





Simple ain't easy.

~Thelonious Monk

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

- ❧ 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!
- ❧ Take care of yourself:
 - ❧ 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



- ❧ Core training is boring.
- ❧ Vegetables suck.
- ❧ My mom/dad/teacher/coach/friend said <blank> so I don't want to <blank>, I'm just too mad.
- ❧ He was walking so I walked with him.
- ❧ 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...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

LEARN TO PLAY A MUSICAL INSTRUMENT

Bring water to an African village

Found a charity

BIG GOALS

Write a Book

College

Succeed in your job

Run for Mayor

Relationships

Cross Country 2013

Raise a family/be a great parent

START A SUCCESSFUL COMPANY

Grad School

design buildings

Coach a Team

EXHIBIT YOUR PHOTOGRAPHY IN NEW YORK CITY

Become a Lawyer

Cure a

Marriage

Save a park

Create a video game

Disease

Teach History

‘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 give up or take
NO for an answer. You helped
Realize never to just settle
for anything, to keep on
fighting.

WORK TOGETHER

RACE TOGETHER

WIN TOGETHER

--Coach Matt Paquet

Monta Vista Cross Country



2012 Awards Banquet

**Thank You,
Team &
Family**

Thanks to...



- ❧ All our drivers!
- ❧ Pasta hosts: Dos, Rajamanis, Gottlieb/McDonoughs
- ❧ Beach 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

☞ Billy Mills

- ☞ Only American to every win Olympic Gold in the 10,000M

☞ Josh Cox

- ☞ Professional runner, USA record holder 50km



What a great year!



Some of our accomplishments

Boys Varsity 10th CCS Div 1

Two Medals from Mt. SAC

JVG LEAGUE CHAMPIONSHIP

Girls Varsity Ranked 11th in CCS

MVXC 2012

**JV Boys
Win DAL**

9 Teammates All-League DAL

Varsity Girls

Champions

Artichoke

Invitational

**Varsity Girls
1st CCS D1**

**Team @
Stanford Invite**

District

Champions

Girls Varsity

Soph Girls 2nd Early Bird

GIRLS VARSITY 6TH CCS DIVISION 1

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



Most Inspirational



Most Inspirational



Ajay Rajamani



Most Inspirational



Ajay Rajamani



Risako Tanida



Most Inspirational



Ajay Rajamani



Risako Tanida



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

Rohan Choudhury



Most Outstanding

Rohan Choudhury



Jenny Xu





Thank You



