



Simple ain't easy.

~Thelonious Monk

Become a Better Runner (and über-healthy) in 9 Months

- Q Join the track team and work hard
- Run 20-45 miles per week, every week, during the off-seasons
- Cross-train your core for 30 minutes two or three times/week
- Swim, bike, play, stuff that is aerobic and fun
- Stretch for 10-20 minutes four or five times/week
 - Get a foam roller and use it!
- - Good nutrition, hydration, sleep consistently, check your iron levels
- Take care of injuries—seek help right away
- New shoes every three months or 250 miles







Instinct vs. Choice

- ∇egetables suck.
- My mom/dad/teacher/coach/friend said <blank> so I don't want to
 <blank>, I'm just too mad.
- ☐ I ran like crap in that race, I'll never be any good, why bother trying
- I'm behind on my homework, and I went out with my friends Friday night, and blah...blah...
- My friends were going to In 'n Out so I went too.
- Stretching is boring, I can't see the difference.
- I just don't feel like it today.

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

~John Hiatt

Found a charity Colleugeed in your Run for Mayor Relation Cross Country 2013 Raise a family/be a great parent START A SUCCESSFUL COMPANY Coach a Team design buildings Become a Lawyer Save a park

'the individuals who possess a drive to tirelessly work through challenges, failures, and adversity to achieve goals are uniquely positioned to reach higher achievements than others who lack similar stamina'

Character Strengths and Virtues: A Handbook and Classification Peterson and Seligman, 2004

How do you eat an elephant?



One bite at a time.

Choose to be Persistent

you've inspired and pushed me to be the best that I can be and to be persistent and never giveup ortake No for an answer. You helped Realize never to just settle for anything, to keep on

WORK TOGETHER RACE TOGETHER WIN TOGETHER

--Coach Matt Paquet

Monta Vista Cross Country



2012 Awards Banquet

Thank You, Team & Family

Thanks to...



- Rasta hosts: Dos, Rajamanis, Gottlieb/McDonoughs
- Reach party coordination: Linda Marten
- Boosters donors
 - Other donations
- Every parent who came to a meet, brought snacks, cooked healthy meals for our athletes, drove runners to get new shoes...

Special thanks to...



Veena Iyengar (Sanjna) Abhijit Choudhury (Rohan) Jill McDonough (Bridget) Karen Patti (Zach) Kay La Plain (Isabel) Matangi Rajamani (Ajay) Suanne Flatow (Coach)

...and to our fabulous coaches....



Jodi Johnson Matt Paquet Irina Stiasny

Visitors & Friends

- Rilly Mills
 - Only American to every win Olympic Gold in the 10,000M
- Josh Cox
 - Rrofessional runner, USA record holder 50km





What a great year!



Some of our accomplishments

Two Medals from Mt. SAC LEAGUE CHAMPIONSHIP Girls Varsity Ranked 11th in CCS 2012 JV E Win 9 Teammates All-League DAL **Varsity Girls** Champions Varsity Girls Artichoke 1st CCS D1 Team @ Invitationa Stanford Invite RLS VARSITY

Awards



League Champion Teams

JV Girls

Namrata Subramanian

Valerie Lo

Sameera Vemulapalli

Alice Johnson

Nupoor Ghandi

Kiersten Chuc

Hannah Ho

Maddie Marten

Sarah Weinberg

Lydia Seo

Erin Luks

Naama BenDavid

Julia Cho

Sara Severetti

Miranda Chen

Sanjna Bharadwaj

Sonal Patel

Emma Seyer

Harini Shyamsudar

JV Boys

Steven Lim

John Hsaio

Malcolm Flint

Kevin Krause

Michael Trinh

Ishmael Sheriff

Wyatt Liao

Casey Darmawan

Salvador Torres-Gonzalez

George Yang

Norman Mu

Juiyi Li

Alex Kao

Ching Pan

Felix Chow

All De Anza League League Medalists

Julia Chang Rohan Choudhury Bridget Gottlieb John Hsiao Steven Lim Valerie Lo Liam McNeil Namrata Subramanian Jenny Xu

Top 15 Varsity; Top 10 JVG and FS boys; Top 5 JVB

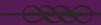
Awards



Rookie of the Year



Rookie of the Year



Brent Mogensen



Rookie of the Year



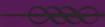
Brent Mogensen



Maddie Yip







Ajay Rajamani



Ajay Rajamani







Ajay Rajamani



Bridget Gottlieb







Most Improved



Most Improved

John Hsiao



Most Improved

John Hsiao



Julia Chang



Coaches' Awards

Sponsored by Running Revolution



Coaches' Awards

Sponsored by Running Revolution

Connor Sullivan



Coaches' Awards

Sponsored by Running Revolution

Connor Sullivan



Chloe Li



Spirit of Running



Spirit of Running

Stephen Ting



Most Outstanding



Most Outstanding





Most Outstanding

Rohan Choudhury



Jenny Xu





Thank You



