

# Lynbrook Invitational / FUHSD Championships

## Thursday, October 25, 2012

*“Being a runner means you are now “free”; free to win, to lose, and to live life to it’s fullest.”*

*-- Billy Rodgers*

### Location:

Joaquin Miller Middle School  
6151 Rainbow Drive  
San Jose, CA 95129

**IMPORTANT: PLEASE do NOT go on to the Miller Middle School grounds until 3pm!!! This is the last year Lynbrook will hold this race on the middle school course, next year we will be back at Lynbrook—their new track will be complete! So for this year, be respectful of the middle schoolers. If you arrive before 3pm, please hang out in Rainbow Park until 3pm. Frosh-Soph boys will probably want to start warming up before 3pm, so let’s help them out—offer to carry the track bag of a F/S boy over to our camp area.**

### Notes:

- ❖ 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 2:00--rides at bus circle 2:15--first race at 3:45pm
- ❖ Look for your coaches when you get there for a camping spot. I don’t think we will set up a tent since the weather is supposed to be good, it’s a small meet and we cannot be on campus before 3pm.
- ❖ Bring a snack for after your race.
- ❖ Don’t forget your uniform. (All of it!)
- ❖ High 66—should be a great day for racing but be prepared for any weather!
- ❖ Always be prepared, keep **3 large trash bags in your track bag**: 1-for your dirty, wet, muddy clothes; 2-for your track bag if it is rainy or muddy; 3-emergency rain poncho.
- ❖ Find your ‘sprint point’ 30-60 seconds from the finish line and commit to yourself that you will make a fast finish (this is straightforward at the Miller course—by the time you get to the track, try to be pushing hard!
- ❖ The Lynbrook coach, Jake White, works very hard to put on this race and help the league quite a bit. Coach White and the other volunteers who put on this race would appreciate a ‘thank you’!

### Warm-Up:

Find your warm-up leaders, 45 minutes before the race and stick with them! Be at the starting line 10 minutes before the start.

**This is a Full-On Race!**

**You all have two to four races left in the season!** It's time to put it all together. **Race this race *HARD* and *SMART*.** Use your race tactics that you have been working on all year; good pacing early, pick it up, finish strong. This is a flat and fast course and a good time for you to cut loose. Run with your pack but try to stay with someone a little bit faster than you have all year—test yourself a little in the last half of the race. If you feel tired, **TRY TO SPEED UP**—it sounds weird, but sometimes that works, going into a faster pace might actually help.

*“Early in my career I was accused of being overconfident and even cocky, but I really was confident that I had done the training and didn't see any other reason to say otherwise.”*

*Alberto Salazar*

**Course:**

2.05 miles around a middle school. Monta Vista holds the boys soph record (Kevin Bishop), the girls frosh record (Jean Feng), and the girls' team record (2005).

**The Varsity Girls are defending their 2011 FUHSD championship!**

**It is a Great Day to race!!!**

**SCHEDULE:**

<b>TIME:</b>	<b>RACE:</b>	<b>WARM-UP LEADERS</b>
3:45 PM	Frosh-Soph Boys	Liam McNeil, Lucas Tao, Brent Mogensen
4:10 PM	Varsity Boys	Ajay, Anand
4:35 PM	Varsity Girls	Bridget
5:00 PM	Varsity B Boys	Vikrant
5:25 PM	Varsity B Girls	Catalina, Emma

**Who runs what:**

**Frosh-Soph Boys:** All freshmen and sophomore boys not running Varsity

**Varsity Boys:** Rohan, Zach, Ajay, Anand, Steven Ting, John H, Steven Lim

**Varsity Girls:** Bridget, Kirsten, Jenny, Julia, Chloe, Maddie, Anna

**Varsity B Boys:** All junior and senior boys not running varsity.

**Varsity B Girls:** All girls not running varsity.

**"Excellence is never a trivial pursuit, no matter the medium."**