

Lynbrook Invitational / FUHSD Championships

Thursday, October 27, 2022

"Running is kind like coffee. The first time you drink it you might not like it. But you kind of like the way it makes you feel. After a few times, it starts to taste better and then all of a sudden you're hooked and it's the best part of waking up." ~ Amy Hastings

Location:

Lynbrook High School
1280 Johnson Ave
San Jose, CA 95129

Notes:

- ❖ Eat a nutritious, but not particularly heavy, lunch. You do not want a stomach full of a giant burrito with double steak, but you do not want to be on empty either. *At this point in the season, you should have a good idea of what kind of pre-race or pre-workout meal helps you run your best! Plan your lunch for Thursday and try for 'best practices'.*
- ❖ Released from school at 2:00—you are responsible for your transportation.
- ❖ Look for your coaches when you get there.
- ❖ Bring a snack for after your race.
- ❖ Don't forget your uniform. (All of it!) Wear MVXC/MVTF/MV school gear!
- ❖ As I write this, the weather is getting cooler, so bring warm clothes for after your race. By Thursday it is expected to be warmer. So, be prepared for any weather!
- ❖ Always be prepared, keep **3 large trash bags in your track bag**: 1-for your dirty, wet, muddy clothes; 2-for your track bag if it is rainy or muddy; 3-emergency rain poncho.
- ❖ Find your 'sprint point' a minute or more from the finish line and commit to yourself that you will make a fast finish!

Warm-Up:

Find your warm-up leaders, an hour or no later than 45 minutes before the race and stick with them! Warm up with your team and running partners. Be at the starting line 10 minutes before the start.

This is your last race before SCVAL finals next week! It's time to put it all together. **Race this race HARD and SMART.** Use your race tactics that you have been working on all year; good pacing early, pick it up, finish strong. This is a flat and fast course and a good time for you to cut loose. Run with your pack but try to stay with someone a little bit faster than you have all year—test yourself a little in the last half of the race. If you feel tired, **TRY TO SPEED UP**—it sounds weird, but sometimes that works, going into a faster pace might actually help. **Remember that first couple 30/30s do not feel too bad! Embrace your speed at the finish.**

"If you want to be a grittier person, join a gritty team."

- Angela Duckworth

**The Varsity Girls are defending their ten-year
championship streak of 2011, 2012, 2013, 2014, 2015,
2016, 2017, 2018, 2019 and 2021!
10 consecutive
Fremont Union District championships!**

It is ALWAYS a Great Day to race!!!

Please stay to the end of the meet to cheer, help out, say thanks to volunteers...and don't forget to thank the parent that is driving you to and from the race.

SCHEDULE:

TIME:	RACE:
4:00 PM	Frosh-Soph Boys
4:20 PM	Varsity Girls
4:40 PM	Varsity Boys
4:55 PM	Jr. Varsity B Girls
5:25 PM	Jr. Varsity B Boys

Who runs what:

Frosh-Soph Boys: Soham, Andrew, Ethan, Rishi, Aaron, Raj, Advaith, Jay, Kian, Sean

Varsity Boys: Denny, Tanay, Ravi, Ari, Gene, Ruhaan, William, Darren

Varsity Girls: Nikhita, Anika, Avani, Valerie, Megan, Sydney, Nerea, Madi, Agnes

Varsity B Boys: Sean, Amogh, Paru, Arda, Ethan, Ian, Bradley

Varsity B Girls: Katie, Katie, Jasmine, Hemani, Lilia, Meena, Siran, Joey, Navya, Juliana,
Karena, Manasi, Vera

Course Description

1. Lynbrook 2.1-mile course. We will have the course marked with cones and monitors to direct you.
2. The start is on the track aligned with the track shack. It will be marked and official will be present.
3. Runners will do 1.5 loops on the track then enter a path that goes around the baseball fields.
4. Enter the service road through an open gate near the softball field and continue on the service road.
5. You will be directed around the tennis courts going back to the track.
6. Enter the track and exit the track on the far side through the open gate that you ran through on the first loop.
7. Repeat the loop again.
8. When you enter the track after your second loop you will run to the finish chute.
9. Finish chute is on the opposite side of the track. You can see the finish chute from the start line.

