

Stanford Cross Country Invitational
Saturday, September 29, 2012 @ Stanford University Golf Course

Preparation Wins

‘The fight is won or lost far away from witnesses—behind the lines, in the gym, and out there on the road, long before I dance under those lights.’—*Muhammad Ali*

- ❖ Have a good breakfast! Our race is late morning so depending upon when you have breakfast, so you might want a mid-morning snack like a banana. Don't be low on fuel but don't have a full stomach, either!
- ❖ Assume that we will have a warm morning but check the weather. Remember to have a glass of water when you wake up and sip water during the morning. ***(It's always a great day to race!)***
- ❖ **You are responsible for your own transportation to Stanford.**
- ❖ The coaches will get to the course early and set up camp for you, look for us near the A on the course map. **Plan to be at the camp no later than 9:45am!**
- ❖ **Before the race:** Warm up as teams. Check out the finish and **find your sprint point!** Don't worry too much if the map is confusing, the course is well marked once you are out there. No one gets lost! Remind yourself to use good pacing and speed up during the race.
- ❖ **After the race:** Plan on having lunch as a group; team bonding plus some extra training! So bring a light snack for after your race but make this snack something you can eat, but then run a little bit afterwards before a real lunch. We will probably eat lunch around 12:45 and afterwards head for home.
- ❖ **Remember:** Say good luck to your teammates and competitors, thank you to your drivers and say thank you to ***at least one*** of the race officials!

Athlete/Spectator Parking (Parking Structure 5)

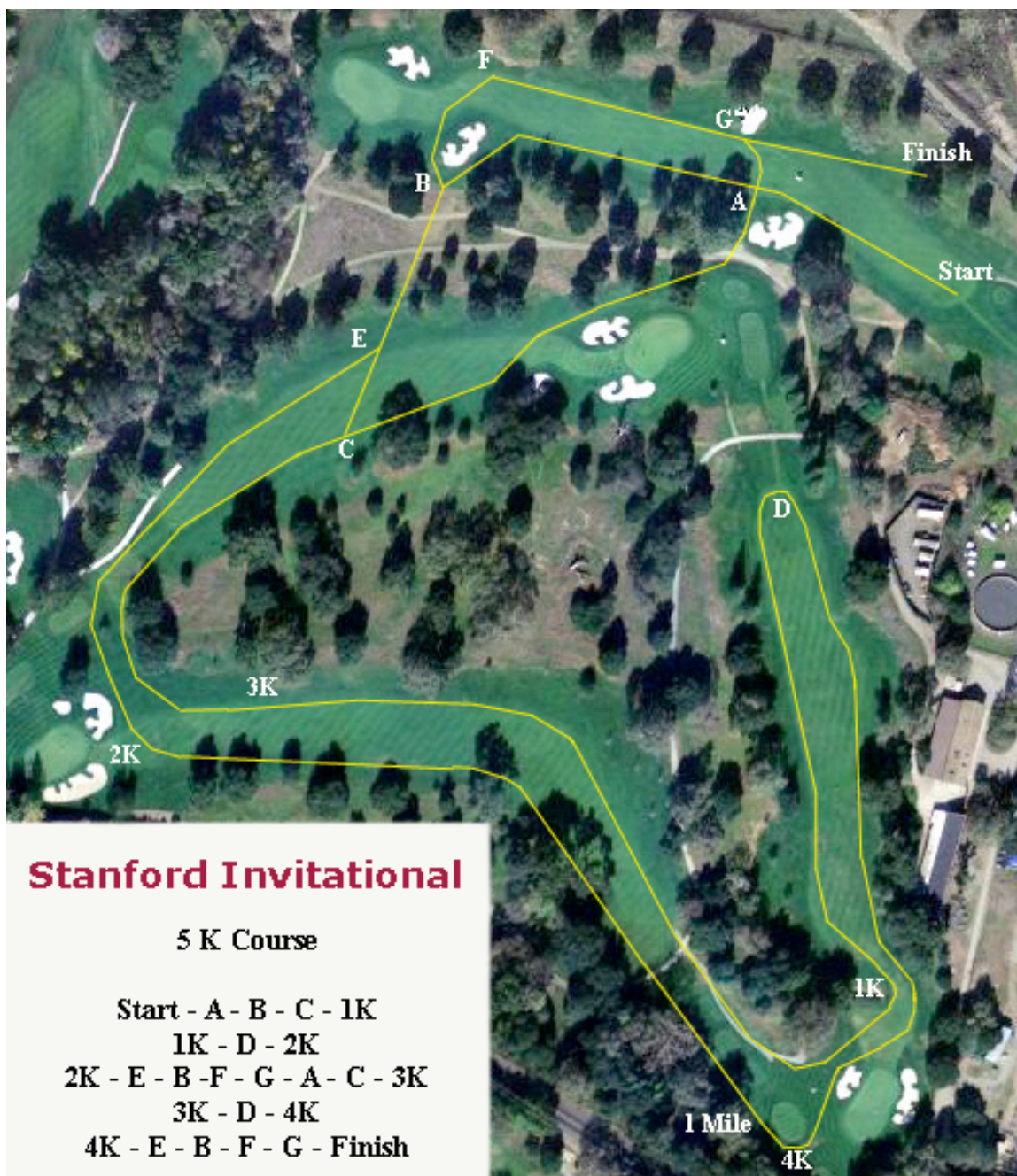
From Interstate 280 (north or south) Take the Sand Hill Road exit, east towards campus. Cross over Junipero Serra Blvd, the next possible right is Stock Farm Road. Turn right on Stock Farm Road, drive to your first possible left, this is Oak Road. Turn left onto Oak Road and enter the parking structure on the right side of the road. After parking you will need to take a 3 minute walk to the starting line of Cross Country event. Walk back to Oak Road, turn and walk west on Oak Road, you will cross Stock Farm Road, continue to follow Oak Road until you reach Searsville Road. Turn left onto Searsville Road, continue to walk to the first possible right, this is Fremont Road, turn right and walk one block to the main entrance of the Cross Country event.

Admission: Spectators may purchase admission tickets for \$7.00 on the day of the meet only at the course.

Please stay away from the stable and barn areas. NEVER RUN ON THE GREENS, ACROSS TEES, OR THROUGH SAND TRAPS. NO FRISBEES, FOOTBALLS, OR PETS WILL BE ALLOWED.

Division 1 5K Boys 11:00am	Division 1 5K Girls 11:30am
Ajay Rajamani	Bridget Gottlieb
Jeffrey Harrison	Jenny Xu
Anand Rao	Julia Chang
Zach Patti	Chloe Li
Emilio Torres-Gonzalez	Isabel La Plain
Rohan Choudhury	Anna Hsiao
Brent Mogensen	Maddie Yip
Alt: Steven Ting, Steven Lim, John Hsiao	Alt: Namrata Subramanian, Sameera Vemulapalli

Don't bother just to be better than your contemporaries or predecessors. Try to be better than yourself. --William Faulkner



Chip and Bib Instructions:

1) ALL athletes MUST wear the corresponding Bib / Pull tag and shoe chip(s).

2) ALL athletes MUST wear the corresponding numbered "chip(s)". --Chips are numbered on the Black side. Make sure to match the correct numbers to the corresponding athlete numbers. --Chips are to be tied into the shoelaces as shown. Do NOT put the chip in your sock, on your ankle, or in your pocket, etc. Only wear as shown.

3) ALL chips MUST be returned and/or collected after each race at the finish line or the packet pick-up location.

4) There is a \$25 charge for each chip not returned

