Lynbrook Invitational / FUHSD Championships
Thursday, October 29, 2026

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. My go-to was a turkey and avocado sandwich and a banana, or a pasta salad with chicken, or leftover pasta with chicken, or chicken and rice and a banana, but you might have something that works for you. ***At this point in the season, you should have an idea of what kind of pre-race or pre-workout meal helps you run your best! Plan lunch for Thursday and try for 'best practices'.***
- Released from school at 2:00—you are responsible for your transportation..
- 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.
- 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! On the Lynbrook course, by the time you are on the track, everyone is ready to sprint so an earlier takeoff can help.

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 30/30s do not feel bad! Embrace your speed at the finish.**

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

- Angela Duckworth

SCHEDULE:

TIME:	RACE:
4:00 PM	Frosh-Soph Boys
4:20 PM	Varsity Boys
4:35 PM	All Girls
5:00 PM	Varsity B Boys

Who runs what:

Frosh-Soph Boys: Rishabh, Takumi, Aadit, Oliver, Aditya S, Fahad, Jayden, Soma, Eli, Leon, Aditya P, Peter, Shouki, Callen

Varsity Boys: Tarun, Sam, Ethan, Akshat, Ritik, Aiden W, Constantine

Girls: We all get to run together!

Varsity B Boys: Kento, Jonah, Aidan C-K, Advaith, Kavyansh, Kai, Jimin, Sihoon, Agastya, Max, Gary, Vikram, Raghuram, Rohan, Shawn, Harry, Jiwoo

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 who is driving you to and from the race.

This is also our **Senior Recognition** meet. Lynbrook hosts this and allows all our athletes to be presented, too. Please stay through the ceremony and join the cheering line…and show your appreciation for our sport and your competitors by cheering loudly for all the seniors on all the teams!

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 an 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.

