

# Artichoke Cross Country Invitational October 1<sup>st</sup>, 2011

## Half Moon Bay High School

### Notes

- Get good sleep Friday night.
- Hydrate! Have a glass of water when you get up, drink consistently in the morning, and sip from your water bottle in the afternoon while waiting to race.
- Eat a healthy breakfast – fruit (bananas!), breads/bagels, some protein, etc...our races are in the afternoon so you can eat a real breakfast, whatever feels good to you. Depending upon the time of your race you may want a light lunch or reasonable snack however do NOT eat anything heavy within 3 hours of your race start. It's OK to be a tiny bit hungry (but not starving either) when the race starts; it's better than having a brick in your stomach, which can lead to a cramp! Plan your eating for Saturday on Friday, think about your fuel strategically—don't make it up as you go along.
- Bring a snack/lunch for after your race.
- Dress in layers & prepare for cold drizzle/fog. Stay warm! Dry Monta Vista shirts for after the race. High 58.
- Don't forget your uniform!
- Get to MVHS Circle by 10:45am for rides. (later than 11:00 am and you're left behind!)
- If you want to buy snacks or a meet T-shirt, bring some \$\$\$.
- Remember to thank the meet organizers and volunteers for supporting this event.
- *It's a great day to race!*

**DIRECTIONS:** 280 North, 92 West, Right on Main St., Right on Lewis Foster Drive.

**CAMP:** Look for Coaches to set up camp and get your numbers.

**WARM-UP:** Find your warm-up leader(s) 1 hour before race time. Stick with them! Also, report to the starting line 10 minutes before the start.

**Course:** 2.33 miles. Grass, asphalt, dirt paths, muddy areas, synthetic track, gravel road, down hills, flats, and a wee bump (this is their joke—it's a real hill!) a little past the halfway point.

**Two strategic things to think about:** 1. Remember what we said about hills (pick it up a little before the hill, don't strain to keep the same speed up the hill, then pick it up again at the top when everyone else is dogging it). 2. Find the finish line, then identify your 'sprint point' 30-60 seconds before the finish line.

<u>RACE:</u>	<u>TIME:</u>	<u>Warm-Up Leader(s):</u>	<u>Team/Ind. Awards</u>
F/S Girls	1:25 pm	Kirsten D, Bridget G	1 <sup>st</sup> team/25 Ind.
F/S Boys	1:55 pm	Ryan B, Takuto D	1 <sup>st</sup> team/25 Ind.
VAR Girls	2:20 pm	Neha, Nandini, Catalina	1 <sup>st</sup> team/25 Ind.
VAR Boys	2:50 pm	Michael, Vikrant	1 <sup>st</sup> team/25 Ind.
VAR B Boys	3:15 pm	Nishant, Collin	20 Ind.
VAR B Girls	3:40 pm	Tiffany N, Ellen T	20 Ind.

*"Something inside of me just said 'Hey, wait a minute, I want to beat him,' and I just took off."—Steve Prefontaine*

**Frosh-Soph Boys**

All Frosh and Soph Boys

**Frosh-Soph Girls**

Bharadwau, Sanjna

Chang, Julia

Chen, Miranda

Chuc, Kiersten

Do, Kirsten

Gottlieb, Bridget

Ho, Hannah

Hyder, Hana

Li, Chloe

Seo, Lydia Donghee

Vemualapalli, Sameera

Weinberg, Sarah

Xu, Jenny

**Varsity B Girls**

Bhagat, Hita

Chen, Lena

Chi, Emily

Dickenson, Zara

Lin, Christie

Nguyen, Tiffany

Tang, Ellen

Any other junior and senior girls we missed.

**Varsity B Boys**

Cai Li, Andrew

Chen, Nick

Dwaraka, Sanjeev

Greene, Nishant

Harrison, Jeffrey

Hasan, Arif

Hua, Andrew

Huang, Spencer

Huang, Thomas

Huang, Vincent

Huynh, Nick

Kadiyala, Siddarth

Ke, Ryan

Khan, Momin

Kuloskar, Ved

Marcroft, Collin

Natesan, Shreyas

Oh, Christopher

Paladugu, Sai

Ruckstuhl, Maxwell

Srinivas, Shanmukha

Srinivasan, Haree

Swaminathan, Prashanth

Wang, Alex

Wang, Brian

Zhou, Leon

Any other junior and senior boys we missed

**Varsity Boys**

Chang, Ben

Khanna, Shivam

Lu, Michael

Marathe, Vikrant

Ting, Stephen

Rajamani, Ajay

Rao, Arvind

**Varsity Girls**

Chitale, Nandini

Huang, Catalina

Jammu, Neha

Law, Pearl

Tanida, Risako