

Pacific Grove Cross Country Invitational October 8, 2022
(and Beach Party)
Palo Corona Regional Park, Carmel, California

“Success is not measured by where you end up, but by the distance you traveled from where you started.”—*Steve Prefontaine*

TRANSPORTATION

- **If you are travelling on the bus, please take a COVID rapid test the night before. Most of our team will be on the bus together for almost four hours the day of the meet. Let’s show respect for each other and for your team. Take the test, if you test positive stay home, please!**
- Most of us are planning to travel together on a bus. Please be in the bus circle by 6:30am on Saturday morning. The bus will leave at 6:45am EXACTLY. Arriving at 6:30am is on time, 6:45 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 6:45!
- If you are going to ride with us on the bus, you should have already paid for your bus ride. If you would like to ride on the bus for the Pacific Grove meet and you did not pay for the others, you can join the bus this time for \$50, payable in advance (cash, or check made out to Monta Vista ASB). The bus will get back at approximately 7pm, after the beach party.
- If you did not reserve a spot on the bus, then your parents are driving you. The race is held at Palo Corona Park in Carmel, California. Parking and spectator instructions are here: https://storage.googleapis.com/anet_user_files/meet/xc/207908/2022_PCXC_Spectator_Guide.pdf

This Is The First Invitational EVER On The Palo Corona Race Course!

The entire cross country community is excited about the first brand-new, ‘real’ cross country course developed in the Central Coast Section in decades! That’s why MVXC is going to this race...to be a part of history, the first invitational ever on the Palo Corona cross country course. Because this is going to be the first time, we are going to have to learn the rules and be patient with the organizers. A few general thoughts:

- Be early to everything!
- Listen to race officials and course monitors, be respectful and follow their instructions even if you don’t understand exactly why.
- Say nice things to all the officials! Make a good impression, express gratitude.
- Please read the instructions from the course management:
- https://storage.googleapis.com/anet_user_files/meet/xc/207908/2022_PCXC_Spectator_Guide.pdf
- There are areas of the course that are marked for wildlife preservation. STAY OFF THESE AREAS. In some parts of the course, the race course trail is the only place that people can be—no spectators, no one to go out and cheer. We have not been there so I can’t tell you where you can and cannot cheer, warm up, etc—so let’s be aware, and figure this out together.
- Be considerate! Being nice in new situations is good for all of us.

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, sip consistently in the morning until your race.
- Eat a healthy breakfast – hopefully you learned something from the Lagoon Valley and DLS races.
- Bring a snack for 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!
- 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.**
- ***It's a great day to race!***

WARM-UP: Find your warm-up leader(s) 1 hour before race time. Stick with them! Also, report to the starting line well before the start.

Course: A championship groomed 5km.

RACE SCHEDULE AND WHO-RUNS-WHAT

Race assignments can be changed so don't stress. Note that Alex, Sean and Kian have not turned in release forms to coach Flatow at this time so they are not entered at this point.

Race	Start	MV Runners
Varsity Boys	10:00am	Denny, Tanay, Ari, Gene, Alex, William
Varsity Girls	10:30am	Sydney, Anika, Megan, Avani, Nerea, Valerie, Nikhita
JV Boys	11:00am	Sean, Arda, Amogh, Ethan, Nick, Ian, Bradley, Parmarth
JV Girls	11:30pm	Meena, Jasmine, Madi, Karena, Joey, Agnes, Navya
Soph Boys	Noon	Ruhaan, Darren, Andrew, Aaron
Soph Girls	12:30pm	Manasi, Katie, Hermani, Siran, Lilia, Juliana, Vera, Katie
Frosh Boys	1:00pm	Ravi, Soham, Ethan, Rishi, Raj, Sean, Advaith, Jay, Advaith, Kian
Frosh Girls	1:30pm	

BEACH PARTY!

We are heading to the beach after our race! Details will follow from the parents who are driving and coordinating. We will have a lunch for you, but you should still have a snack/sandwich for after your race. The bus will get back at about 7pm, after the beach party. Dress and pack appropriately!