



**Mt. SAC Invitational October 21-22, 2011**  
**Route, Addresses, Schedule Notes**

Please note I have never organized this trip before—this is the first time! So all hotels, restaurants, stops, directions, timing etc. were gained from second hand information (Yelp, talking to friends, Googlemaps, etc). Please use your judgment as needed and be patient to help make this trip work well. Mt. SAC 2011 is only the first of many trips that the Monta Vista Cross-Country team will take together, and we will continue to get better at this!!!

Thank you!— *Coach Kirk*

**ATHLETES**

Get to bed early on THURSDAY night! You will not get a great night of sleep on Friday I'm guessing—keyed up a bit! We will try to get some sleep on Friday but just in case, try to 'bank' some sleep on Thursday—and all week long. Get your homework done early—and plan on Sunday being a day for some homework too! 😊

**Cell Phones:**

Coach Flatow:	408.893.7021
Coach Johnson:	408.607.7325
Jill McDonough:	650.575.7339
Cary Bishop:	650.996.2933
Li-Chung Ting:	408.568.2683
Karen Patti:	408.718.4064
Veena Iyengar:	408.429.0079
Abhijit Choudhury:	408.421.8256
Poonam Chitale:	408.431.1766

## **Important Addresses**

### **Hotel—Friday Night**

BEST WESTERN DIAMOND BAR HOTEL & SUITES  
259 Gentle Springs  
Diamond Bar, CA 91765  
909-860-3700

### **Restaurant/Dinner Friday Night**

Romano's MACARONI GRILL Montclair  
4955 S. Plaza Lane  
Montclair, CA 91763  
P: (909) 621-2604

Dinner reservations at 6pm

### **Race Location**

Mt. San Antonio College (Mt. SAC)  
1100 N. Grand Avenue  
Walnut, CA 91789

(Race course is actually located at/near the stadium off of W. Temple Ave.)

### **Friday Driving Plan:**

#### **Meet at Monta Vista Bus Circle at 8:00am to load and depart by 8:15am**

Leg 1: Cupertino to Los Banos (Chevron Gas Station)

Cupertino  
CA-85 South for ~16 miles  
US-101 South for ~20 miles (to Gilroy)  
CA-152 East for ~45 miles  
Meet at Chevron Gas Station, 1164 E. Pacheco Blvd, Los Banos CA 93635 @ about 9:45am

Leg 2: Los Banos to Kettleman City

CA 165/Merced Springs Road South ~8 miles  
1-5 South ~82 miles  
CA 41 N (Exit 309)  
~1/2 mile to Shell Station corner of CA 41 and Ward Dr  
Shell Gas Station 25712 Ward Dr Kettleman City, CA 93239 @ about 11:30

### Leg 3: Kettleman City to Lebec

I5 South ~93 miles

Exit 215

Shell Gas Station 9069 Grapevine Rd W Lebec, CA 93243 about 2:00pm

### Leg 4: Lebec to Diamond Bar

I5 South ~82 miles

CA60E (Pomona Freeway) ~24 miles

Exit Diamond Bar Blvd

Right on to Gentle Springs Road

Best Western 259 Gentle Springs Road, Diamond Bar CA 91765 about 3:45pm

### ***Athletes, upon arrival...***

When you arrive, you need to efficiently:

1. Check in and dump your luggage and gear. (Guys, remember what I asked you to help with?)
2. Get together and loosen up; do you remember 'lunge around the clock'? Good time to do this!
3. 10 minute warm up jog somewhere.
4. Drills (no lunges) (easy)
5. 4 easy strides
6. Monta Vista stretch routine
7. Cheer! You are in LA!
8. Get ready for dinner, study if we have time. (Be in your car for dinner at 5:45, dinner is at 6pm).

### **Race Schedule—Saturday**

**Kids need to pack up and be ready to check out. Lay out your gear the night before, get ready to toss everything else in a bag and split first thing in the morning!**

### **ATHLETES: IMPORTANT NOTE**

Mt. SAC is a monster-sized invitational; 22,000 athletes! The organizers have a schedule to keep and they will have **zero** tolerance for anyone being late! Races have and will start without waiting for registered runners. Pay close attention to all instructions; get warmed up a little early; and be on time. Your coaches cannot be everywhere! – ultimately, getting yourself warmed up and to the start on time is your responsibility! Stick together as a group with your leaders for the hour before your race; I'd like to be able to ask the warm-up leader where you are and have them be able to tell me, so if you wander off to the porta-pottie or whatever let them know! You are a team—help each other out—all of you!

**Warm-up leaders:**

- Varsity Girls: Nandini, Neha
- Varsity Boys: Michael, Vikrant
- Freshman Boys: Rohan, Nandini
- Freshman Girls: Chloe, Neha
- Sophomore Boys: Anand, Michael

**Breakfast at the hotel.** [I think that our first race will be the girls' varsity at 8:35am and that the varsity boys will run at 10:20am, however this will not be confirmed until early in the week. The plan below assumes this schedule however if the boys are scheduled in the 7:55 race, everything moves 40 minutes earlier]

Varsity girls should plan on a light breakfast at 6am, others could eat at 6:30. ***VGirls**—you have very little 'cushion' time before your race. If something goes wrong, like the hotel did not have breakfast ready or did not have what you want, you are stuck. You know what I would do if I were you? Make myself independent! I'd pack a couple of bananas and an almond butter and honey sandwich and maybe a container of orange juice, because that is an OK race day breakfast for me. Now I would not have to worry about my breakfast! If you have something like that you can pack just in case...you might want to do that. Everyone else, think also about your morning food, but you do have a little more wiggle room.)*

**Getting to Mt SAC**

**Bridget, Kirsten, Pearl, Nandini, Neha, Risako and Sameera need to be in cars by 6:30 for 6:45 arrival (45 minutes to get settled, 45 minutes to warm up). Everyone else can be in cars at 7:30 (get there in time for girls' varsity race). My coaching brother Rob has warned me that Mt. SAC will be nuts...he brings SLV at 9am for a noon race...so we are going to be cautious and get there early.**

Get on CA-60W towards Los Angeles  
Exit 24B for Grand Ave towards Diamond Bar (about 1 mile)  
Right on Grand Ave. About 2.6 miles on Grand.  
Right on W. Temple Ave. Parking will be on the right about a half mile down.

**Once at Mt. SAC, we will make camp on the 'lower field' near the start and finish—Rob said that would make sense once we see it.**

**Parents—could someone please bring some water, bananas, and simple snacks for post-race?**

**Also, we are not going back to the hotel...so it might be a great idea to have a bunch of those pre-packaged clean up towels for the kids post-race (wet-ones? What are those called? You know what I am thinking of?).**

Lunch afterwards (Subway?).

DIV	GEN	RACE	TIME
1	B	JV	7:00 AM
1	G	JV	7:20 AM
1	B	Varsity	7:55 AM
1	G	Varsity Girls RACE 62 8:51 YELLOW	8:51 AM
1 & 2	G	JV Nat Champ	9:00 AM
1 & 2	B	JV Nat Champ	9:15 AM
1 & 2	G	Ind Sweep	9:30 AM
1 & 2	G	Team Sweeps	9:55 AM
1 & 2	B	Varsity Boys Race 70 Ind Sweep 10:46 YELLOW	10:46 AM
1 & 2	B	Team sweeps	10:45 AM
1	B	Freshman Boys RACE 72 11:18 GREEN	11:18 AM
1	G	Freshman Girls RACE 77 11:58 RED	11:58 AM
1	B	Sophomore Boys RACE 79 12:15 BLUE	12:15 AM
1	G	Sophomore	12:25 AM
2	B	Sophomore	2:00 PM
2	G	Sophomore	2:30 PM
2	B	Freshman	2:45 PM
2	G	Freshman	3:05 PM
2	B	Varsity	3:35 PM
2	G	Varsity	4:20 PM
2	B	JV	5:00 PM
2	G	JV	5:20 PM

## Athletes Roster

Gender	Last Name	First Name	Room	Car	Grade	Division
M	Bishop	Kevin	A	6	12	Varsity
M	Bishop	Ryan	A	6	10	10th Grade
M	Challa	Shanmukh	B	4	9	9th Grade
M	Chang	Ben	C	7	12	Varsity
M	Choudhury	Rohan	D	4	9	9th Grade
M	Doshiro	Takuto	D	6	10	10th Grade
M	Khanna	Shivam	A		12	Varsity
M	Lim	Steven	B	5	10	10th Grade
M	Lu	Michael	B	7	12	Varsity
M	Marathe	Vikrant	D	7	11	Varsity
M	Patti	Zachary	C	5	10	10th Grade
M	Rajamani	Ajay	C	4	11	Varsity
M	Rao	Anand	A	5	10	10th Grade
M	Sheriff	Ismaeel	C	5	10	10th Grade
M	Ting	Steven	D	7	11	Varsity
M	Torres-Gonzalez	Emilio	B	4	9	9th Grade

W	Bharadwaj	Sanjna	E	3	9	9th Grade
W	Chang	Julia	G	3	9	9th Grade
W	Chitale	Nandini	E	2	12	Varsity
W	Do	Kirsten	H	1	10	Varsity
W	Gottlieb	Bridget	F	1	10	Varsity
W	Jammu	Neha	F	2	12	Varsity
W	Law	Pearl	G	1	12	Varsity
W	Li	Chloe	G	3	9	9th Grade
W	Tanida	Risako	H	1	11	Varsity
W	Vemulapalli	Sameera	H	2	10	Varsity
W	Weinberg	Sarah	E	2	9	9th Grade
W	Xu	Jenny	F	1	9	9th Grade

**Drivers:**

Jill McDonough	1
Poonam Chitale	2
Veena Iyengar	3
Abhijit Choudhury	4
Karen Patti	5
Cary Bishop	6
Li-Chung Ting	7

*You can fight without ever winning, but you can never ever, win without a fight. -Rush*