

# MVXC 2026

SCHEDULE REVEAL: MARCH 2, 2026

# PRESEASON

- JUNE 6 (SATURDAY): LAKE TAHOE RELAY (SEE SAM H FOR INFO)
- JUNE 8 (MONDAY): FIRST DAY OF SUMMER RUNNING
- AUGUST 10 – 15: FIRST WEEK OF OFFICIAL PRACTICE (7 AM)
- AUGUST 17 (MONDAY): FIRST DAY OF SCHOOL



# WATERMELON RUN

THURSDAY, AUGUST 27

One of the best time trial courses any school has, the 2.6 mile Stevens Canyon course is a real cross country run.



# LAGOON VALLEY CLASSIC

SATURDAY, SEPTEMBER 5

Lagoon Valley is a real California cross country course—lots of dirt and two named hills—Big Mama and Little Sister. There is a two-mile course for new runners while the veterans run three miles.



# DE LA SALLE/NIKE INVITATIONAL

SATURDAY, SEPTEMBER 19

Monta Vista returns to the Newhall Park course after a one-year absence. Monta Vista's class of 2028 gets to see how far they have travelled!



# SCVAL OPENER @BAYLANDS

TUESDAY, SEPTEMBER 22

The Santa Clara Valley Athletic League is one of the most competitive leagues in the country. Seriously...our all-star team would match up against some all-state teams!



# MT. CARMEL SUNDEVIL / ASICS INVITATIONAL SAN DIEGO

SATURDAY, OCTOBER 3

MVXC travels to San Diego to compete for the first time! Balboa Park is the location of the famous Footlocker national course. This is a great opportunity for competition and also a lot of team bonding. Hopefully, we have 40 or more dedicated athletes attend.



# SCVAL CRYSTAL PREVIEW

TUESDAY, OCTOBER 6

Crystal Springs is one of the finest cross-country courses in the world;  
we are so fortunate to have this as our home course.



# ROUGH RIDER

FRIDAY, OCTOBER 16

This is a chance to compete on the California state championship course. We had a great time here in 2025, so let's go back and see if we can set some personal records!



# BAYLANDS TWO

TUESDAY, OCTOBER 20

Let's see how much our fitness grew in four weeks! So many runners show improvement after four weeks of hard work...what will you do?



# FUHSD CHAMPIONSHIPS @LYNBROOK

THURSDAY, OCTOBER 29

I enjoy this meet...flat, fast, lots of medals, and any time you say the word "championship," you have grabbed my attention. This is also the MVXC senior recognition meet.

# SCVAL CHAMPIONSHIPS @CRYSTAL

TUESDAY, NOVEMBER 3



# POSTSEASON

- NOVEMBER 4 (WEDNESDAY): SENIOR RUN
- NOVEMBER 14 (SATURDAY): CENTRAL COAST SECTION CHAMPIONSHIPS
- NOVEMBER 17 (TUESDAY): SEASON AWARDS BANQUET
- NOVEMBER 21 (SATURDAY): NAMRATA SUBRAMANIAN'S WEDDING
- NOVEMBER 28 (SATURDAY): CALIFORNIA STATE CHAMPIONSHIPS



# GENERAL NOTES

- WE WILL HAVE BUS TRANSPORTATION TO ALL FOUR OF THE SATURDAY INVITATIONAL MEETS
  - THIS IS CONVENIENT AND SAFE, BUT NOT INEXPENSIVE, SO PLEASE BUDGET FOR THIS.
- EVERYONE WILL NEED TO COORDINATE TRANSPORTATION FOR THE WEEKDAY MEETS.
  - WE DO THIS TO MINIMIZE THE AMOUNT OF TIME WE MISS CLASSES.
- THE MT. CARMEL INVITATIONAL IN SAN DIEGO IS AN OVERNIGHT TRIP AND WILL BE OPTIONAL.

# SAN DIEGO TRIP MT. CARMEL INVITATIONAL

- THIS IS AN OPTIONAL TRIP. ANYONE CAN SKIP THIS EVENT—BUT IT WILL BE **FUN**.
- WE WILL LEAVE FRIDAY MORNING (WE WILL MISS CLASS ON FRIDAY) AND RETURN SUNDAY EVENING.
- ALL DEDICATED ATHLETES WILL BE INVITED—**VARSITY AND JV**.
- PLEASE BUDGET FOR YOUR CONTRIBUTION TO THIS TRIP IN ADDITION TO THE SEASON COSTS IF YOU CHOOSE TO JOIN US.
- WE HOPE TO TAKE 40 MONTA VISTA ATHLETES.



## LOOK AHEAD TO 2027

# NIKE XC TOWN TWILIGHT INVITATIONAL LAVERNE GIBSON COURSE IN TERRE HAUTE, INDIANA

- I REALLY WANT TO TAKE THIS TEAM TO INDIANA AND SEE YOU RUN ON THIS AMAZING COURSE.
- WE WILL TAKE VARSITY AND JV RUNNERS, JUST LIKE THE THREE COURSE CHALLENGE.
  - **MVXC INCLUDES ALL DEDICATED RUNNERS ON THESE TRIPS, NOT ONLY THE ELITES.**
- THE RACES ARE AT NIGHT, AND THE CHAMPIONSHIP AWARDS ARE GIVEN DURING A FIREWORKS DISPLAY.
- THE COURSE IS AMAZING; MANY NCAA CHAMPIONSHIPS HAVE BEEN HELD THERE.
- DEDICATED CROSS COUNTRY FACILITY WITH GRASS, LIGHTS, COURSES OF MANY LENGTHS.
- TERRE HAUTE IS THE HOME OF ROSE-HULMAN INSTITUTE OF TECHNOLOGY, COACH SMITH'S ALMA MATER.
- CHECK OUT THIS VIDEO OF ONE OF THE TOP BOYS' RACES, AND THE AWARDS CEREMONY, IN 2025:
  - [HTTPS://YOUTU.BE/5VT77Z\\_4DEc?si=UMZsl9y2mN2LqIP9](https://youtu.be/5VT77Z_4DEc?si=UMZsl9y2mN2LqIP9)
  - SEARCH "NIKE XC TOWN TWILIGHT INVITATIONAL 2025" FOR MORE VIDEOS!

# WHAT TEAM AT MONTA VISTA—OR ANY SCHOOL—TAKES VARSITY AND JV ATHLETES TO EVENTS SUCH AS:

MT SAC INVITATIONAL (LOS ANGELES) IN 2024  
THREE COURSE CHALLENGE (OREGON) IN 2025  
MT. CARMEL SUNDEVIL (SAN DIEGO) IN 2026  
NIKE XC TOWN TWILIGHT (TERRE HAUTE) IN 2027

- WE WANT MVXC TO BE AN AMAZING TEAM EXPERIENCE FOR AS MANY ATHLETES AS POSSIBLE.
- WE WANT DEDICATED ATHLETES TO FEEL ELITE—NO MATTER HOW FAST AND GENETICALLY GIFTED. WE RECOGNIZE **GRIT**.
- ENCOURAGE MORE PEOPLE WHO YOU THINK WILL FIT OUR ETHOS TO JOIN!
- GET THEM TO START NOW—TRACK & FIELD AND THE DISTANCE TEAM IN 2026

# TRAITS OF A GRITTY DISTANCE RUNNER

"IT'S VERY HARD IN THE BEGINNING TO UNDERSTAND THAT THE WHOLE IDEA IS NOT TO BEAT THE OTHER RUNNERS. EVENTUALLY, YOU LEARN THAT THE COMPETITION IS AGAINST **THE LITTLE VOICE INSIDE YOUR HEAD** THAT WANTS YOU TO QUIT." — GEORGE SHEEHAN

- **CONSISTENCY**
  - WEEK IN, WEEK OUT, BANK MILEAGE
  - KNOW YOUR PACE
  - INCREMENTALLY ADD MILEAGE AND INCREASE CONVERSATIONAL PACE
  - CROSS IN THE FALL, TRACK IN THE SPRING, TRAINING ALL YEAR
- **FOCUS ON SUPPLEMENTARY THINGS**
  - ADD IN CROSS-TRAINING (BIKING, SWIMMING, WATER RUNNING, ELLIPTICAL, HIKING, WEIGHTS...)
  - CONSISTENT STRETCHING, CORE WORK, OTHER MAINTENANCE
  - GOOD NUTRITION ALL YEAR (THIS DOES NOT MEAN PERFECTION)
- **BE A GOOD MVXC TEAMMATE!**
  - BE AT PRACTICE EVERY DAY
  - BE ON TIME
    - **YOU WANT A REPUTATION FOR RELIABILITY SUCH THAT IF YOU ARE NOT AT PRACTICE, OR YOU ARE A MINUTE LATE, WE WONDER IF SOMETHING IS WRONG**
  - BE RESPECTFUL TOWARDS TEAMMATES, COACHES, OFFICIALS, COMPETITORS, SPECTATORS
  - PAY ATTENTION
  - SUPPORT YOUR TEAMMATES
  - BE SERIOUS WHEN IT'S TIME TO WORK AND BE FUN WHEN WE ARE HAVING FUN
  - **RECRUIT AND EVANGELIZE MVXC!**
- **WE CAN DO MORE THAN ONE THING AT A TIME—GOOD GRADES AND OTHER EXTRACURRICULARS CAN BE ACHIEVED WHILE RUNNING IS STILL A PRIORITY**

# ANGELA DUCKWORTH WOULD TELL YOU GRIT IS EASIER WHEN...



- YOU HAVE AN EFFECTIVE PERSONAL ENVIRONMENT
- YOU HAVE MOTIVATED, POSITIVE, LIKE-MINDED FRIENDS AND COMPANIONS
- YOU HAVE A SUPPORTIVE MENTOR
- YOU ARE PART OF A COMMUNITY THAT SUPPORTS YOUR GOALS

WE WANT YOU TO BE WELL SITUATED TO DO HARD THINGS

## CONCLUSION

- DREAM ABOUT WHAT THE NEXT YEAR CAN BE FOR YOU—IT CAN BE SO FUN!
- WORK HARD TOWARDS THE BEST OUTCOME—IN TRACK SEASON, IN THE SUMMER, DURING CROSS.
  - **RUNNING, LIKE MANY THINGS IN LIFE, IS A LONG-TERM, YEAR-ROUND PURSUIT.**
- INCLUDE OTHERS IN YOUR JOURNEY—YOUR TEAMMATES NOW, AND INVITE YOUR FRIENDS AND THE INCOMING CLASS OF 2030!

**DREAM BIG, WORK HARD,  
CHANGE EVERYTHING!**