

Artichoke Cross Country Invitational October 6th, 2012
(and Beach Party)
Half Moon Bay High School

“Success isn't measured by where you end up, but by the distance you traveled from where you started.”—*Steve Prefontaine*

Notes

- Have a healthy dinner, and get a good night's sleep, on Friday night!
- Hydrate! Have a glass of water when you get up, drink consistently in the morning, and sip from your water bottle in the afternoon while waiting to race.
- Eat a healthy breakfast – fruit (bananas!), breads/bagels, some protein, etc...our races are in the afternoon so you can eat a real breakfast, whatever feels good to you. Depending upon the time of your race you may want a medium or light lunch or reasonable snack however do NOT eat anything heavy within 3 hours of your race start. You don't want to feel like you have a brick in your stomach! Plan your eating for Saturday on Friday, think about your fuel strategically—don't make it up as you go along. WRITE DOWN WHAT YOU EAT and make notes about how you felt and how you might want to adjust your eating in the future; these race times are similar to the race times at CCS so Artichoke is a good simulation for the CCS championships' preparation!
- Bring a snack for after your race.
- Check the weather and dress appropriately. We are going to the beach afterwards so bring a sweatshirt that you can keep dry, and a dry shirt or layers.
- Don't forget your uniform!
- Get to MVHS Circle by 10:45am for rides. (later than 11:00 am and you're left behind!)
- If you want to buy snacks or a meet T-shirt, (Artichoke usually has nice shirts) bring some \$\$\$.
- Remember to thank the meet organizers and volunteers for supporting this event. The Half Moon Bay coach is pretty cool, he is usually running around in a cowboy hat; go say thanks to him for hosting a great race!
- ***It's a great day to race!***

DIRECTIONS: 280 North, 92 West, Right on Main St., Right on Lewis Foster Drive.

CAMP: Look for Coaches to set up camp and get your bib numbers.

WARM-UP: Find your warm-up leader(s) 1 hour before race time. Stick with them! Also, report to the starting line 10 minutes before the start.

Course: 2.33 miles. Grass, asphalt, dirt paths, muddy areas, synthetic track, gravel road, down hills, flats, and a wee bump (this is their joke—it's a real hill!) a little past the halfway point.

Two strategic things to think about: 1. Remember what we said about hills (pick it up a little before the hill, on the hill maintain a constant effort/don't strain to keep the same speed up the hill, at the top of the hill pick up your pace and lengthen your stride when everyone else is dogging it). 2. Before the race, find the finish line, then identify your 'sprint point' 30-60 seconds before the finish line. Commit to yourself to truly slam it from your sprint point to the finish, don't let anyone pass you and seek to pass anyone within striking distance!

"Something inside of me just said 'Hey, wait a minute, I want to beat him,' and I just took off."—Steve Prefontaine

"The thing about Pre is that he ran as hard as he could every race, and if you were going to beat him, you were going to have to run harder than he did."

--Bob Kennedy

<u>RACE:</u>	<u>TIME:</u>	<u>Warm-Up Leader(s):</u>	<u>Team/Ind. Awards</u>
F/S Girls	1:25 pm	Sanjna B, Namrata S	1 st team/25 Ind.
F/S Boys	1:55 pm	Lucas T, Liam M	1 st team/25 Ind.
Varsity Girls	2:20 pm	Bridget	1 st team/25 Ind.
Varsity Boys	2:50 pm	Ajay	1 st team/25 Ind.
Varsity B Boys	3:15 pm	Vikrant, Steven T.	20 Ind.
Varsity B Girls	3:40 pm	Emma, Catalina	20 Ind.

The five S's of sports training are: Stamina, Speed, Strength, Skill and Spirit; but the greatest of these is Spirit.

--Ken Doherty

BEACH PARTY!

We are heading to the beach after our race!
Details will follow from the parents who are driving and coordinating. Dress and pack appropriately!

We will have sandwiches, plus everyone will have a pot-luck contribution (request to follow).

Francis Beach @ Half Moon Bay State Park

http://www.parks.ca.gov/?page_id=531

Mrs. Linda Marten (Maddie's mom) has arranged for free parking, please see her for a pass.

It's rude to count people as you pass them. Out loud.

Who Runs What!

Varsity Boys 2:50pm	Varsity Girls 2:20pm
Rohan Choudhury	Jenny Xu
Zach Patti	Maddie Yip
Ajay Rajimani	Julia Chang
Anand Rao	Bridget Gottlieb
Jeffrey Harrison	Anna Hsiao
John Hsaio	Alice Johnson
Steven Lim	Chloe Li
Frosh-Soph Boys 1:55pm	Frosh-Soph Girls 1:25pm
Alvin Cheong	Naama BenDavid
Arpan Choudhury	Sanjna Bharadwaj
Jonathan Fung	Miranda Chen
Chaitanya Galivanche	Julia Cho
Anindit Gopalakrishnan	Nicole Figg
Young Guo	Nupoor Ghandi
Glenn Hua	Hannah Ho
Scott Ji	Valerie Lo
Kenji Kadokura	Maddy Martin
Andy Kang	Sonal Patel
Omkar Kawade	Lydia Seo
Jimmy Li	Sara Serevetti
Liam McNeil	Harini Shyamsudar
Brent Mogensen	Namrata Subramanian
Rizwanulla Mohammed	Sarah Weinberg
Lee Mracek	Varsity B Boys 3:15pm
Tyler Pennebaker	Fawaz Al-Harbi
Leon Rovner	Felix Chow
William Sheu	Vincent Huang
Wayne Shu	Malcolm Flint
Rana Singh	Alex Kao
Connor Sullivan	Kevin Krause
Lucas Tao	Juiyi Li
Akshay Thontaku.	Myron Loke
Perry Ting	Bumpei Maeda
Emilio Torres-Gonzalez	Vikrant Marathe
Vamsee Vemulapalli	Colin Marcroft
David Wang	Eric Nyugen
Larry Yang	Chris Oh
Tong Yoon Yoo	Ishmael Sheriff
Justin Chang	Michael Tang
	Salvador Torres-Gonzalez
Varsity B Girls 3:40pm	Michael Trinh
Kiersten Chuc	Dan Vo
Kirsten Do	Alex Wang
Hita Bhagat	George Yang
Emma Seyer	Alex Zhou
Risako Tanida	
Sameera Vemulapalli	
Lena Chen	