

**SCVAL Preview Meet, Crystal Springs**  
**October 2, 2012**

*"The ultimate is not to win, but to reach within the depths of your capabilities and to compete against yourself to the greatest extent possible. When you do that, you have dignity. You have the pride. You can walk about with character and pride no matter in what place you happen to finish." -billy mills*

**Crystal Springs:**

- ❖ 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 1:30- rides at bus circle 1:45.
- ❖ Look for your coaches when you get there, we will be setting up camp.
- ❖ Bring a snack for after your race.
- ❖ Don't forget your uniform. (All of it!)
- ❖ It is projected to be a warm day, but it can get cool later in the day up there. Bring dry clothes, and something warm, for after the race.
- ❖ Be prepared, bring **3 large trash bags**: 1-for your dirty, wet, muddy clothes; 2-for your track bag if it is rainy or muddy; 3-emergency rain poncho.

**Warm-Up:**

Find your warm-up leaders, 45 minutes before the race and stick with them! Girls and boys in each class are running at almost the same time so you can all drill together. Be at the starting line 10 minutes before the start.

**Course:**

2.95 Miles of dirt and rolling hills. This is what you train on! Crystal Springs is a fabulous course and we are lucky to be able to race here a couple times each year. **It is a Great Day to race!!**

*An athlete who tells you the training is always easy and always fun simply hasn't been there. Goals can be elusive which makes the difficult journey all the more rewarding.*

*--Alberto Salazar*

### **Some Things to Think About While Running Crystal Springs:**

- ❖ We will run our league championships at Crystal in a month so take a good look at the course as you race. Think about where you want to push, where it will pay off to pace yourself.
- ❖ Take a good look at the first loop on the course. Remember to pace yourself at the start. Lots of runners take off too fast on this course. You don't have to go ripping off that first downhill—that's a trap. Try going out under control this time; if you finish and have a lot left, you know that at League Finals you can hammer a little more!
- ❖ The race at Crystal really starts when you climb back from the first loop and re-cross the starting line. That's when you shake your legs up and say OK, get to work!
- ❖ Find your 'sprint point' 30-60 seconds from the finish line and commit to yourself that you will make a fast finish. Take a look at the point where you get near the finish line, but then you head out and back along the ridge line; at that point, there should be people cheering for you, and then you have about 800M to go. This is another point to start picking up your pace even though it seems hard. This point is a little long for a true 'sprint' point but in a race, 800M left is a place to start pushing. Think about how to up your tempo at that point, and at some spot before or after you start that final stretch to the finish, you should start your 'sprint.'

### **SCHEDULE:**

**Everyone will run with their own grade level. Boys and girls start almost together (3 minutes difference) After you are done racing, your warm down can be to jog to different parts the course again and cheer on your teammates along the way!**

<b>TIME:</b>	<b>RACE:</b>	<b>WARM-UP LEADERS</b>
3:30 PM	Frosh race – boys then girls	Lucas, Brent, Anna, Namrata
4:00 PM	Soph race – boys then girls	Rohan ,Liam, Julia and Chloe
4:30 PM	Junior race – boys then girls	Anand, John, Bridget and Emma
5:00 PM	Senior race – boys then girls	Vikrant, Ajay, Catalina and Ellen

**EACH GIRL RACE WILL START 3 MINUTES AFTER THE BOYS RACE**

**Remember to thank the volunteers working this meet; coaches and parents from the entire league are working so that you can race!**

Starter - Dan Oren, Los Altos; Backup timer - Gunn & Cupertino

Tag Pullers - Mt. View & Fremont

Finish Line Judges - Palo Alto & Lynbrook

Chute Management - Los Gatos, Saratoga, **Monta Vista**

>Emergency Non-coach Contact - Milpitas

>Street Management/Parking - Homestead

># Distribution - Milpitas

Misc fill in as necessary - Milpitas

>Timing, scoring, etc provided by Hank!

*I AM A RUNNER because I run. Not because I run fast. Not because I run far. I AM A RUNNER because I say I am. And no one can tell me I'm not*

*—John Bingham*

