

Lynbrook Invitational / FUHSD Championships

Thursday, October 27, 2011

“The greatest pleasure in life is doing the things people say we cannot do.”

-- *Walter Bagehot*

Location:

Joaquin Miller Middle School
6151 Rainbow Drive
San Jose, CA 95129

Notes:

- ❖ Eat a LIGHT lunch. You do not want a full stomach, but you do not want to be on empty either.
- ❖ Released from school at 2:00--rides at bus circle 2:15--first race at 3:45pm
- ❖ Look for your coaches when you get there for a camping spot.
- ❖ Bring a snack for after your race.
- ❖ Don't forget your uniform. (All of it!)
- ❖ High 75 low 62 be prepared for all weather conditions (but it looks like it will be warm).
- ❖ 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' 30-60 seconds from the finish line and commit to yourself that you will make a fast finish.

Warm-Up:

Find your warm-up leaders, 45 minutes before the race and stick with them! Be at the starting line 10 minutes before the start.

This is a Full-On Race!

You all have two to four races left in the season! 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. 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.

I had as many doubts as anyone else. Standing on the starting line, we're all cowards.-- Alberto Salazar

Course:

2.05 miles around a middle school. Monta Vista holds the boys soph record (Kevin Bishop), the girls frosh record (Jean Feng), and the girls' team record (2005).

It is a Great Day to race!!!**SCHEDULE:****TIME: RACE:**

3:45 PM Frosh-Soph Boys
 4:10 PM Varsity Boys
 4:35 PM Varsity Girls
 5:00 PM Varsity B Boys
 5:25 PM Varsity B Girls

WARM-UP LEADERS

Steven L, Archit
 Michael, Shivam
 Nandini, Neha
 Vikrant, Arvind
 Catalina, Ellen

Who runs what:

Nandini Chitale	F	12	Monta Vista	V	F	12
Neha Jammu	F	12	Monta Vista	V	F	12
Pearl Law	F	12	Monta Vista	V	F	12
Risako Tanida	F	11	Monta Vista	V	F	11
Kirsten Do	F	10	Monta Vista	V	F	10
Bridget Gottlieb	F	10	Monta Vista	V	F	10
Jenny Xu	F	9	Monta Vista	V	F	9
Hita Bhagat	F	11	Monta Vista	VB	F	11
Lena Chen	F	11	Monta Vista	VB	F	11
Emily Chi	F	11	Monta Vista	VB	F	11
Zara Dickinson	F	11	Monta Vista	VB	F	11
Catalina Huang	F	11	Monta Vista	VB	F	11
Christie Lin	F	11	Monta Vista	VB	F	11
Diana Liu	F	11	Monta Vista	VB	F	11
Tiffany Nguyen	F	11	Monta Vista	VB	F	11
Ellen Tang	F	11	Monta Vista	VB	F	11
Kiersten Chuc	F	10	Monta Vista	VB	F	10
Hana Hyder	F	10	Monta Vista	VB	F	10
Alice Johnson	F	10	Monta Vista	VB	F	10
Emma Seyer	F	10	Monta Vista	VB	F	10
Sameera Vemulapalli	F	10	Monta Vista	VB	F	10
Sanjna Bharadwaj	F	9	Monta Vista	VB	F	9
Julia Chang	F	9	Monta Vista	VB	F	9
Miranda Chen	F	9	Monta Vista	VB	F	9
Hannah Ho	F	9	Monta Vista	VB	F	9
Chloe Li	F	9	Monta Vista	VB	F	9
Lydia Seo	F	9	Monta Vista	VB	F	9
Sarah Weinberg	F	9	Monta Vista	VB	F	9
Rana Singh	M	9	Monta Vista	VB	F	9
Rizwanulla Mohammed	M	9	Monta Vista	VB	F	9
Archit Dua	M	10	Monta Vista	FS	M	10

John Hsiao	M	10	Monta Vista	FS	M	10
Kevin Krause	M	10	Monta Vista	FS	M	10
Aditya Kumar	M	10	Monta Vista	FS	M	10
Jiuyi Li	M	10	Monta Vista	FS	M	10
Wyatt Liao	M	10	Monta Vista	FS	M	10
Steven Lim	M	10	Monta Vista	FS	M	10
Myron Loke	M	10	Monta Vista	FS	M	10
Seunghun Oh	M	10	Monta Vista	FS	M	10
Zachary Patti	M	10	Monta Vista	FS	M	10
Anand Rao	M	10	Monta Vista	FS	M	10
Tharun Sankar	M	10	Monta Vista	FS	M	10
Ismaeel Sheriff	M	10	Monta Vista	FS	M	10
Donald Swen	M	10	Monta Vista	FS	M	10
Salvador Torres-Gonzalez	M	10	Monta Vista	FS	M	10
George Yang	M	10	Monta Vista	FS	M	10
Edward Yi	M	10	Monta Vista	FS	M	10
Shanmukh Challa	M	9	Monta Vista	FS	M	9
Rohan Choudhury	M	9	Monta Vista	FS	M	9
Chaitanya Galivanche	M	9	Monta Vista	FS	M	9
Glenn Hua	M	9	Monta Vista	FS	M	9
Tyler Pennebaker	M	9	Monta Vista	FS	M	9
Sameer Rao	M	9	Monta Vista	FS	M	9
Leon Rovner	M	9	Monta Vista	FS	M	9
William Sheu	M	9	Monta Vista	FS	M	9
Nikhil Sinha	M	9	Monta Vista	FS	M	9
David Wang	M	9	Monta Vista	FS	M	9
Kevin Bishop	M	12	Monta Vista	V	M	12
Shivam Khanna	M	12	Monta Vista	V	M	12
Michael Lu	M	12	Monta Vista	V	M	12
Ajay Rajamani	M	11	Monta Vista	V	M	11
Ryan Bishop	M	10	Monta Vista	V	M	10
Takuto Doshiro	M	10	Monta Vista	V	M	10
Emilio Torres-Gonzalez	M	9	Monta Vista	V	M	9
Nicholas Bates	M	12	Monta Vista	VB	M	12
Andrew Cai-Li	M	12	Monta Vista	VB	M	12
Benjamin Chang	M	12	Monta Vista	VB	M	12
Nishant Greene	M	12	Monta Vista	VB	M	12
Arif Hasan	M	12	Monta Vista	VB	M	12
Thomas Huang	M	12	Monta Vista	VB	M	12
Nick Huynh	M	12	Monta Vista	VB	M	12
Siddarth Kadiyala	M	12	Monta Vista	VB	M	12
Arvind Rao	M	12	Monta Vista	VB	M	12
Maxwell Ruckstuhl	M	12	Monta Vista	VB	M	12
Prashanth Swaminathan	M	12	Monta Vista	VB	M	12
Leon Zhou	M	12	Monta Vista	VB	M	12
Nicholas Chen	M	11	Monta Vista	VB	M	11
Sanjeev Dwarka	M	11	Monta Vista	VB	M	11
Jeffrey Harrison	M	11	Monta Vista	VB	M	11
Andrew Hua	M	11	Monta Vista	VB	M	11
Spencer Huang	M	11	Monta Vista	VB	M	11
Vincent Huang	M	11	Monta Vista	VB	M	11
Ryan Ke	M	11	Monta Vista	VB	M	11

Momin Khan	M	11	Monta Vista	VB	M	11
Ved Kirloskar	M	11	Monta Vista	VB	M	11
Bumpei Maeda	M	11	Monta Vista	VB	M	11
Vikrant Marathe	M	11	Monta Vista	VB	M	11
Collin Marcroft	M	11	Monta Vista	VB	M	11
Sheyras Natesan	M	11	Monta Vista	VB	M	11
Christopher Oh	M	11	Monta Vista	VB	M	11
Sai Paladugu	M	11	Monta Vista	VB	M	11
Shanmukha Srinivas	M	11	Monta Vista	VB	M	11
Haree Srinivasan	M	11	Monta Vista	VB	M	11
Stephen Ting	M	11	Monta Vista	VB	M	11
Alex Wang	M	11	Monta Vista	VB	M	11
Brian Wang	M	11	Monta Vista	VB	M	11