

Central Park Invite September 27th, 2011

It's a great day to race!

EVERY MORNING IN AFRICA, A GAZELLE WAKES UP. IT KNOWS IT MUST RUN FASTER THAN THE FASTEST LION OR IT WILL BE KILLED. EVERY MORNING A LION WAKES UP. IT KNOWS IT MUST OUTFRONT THE SLOWEST GAZELLE OR IT WILL STARVE TO DEATH. IT DOESN'T MATTER WHETHER YOU ARE A LION OR A GAZELLE... WHEN THE SUN COMES UP, *YOU'D BETTER BE RUNNING!*

Central Park, Santa Clara:

- Eat a LIGHT lunch. You can eat all you want *after* the meet.
- RELEASED from school at 1:30pm – rides at bus circle at 1:30pm.
- MEET next to the baseball field around 2:00pm.
- Bring a snack for after your race.
- Don't forget your uniform (all of it!!). There are still a few 'lost' pieces from Earlybird held in Coach Johnson's classroom, and there are uniforms for a couple more boys to pick up also.

Parents/Drivers--Parking: Please park on the side of the park opposite Kiely Blvd. This is as per the request of the Police Department and the park manager. Parking the school buses in the main parking lot is very disruptive to the normal use of the park. The designated parking area is next to the softball field on which the race will start. From Benton St., turn on White Dr. towards the Library and turn right at the next street into the parking lot. From Homestead, turn into the Library Parking lot and follow down to the softball fields or take the street after the Library and proceed to the first or second left turn for the parking lot.

CAMP: Let's set up camp near the start/finish at the baseball field (that's on the EAST side of the park). Get your bib right away and pin the bib to your singlet! Don't pin the bottom portion of your bib, that will be ripped off at the finish to record your place and time.

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. If you already ran or run later in the day will be saving boxes. At the request of the meet director, please avoid the large grass area by Kiely Blvd. until after 3:00 PM, as the elementary school located there is in session until 3:00 PM. If you are walking the course, please that area by cutting the course at the end of the rec. center parking lot.

REST ROOMS: There were problems with the restrooms a few years ago that were blamed on the runners. These included tearing a bathroom fixture from the wall and plugging up one of the toilets with a school uniform. The park has asked us to stay away from the restrooms in the main recreation center near Kiely Blvd and to use the restrooms near the start: the swimming pool and tennis court restrooms. Please remind the runners to stay away from the rec. center and please keep an eye on your team so that they do not damage the facilities. Also, when you leave the park, please make sure all litter in your team area is picked up. Thank you.

RACE: Flat and Fast, all races 2.3 miles. The terrain is flat and consists of grass and asphalt paths. Go out quickly the first 800 meters, get in good position, but not TOO fast. You don't win for being in front after 400 meters! ***(Coach wants to talk to each group on Monday about pack-racing strategy!)***

Race	Time	Warm Up Leaders
3:15pm	Frosh/Soph Boys	Takuto Doshiro, Ryan Bishop
3:40	Varsity Boys	Michael Lu, Shivam Khanna, Vikrant Marathe
4:05	Varsity Girls	Nandini Chitale, Neha Jammu
4:30	Varsity Boys 2	Jeffrey Harrison, Salvador Torres
4:55	Varsity Boys 3	Andrew Cai-Li, Nishant Greene
5:20	Varsity Girls 2	Catalina Huang, Tiffany Nguyen
6:00	RELEASED TO RETURN. <i>PLEASE DO NOT LEAVE EARLY, SUPPORTING YOUR TEAM IS PART OF BEING ON THE TEAM.</i>	ONLY WHEN CAMP IS CLEAN.

F/S BOYS (3:15 pm)	VAR 1 BOYS (3:40 pm)	VAR 1 GIRLS (4:05 pm)
Takuto Doshiro	Kevin Bishop	Nandini Chitale
Emilio Torres	Michael Lu	Pearl Law
Rohan Choudhury	Shivam Khanna	Risako Tanida
Anand Rao	Arvind Rao	Bridget Gottlieb
Steven Lim	Ben Chang	Kirsten Do
Ryan Bishop	Ajay Rajamani	Alice Johnson
Zach Patti	Vikrant Marathe	Jenny Xu
Ismaeel Sheriff	Collin Marcroft	Julia Chang
Archit Dua	Steven Ting	Neha Jammu
Shanmukh Challa	Sanjeev Dwarka	Sanjana Bharadwaj
VAR 2 BOYS (4:30 pm)	VAR 3 BOYS (4:55 pm)	VAR GIRLS 2 (5:20 pm)
Jeffrey Harrison	All Others	All Others
Nikhil Sinha		
Shan Srinivas		
Sameer Rao		
Salvador Torres		
David Wang		
Ved Kirloskar		
Seunghun Oh		
John Hsaio		
Nicholas Chen		