cheer for your teammates!
- ❖ **Remember: Say good luck to your teammates and competitors, thank you to your drivers, and say thank you to at least one of the race officials!**

RACE SCHEDULE AND WHO-RUNS-WHAT

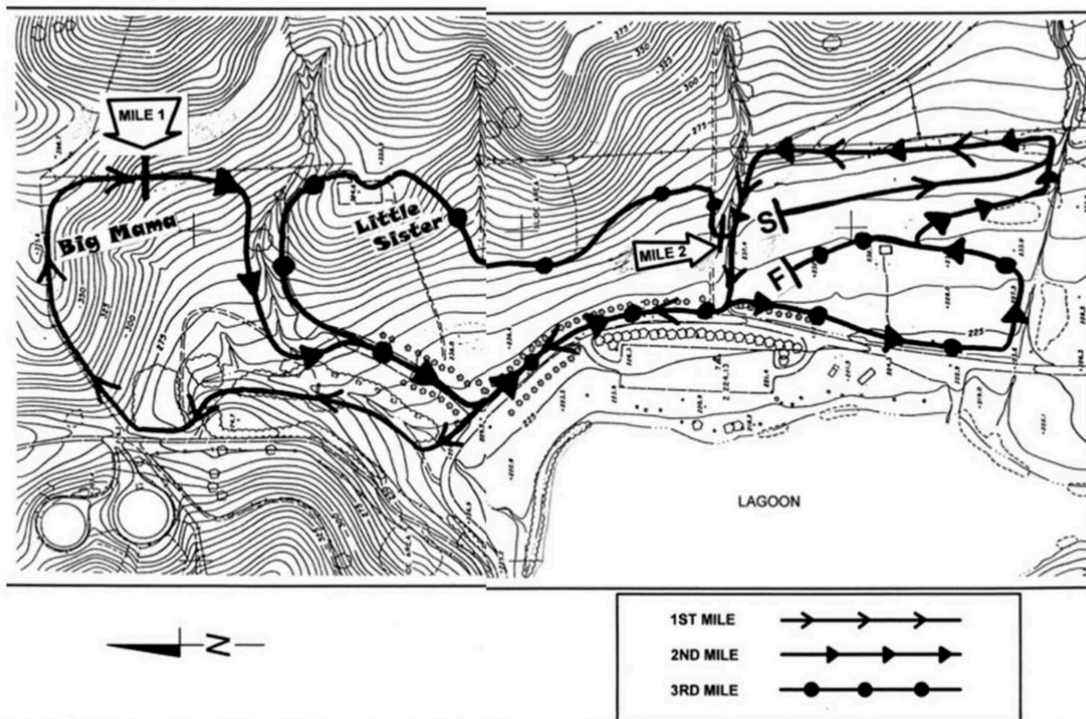
Race assignments will be finalized this week; there are a few athletes I wanted to talk to before publishing. Please remember that race assignments are subject to change. Remember to warm up with plenty of time! Pay attention to the schedule. Cheer for your teammates!

| Race | Division | Distance | Start | MV Runners |
|------------------|----------|----------|-------|------------|
| Freshman Boys | All | 2 mile | 8:30 | None |
| Frosh/Soph Girls | All | 2 mile | 8:45 | |
| Frosh/Soph Boys | All | 2 mile | 9:00 | |
| Varsity Girls | Large | 3 mile | 9:25 | |
| Varsity Girls | Small | 3 mile | 10:00 | None |
| Varsity Boys | Large | 3 mile | 10:35 | |
| Varsity Boys | Small | 3 mile | 11:05 | None |
| JV Girls | All | 2 mile | 11:30 | |
| JV Boys | All | 2 mile | 11:45 | |

3 Mile Course Map

Three Mile Course Tour:
<https://www.youtube.com/watch?v=2N2EIYCzfXA>

Varsity 3 Mile Course



2 Mile Course Map

Two Mile Course Tour:

<https://www.youtube.com/watch?v=MjCM4HDzQpw>

