

Central Park Invite Tuesday, September 25th, 2012

Central Park, Santa Clara

It's ALWAYS a great day to race!

The nine inches right here; set it straight and you can beat anybody in the world.

--Sebastian Coe (as he said this, Coe held his fingers up to his head)

Central Park, Santa Clara:

- Have a good breakfast and a snack in the morning. Eat a light lunch. You can eat all you want *after* the meet. Write down what you eat and if you feel good in the race, do this again!
- RELEASED from school at 1:50pm – rides at bus circle at 2:00pm.
- MEET next to the baseball field around 2:30pm.
- 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.

Parents/Drivers--Parking: Please park on the side of the park opposite Kiely Blvd., the swim center parking lot. There is also a parking lot off of Kiely, located at the south end of the park by the small children playground and pavilion. 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 and warm up as a group! 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. Find the finish, and run back 30-45 seconds to find your sprint point—***commit to pushing from that point!***

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 some of you on Monday about pack-racing strategy! Varsity Girls, FS Boys especially...come see Coach Flatow as a group)***

WARMING UP: Please DO NOT warm up in the large grass area by Kiely Blvd between the CRC building and Magnolia School until after 3:30—so Frosh/Soph, warm up somewhere else!

KARMA POINTS

Everyone remember, you should thank at least one volunteer, official or helper at the meet! In particular, the Santa Clara coach, Julie L’Heureaux, is the meet director. Coach L’Heureaux runs really good track meets and XC meets (you may remember, she was the meet director of the SCVAL championship track meet last year). If you have a good time at her meet—please tell Coach L’Heureaux you appreciate her work!

And for sure...thank the parents who are driving you to the meet!

Make this a habit...always thank at least one volunteer or official at every meet you attend. We would not have cross-country without them!

Schedule of Races

Race	Time	Warm Up Leaders
3:30pm	Frosh/Soph Boys	David Wang, Brent Mogensen, Lucas Tao
3:55	Varsity Boys	Ajay Rajamani, Vikrant Marathe, Anand Rao
4:20	Varsity Girls	Bridget Gottlieb, Catalina Huang
4:50	JV Boys	John Hsaio, Salvador Torres, Steven Lim
5:10	JV Girls	Emma Seyer, Kiersten Chuc
6:00	RELEASED TO RETURN. PLEASE DO NOT LEAVE EARLY, SUPPORTING YOUR TEAM IS PART OF BEING ON THE TEAM. AFTER YOUR RACE—WARM DOWN, STRETCH, AND CHEER!	ONLY WHEN CAMP IS CLEAN.

“Life’s battles don’t always go to the strongest or fastest man. But sooner or later, the man who wins is the fellow who thinks he can.”

-Steve Prefontaine

WHO RUNS WHAT

Frosh-Soph Boys

Fung	Jonathan	Boy	9
Gopalakrishnan	Anindit	Boy	9
Li	Jimmy	Boy	9
Mogensen	Brent	Boy	9
Mracek	Lee	Boy	9
Tao	Lucas	Boy	9
Vemulapalli	Vamsee	Boy	9
Galivanche	Chaitanya	Boy	10
McNeil	Liam	Boy	10
Mohammed	Rizwanulla	Boy	10
Ji	Scott	Boy	9
Singh	Rana	Boy	10
Thontakudi	Akshay	Boy	10
Wang	David	Boy	10

Varsity Boys (and all seniors)

Chang	David	Boy	12
Chen	Nicholas	Boy	12
Harrison	Jeffrey	Boy	12
Hua	Andrew	Boy	12
Huang	Vincent	Boy	12
Husain	Daanish	Boy	12
Ke	Ryan	Boy	12
Maeda	Bumpei	Boy	12
Marathe	Vikrant	Boy	12
Marcroft	Colin	Boy	12
Nguyen	Eric	Boy	12
Oh	Christopher	Boy	12
Rajamani	Ajay	Boy	12
Shanmuga Sundaram	Siddarth	Boy	12
Takwalkar	Sujay	Boy	12
Tang	Michael	Boy	12
Ting	Stephen	Boy	12
Wang	Alex	Boy	12
Wang	Brian	Boy	12
Rao	Anand	Boy	11
Torres-Gonzalez	Emilio	Boy	10
Choudhury	Rohan	Boy	10
Patti	Zach	Boy	11

Varsity Girls (and all seniors)

Bhagat	Hita	Girl	12
Chen	Lena	Girl	12
Chi	Emily	Girl	12
Huang	Catalina	Girl	12
Liu	Diana	Girl	12
Tang	Ellen	Girl	12
Tanida	Risako	Girl	12
Hsiao	Anna	Girl	9
Yip	Madeleine	Girl	9
Xu	Jenny	Girl	10
Li	Chloe	Girl	10
Chang	Julia	Girl	10
Gottlieb	Bridget	Girl	11

JV Boys

All Frosh, Soph and Junior Boys not listed above

JV Girls

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