

Meet Sheet: Early Bird Invitational, Toro Park, Salinas—September 8, 2012

General and Important:

- Eat a healthy breakfast and bring some healthy pre-race snacks for the morning. Even if you are not used to eating breakfast early in the morning you need fuel to run well! Oatmeal, a banana, and a piece of toast with a nut butter on it works well for me but you need to find something that works for you. DON'T be hungry at the start of your race! Bring water, and a post-race snack too.
- Hydrate—start the day with a glass of water as soon as you wake up. Don't drink so much that you are sloshing around but you don't want to be thirsty either. The trick is to start hydrating the day before, and have a glass of water early in the morning, and your body will be well hydrated and you just need to sip.
- **MEET AT THE BUS CIRCLE NO LATER THAN 6:15AM! Don't be late!**
- Vehicle parking is \$6. Vans filled with team members in uniform are usually not charged.
- Don't forget your entire uniform, this includes your warm ups!
- Bring a dry t-shirt and other clothing—something MV and purple is good!—for after your race.
- CAMP: Coaches will set up camp near the play structure in Parking Lot #1 (same as last year).
- TAGS/BIBS: Get them from your coaches and pin them on your uniform immediately!
- WARM UP: Find your warm up leaders 1 hour before race time. Stick together as a team! Report to the starting line 10 minutes before the start of your race. Keep warm by doing some striders before the race (don't just stand there for more than a few minutes and let your muscles cool off).
- STARTING BOXES: Starting boxes are first come, first served. We need people to save boxes (this is called SITTING THE BOX). If you are injured and not running, a cool thing to do is grab the first box for the freshmen, then pass that box off during the day. The boxes I like are 3 or 4 in from the left side of the starting line (outside of the first turn).
- WEATHER: Plan on it being warm.

RACE	TIME	WARM UP LEADERS
Freshman Girls	9:00am	Senior Girls
Freshman Boys	9:30am	Senior Boys
Sophomore Girls	10:00am	Julia, Chloe
Sophomore Boys	10:30am	Rohan, Emilio
Junior Girls	11:00am	Bridget, Emma
Junior Boys	11:30am	Zach, Steven
Senior Girls	12:00 noon	Captains
Senior Boys	12:30pm	Captains

AWARDS: Plaque for winning team in each race. Medals to first 7 members of 1st, 2nd, and 3rd place teams in each race. Medals to top 10 runners not on the 1st, 2nd, and 3rd place teams in each race. Trophy for first place individual finisher in each race. Plaque for Overall Boys and Girls Team Champion. Bring some money if you want to buy a t-shirt or snacks! But don't be a victim...don't leave valuables or electronics lying around...don't bring anything you don't need and would not like to lose, when in doubt, leave it at home!

YOU MAY LEAVE: When the last race is over and the camp is cleaned up. No trash left behind!

"Man imposes his own limitations--don't set any."
-Anthony Bailey

*Every morning in Africa, a gazelle wakes up. It knows it must outrun the fastest lion or it will be killed.
Every morning in Africa, a lion wakes up. It knows that it must run faster than the slowest gazelle, or it will
starve. Whether you're a lion or a gazelle when the sun comes up you'd better be running.
(But, unless you're a runner, you won't understand.)*

Thoughts on the Toro Park Course:

Like most races, the party really starts after mile 1. It's nice to get out well before the first turn but don't kill yourself, unless you are in first place, a few spots one way or another is not critical. Be patient in the first mile and work your way up you will be in a better place than all the people who went out too fast, and you will have two miles to pass them all. Start working your way up as they tire and there is more room to move. Run the hill with LEVEL EFFORT. This is not level pace, you will slow down. That's OK, it's not the place to kill yourself. At the top of the hill, stretch your stride out a bit and try to get moving down the hill. Competitors who went up the hill too hard will want to take a rest and you can break their will and drop them if you get moving here.

Before the race, make sure you know where the finish line is, and jog back to find your 'sprint point' about 30 to 45 seconds out from the finish line. Pick out a tree, bush, or turn and commit to giving everything you have from that point to the finish line. Do this at all races, knowing the finish area helps. You have an extra gear, that's what hill repeats have been doing for you. Find what you have inside!

MESSAGE FROM YOUR COACHES: EARLYBIRD

Race day is a gift, race day is a celebration, race day is the goal and it's the payoff for all the training and all the work you have done. A great race can be honored, a poor race can be learned from; you always get something from race day. For many of you this is your first high school race ever, for all of us it is our first race of the season. Embrace our beginning together and for yourself, and believe whatever happens, our team and each individual can just get better and better if we chose to continue to give our best!

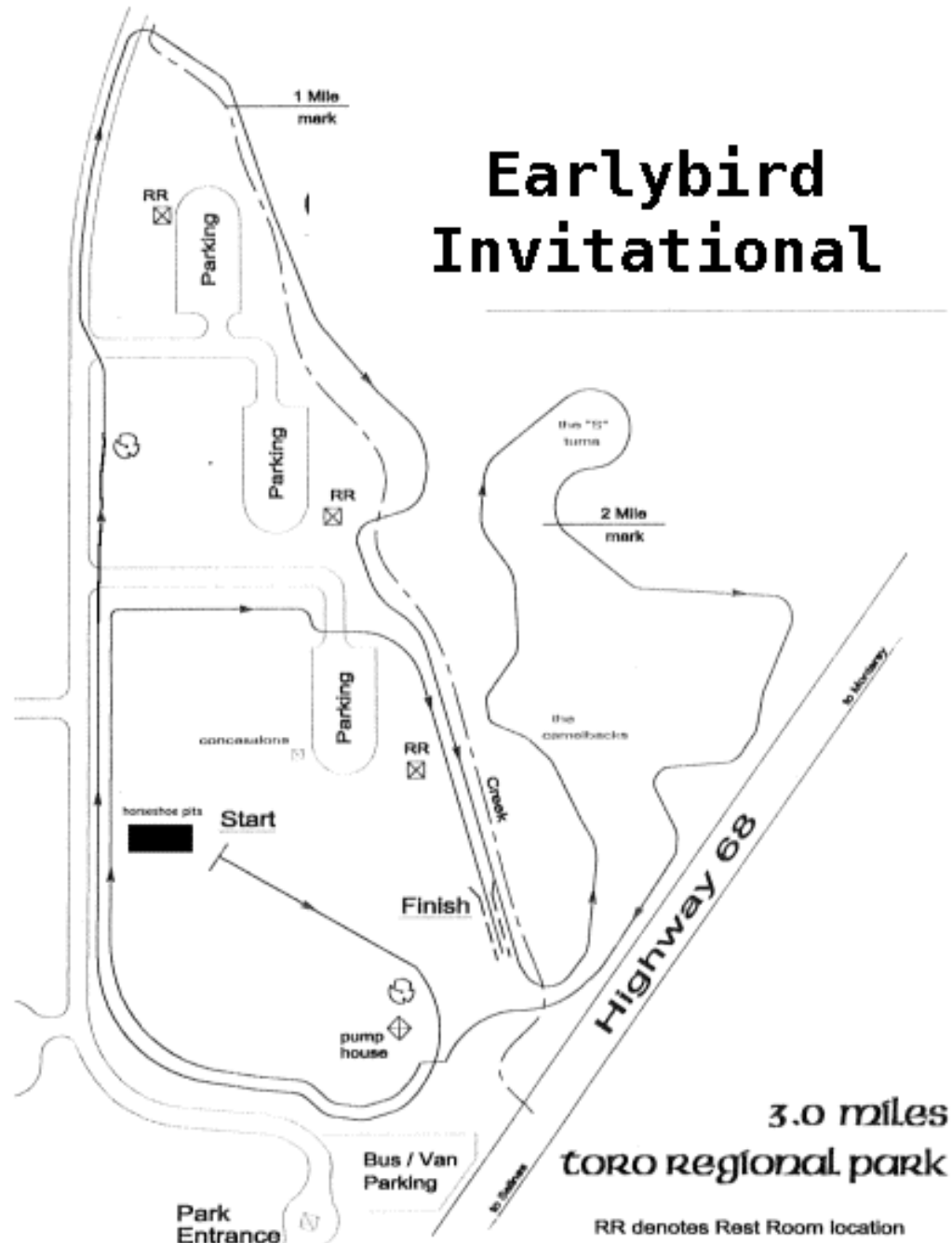
Everyone should:

- Say good luck to your teammates and at least one competitor.
- Congratulate the runners in front of you and behind you at the finish.
- Thank at least one volunteer at the meet; we could not have these races without them. I'd like every Monta Vista athlete to thank at least one official or volunteer at EVERY meet we attend!
- Thank the parent who drives you to and from the race; how else would you get there?
- Thank your parents for supporting you as you participate in MVXC.

You have chosen how hard you wanted to prepare, you chose to come out every day after school and run in the blazing heat, you chose to be a runner. We all get to choose all the important things in life. Today you get to choose what you want to leave out on the course. We are humans, we are not creatures of instinct. You can choose. Choose to find something inside yourself that you did not know you had!

Before the race, say it out loud: It's a great day to race!

"Baby, you know we can choose, we ain't no amoebas."
--John Hiatt



Coming from the North (San Jose):

Take 101 South to Salinas and get off at the Laurel Exit. Take a right hand turn and get into the left turn lane. Go left on to Davis Rd. and continue on Davis to Blanco (about a 1 mile over the bridge and first stop light after bridge). Turn left on to Blanco and go approximately one 1/2 miles to Main Street (Shell Station on right). Go right on Main St. also known as Hwy. 68. Stay on Hwy 68 for about 5 miles and exit at Portola. Go right at the stop sign and under the bridge and it takes you into Toro Park.

Coming from Monterey:

Take Hwy. 68 east exit at Portola. Go right at the stop sign into Toro Park.

Coming from the South (King City):

Take 101 North to Abbott St. (a left exit). Take Abbott to Blanco and turn left (Denny's is on the corner). Continue on Blanco to Main St. or Hwy 68. Turn left on to Hwy 68 (Star Market on the corner). Stay on Hwy 68 for about 5 miles