

SCVAL Baylands 5km League Opener

Tuesday, September 20, 2022

“The greatest pleasure in life
is doing the things people say we are not able to do.”

-- Walter Bagehot

Baylands Regional Park:

999 East Caribbean Drive, Sunnyvale, CA 94089

Parents: note there is \$6 parking per car ☹️

General: The City of Sunnyvale is very finicky about their park! Please be very conscious of trash, keep everything clean; if you see a piece of plastic or trash on the ground, pick it up, even if you didn't drop the trash! There will be trash and recycling bags near our camp also. There are many porta-potties out for your use.

SCORE YOUR KARMA POINTS: Remember to thank the volunteers and workers! Palo Alto together with Los Altos is running the meet in 2022. Running a meet is a lot of work! Go look for the Palo Alto head coach Michael Davidson, or the Los Altos Coach Stephanie MacKenzie, and walk up to them and say ***'hey coach! Thanks for putting on this meet, I think this is great!'*** they will feel their effort matters to you.

People truly notice and appreciate your gratitude and your sincere thanks.

“Because gratitude is a renewable resource, it stands to reason that even in our darkest moments, there will always be hope for humankind.” –Angela Duckworth

Release Time and Transportation:

Everyone on the team has been released from school at the start of 7th period HOWEVER most of you should not need to miss all of 7th, if you have a 7th. Because of our later start, we will not have a ride pool or bus, so different people can leave at different times depending on your schedule. What I recommend is:

- If you have a free 7th period, try to arrange to arrive at Baylands by 2:45pm no matter what your race time is.
- If you have a 7th period class, arrange your ride so that you arrive at Baylands one hour before your race is scheduled to start.

No matter what race you are running in, we expect everyone to stay and cheer your teammates to the end of competition, so please plan to have your ride leave Baylands Park at 6:15-6:30pm.

Notes:

- Start the day with a glass of water and stay hydrated! And a nice breakfast.
- Eat a healthy lunch. You do not want a stuffed-full stomach, but you do not want to be on empty either. Hopefully by this point in the season you have a pretty good idea of what kind of breakfast and lunch prepares you for a good practice--**or race**--in the afternoon! Keep focus on these pre-race details.
- We will set up camp the same place as in prior years. There are no tents allowed.
- Bring a snack for after your race.
- Don't forget your uniform. (All of it!) Wear your uniform or other purple or MV gear at all times!
- As I type this the weather forecast says high of 73 degrees which would be pretty good, it will start cooling off a bit for the later races too. Be well hydrated, as always!!!
- Always be prepared, keep **3 large trash bags in your track bag**: 1-for your dirty, sweaty, smelly, wet, muddy clothes after your race; 2-for your track bag if it is rainy or muddy; 3-emergency rain poncho (OK this is unlikely on Tuesday but just keep these in your bag!)
- Find your 'sprint point' 60 seconds to two minutes from the finish line and commit to yourself that you will make a fast finish. BEFORE the tree.

Warm-Up:

Find your warm-up leaders, an hour before the race and stick with them! Be at the starting line at least 15 minutes before the start. On the Baylands course, it's a good idea to get to the starting line because it's a long way from camp, and also you can cheer for the people in the race before you—the course loops by the start, and the finish crosses the start line area.

Course:

5Km Miles of dirt and grass. This is a fast, fun 5K race. The course has multiple loops, with the loops slightly different, so keep your head up and pay attention to where you are. No one made a wrong turn last year but a wrong turn is possible. There should be people everywhere to help you around the course but ultimately it is the runner's responsibility to stay on course. Have fun with your race and run smart!

Who Runs What: We may move some entries after De La Salle on Saturday.

TIME: RACE:

3:45 PM Varsity Boys(10): Denny, Tanay, Alex, Ari, Gene, Ruhaan, William up to 3 more

4:10 PM Varsity Girls (10): Nikhita, Sydney, Avani, Nerea, Anika, Manasi, Valerie, Karena, Megan, Katie Lee

4:40 PM Varsity B Boys: All the junior-senior boys not running in the varsity race.

5:10 PM Varsity B Girls: All the girls that are not in the varsity race.

5:40 PM Frosh-Soph Boys: All freshman-sophomore boys not running in varsity race.

“It's OK to struggle. It's not OK to give up.”

- Gabrielle Grunewald

5000 METERS

5k Course Map



Start-A-B-C-D-A-B-1600-C-D-E-F-G-3200-E-D-C-B-A-D-Finish