

Meet Sheet: De La Salle/Nike Cross Country Invitational

September 19, 2026

Grit is living life like a marathon, not a sprint.—*Angela Duckworth*

TRANSPORTATION

- ❖ Most of us are planning to travel together on a bus. Please be in the bus circle by 5:30am on Saturday morning. The bus will leave at 5:45am EXACTLY. Arriving at 5:30am is on time, 5:45 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 5:45 am!
- ❖ The race is held at Newhall Park in Concord, California. The directions from the meet organizer are to take 680 North to Ygnacio Valley Road and head East; turn left at Ayers Road and the park will be on your left. Parking will be very limited; they kind of throw up their hands and say "find a spot in the neighborhood and be nice to the neighbors." In the past, parents have parked in Cal State East Bay on the opposite side of Ygnacio Valley Road and walking 15 minutes to the park, but for some reason the meet directors do not suggest this option this year, I'm not sure why. All I can say is...give yourself plenty of time to walk.
- ❖ Buses will take Ygnacio Valley Rd. to Ayers Rd. and drop on the side of Turtle Creek Rd. next to the park so athletes won't have to cross traffic to enter the park.

Things to Think About at De La Salle

1. **Preparation:** Think about what went well at Lagoon Valley and what you want to improve (fueling, meals, sleep, warm-up, race strategy, mental approach). Commit to ongoing improvement. Day-by-day incremental progress in everything that is important to you (study habits, test prep, your music, debate team...not only running) can make a significant difference in your life. Challenge yourself: What went right, and what can I do better? One thought...how can you situate yourself better: Are there people you want to warm up with and race with, can you prepare your race bag earlier, is there anything you want to make sure you have at our race and can you pack that earlier?
2. **Focus, be present:** When we arrive, scout the course, identifying where to push (run from the finish line to choose and commit to take-off points!) Allow time for a thorough warm-up. At the starting line, take a few moments to close your eyes and visualize all the great workouts you have had and how much stronger you feel than a month ago. Then, high-five your teammates and encourage each other: "It's a great day to race!" Consider wishing luck to neighboring teams; we're all part of the running community. Embracing these connections can enhance both your performance and happiness. The competition is not the other runners, the true competition is against the little voice in your head that wants you to quit. Measure your success first and foremost by your effort.
3. **Gratitude and Respect:** Volunteers are essential for races. Take a moment to thank at least one volunteer sincerely. Express genuine gratitude by being specific: "This was a well-organized race," or "My team had so much fun today." In the finish chute, acknowledge fellow athletes with a "Well done" or "I would not have kicked that hard without you there!" Your competitors help you find your best self. Before the pandemic, our JV boys would go back and form a line and cheer for everyone finishing behind them; maybe we want to do that again. While you can't control everything in your race, you can always choose to show gratitude and respect—a guaranteed success on race day.

Life is a team sport. You can pick your peers. Pick wisely, and your peers will be a force multiplier.—Angela Duckworth

SOME OVERALL THOUGHTS--PLANNING

- ❖ **Remember what you did before Lagoon Valley...repeat what worked, and think of things you would like to improve.** Build upon your experiences.
- ❖ Plan your weekly school commitments so you can get plenty of sleep on **Thursday** night. If you get a full night's sleep on Thursday, you will have a head start on sleep for Saturday.
- ❖ **Do you want to eat the same things before the race, or would you like to try something different?** If it worked, maybe don't change it, but if you think you can feel better, then change it up. Let your parents know in advance what you would like to eat on for dinner, breakfast, and what you want to pack for lunch. It's not fair to your parents to get home on Friday night and say 'I want a whole wheat bagel and a banana in the morning' if you didn't give them time to shop. Let them know how they can help you.
- ❖ Pack your race bag on Thursday night so you don't lose sleep running around on Friday night (see below about what you should have in your bag). This also let's you know if your lucky post-race shirt is in the dirty clothes hamper—you have time to run that baby through the wash!

NOTES

- ❖ Things you need: Pack your uniform, a dry **MVXC** shirt for before and after your race (didn't we look good in the photo after Lagoon Valley, everyone in MVXC gear?!?!), breakfast, snacks and lunch, some money for a meet t-shirt if they look nice, race shoes if you run in flats, dry socks, a roll of toilet paper, water bottle...whatever else you need.
- ❖ Get to bed early and have a good night of sleep! We are leaving early-early-early!
- ❖ Check to see when you are going to be racing and plan your breakfast accordingly. You will probably be eating on the bus so figure out what will work for you. You don't want to have a stuffed-full stomach, but you don't want to be hungry. Before a morning race, I like to have an almond butter and honey sandwich, a banana, and maybe some orange juice two to three hours before race time, but that's me—you might copy what I do, or else figure out what works for you! Some people with early races don't eat much. Do what works for you.
- ❖ Assume that we will have a warm morning but check the weather. As I write this, Accuweather is projecting an overnight of 57 and a high of 87, so fairly warm. In any case, don't let up on hydration, treat this race just like at Lagoon Valley. Have a glass of water when you wake up and sip water during the morning (but **please** use the toilet before you are on the bus, we will be driving without stopping for almost two hours!).
- ❖ You may want to buy a t-shirt, these meet shirts are usually pretty good...**THEY WILL RUN OUT OF SMALL SHIRTS** so buy early!
- ❖ **Before the race:** Warm up as teams. Check out the finish and **find your sprint point!** There are course maps at the end of this meet sheet; don't worry if the map is confusing, usually the course makes sense once you are there and can look around and see the trails.
- ❖ **After the race:**

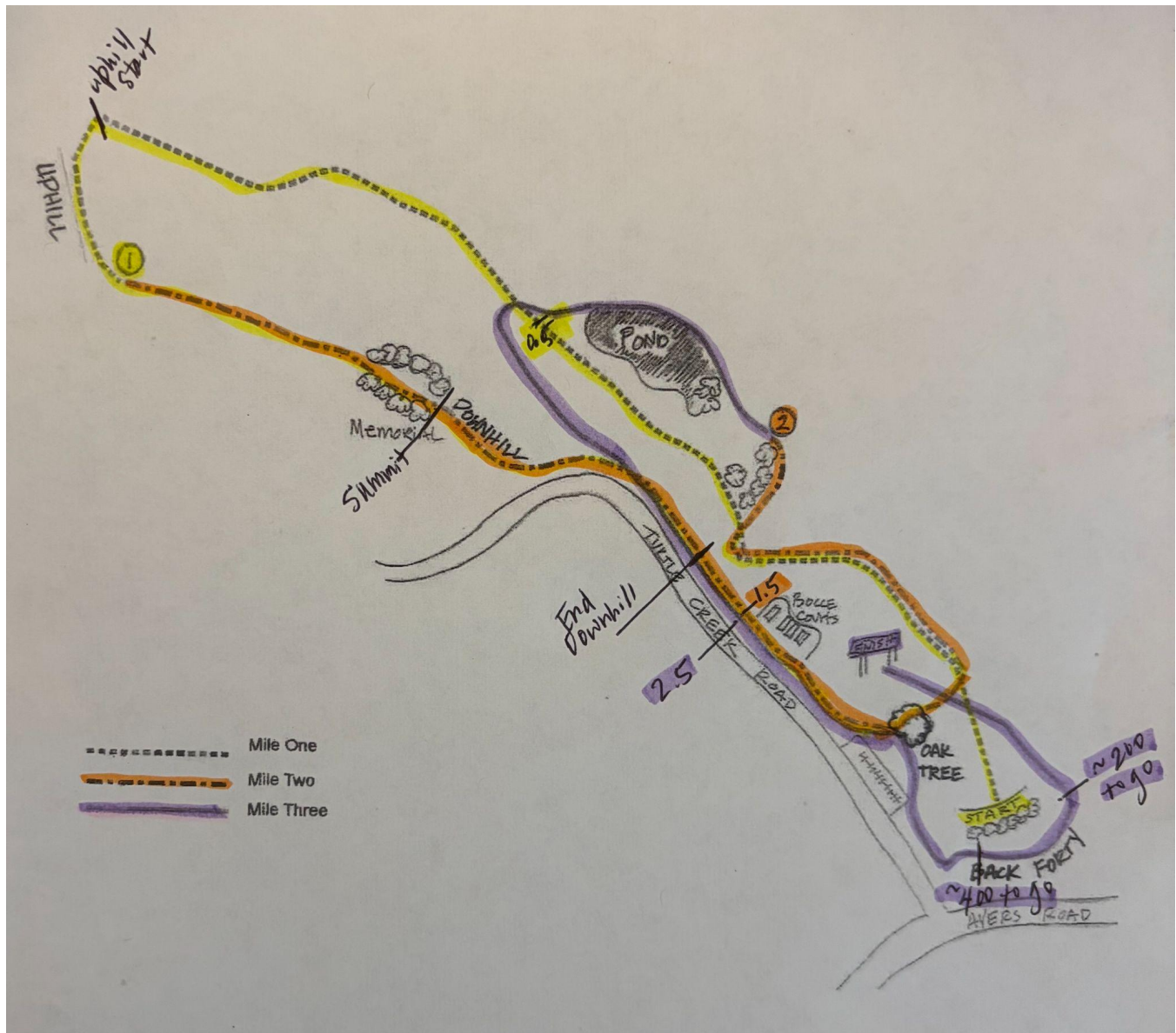
- Cheer for your teammates! Don't just sit around the camp, go out and yell for your friends and running partners! Be at the start for big cheers for finishers.
- **After your race, maybe come to the start to cheer the teammates starting later, and help with the laundry baskets to take gear from the start line back to our camp (it is a big walk).**
- Fair warning: Your coaches will be annoyed if you just hang around camp after.
- ❖ You can bring some homework for the ride back or down time at the race too. **HOWEVER we do not want to see anyone hanging around the camp while your teammates are racing.** If you have finished racing, please go out and cheer for your teammates!
- ❖ **Remember: Say good luck to your teammates and competitors, thank you to your drivers, and say thank you to at least one of the race officials!**

RACE SCHEDULE AND WHO-RUNS-WHAT			
Race assignments can still be modified to some extent; see me before the end of practice on the 15 th .			
Race	Distance	Start	MV Runners
JV Girls	3 mile	8:30	Medha, Zeynep, Vishakha, Sophia, Yoyo, Eva, Caroline, Jolena, Luna, AlexP, Katherine
JV Boys 1	3 mile	9:05	Ethan, Kento, Aditya S, Callen, Rishabh, Takumi, Jayden, Leon, Soma, Advait
Varsity Girls	3 mile	9:35	Taylor, Miranda, Naomi, Melinda, AlexQ, Kaitlyn, Myra
Varsity Boys	3 mile	10:05	Tarun, Akshat, Ritik, Aiden W, Jonah, Sam, Constantine
JV Boys 2	3 mile	10:35	Daniel, Fahad, Aidan C-K, Raghuram, Shawn, Harry, Shouki, Peter, Jiwoo, Max, Rohan, Kavyansh, Vikram, Aric, Jimin, Oliver, Aditya P, Agastya, Aadit, Eli, Sihoon, Gary, Kai
FS Girls	2 mile	11:05	Rachel, Fiona, Victoria
FS Boys	2 mile	11:30	none
Other Girls	2 mile	11:55	none
Other Boys	2 mile	12:20	none

Course Tour and Map

OK this is pretty cool...they have posted a video running the entire course. The video is taken from a GoPro camera mounted on bicycle rider following three runners. So you can see three runners cover the entire course! Cool for parents to see what their children will run, too.

<https://www.flotrack.org/video/5466846-newhall-park-3-mile-course-tour-with-gps-measurement>



Two and Three Mile Course Previews: Useful And Fast Videos of Course (like at LV)

<https://www.dlsinvitational.com/course-previews>