

Meet Sheet: Central Coast Section Championships
Toro Park, Salinas—November 10, 2012

"The ultimate is not to win, but to reach within the depths of your capabilities and to compete against yourself to the greatest extent possible. When you do that, you have dignity. You have the pride. You can walk with character and pride no matter in what place you happen to finish."

—*Billy Mills*

- Both Boys and Girls teams have qualified for the CCS Championships, for the second year in a row! That is so cool!
- Have a healthy dinner the night before—something that you have eaten in the past before a good race or workout! Get in bed early—by 10, I would guess!
- You are going to be racing in the middle of the day. You can sleep in a little (if you can sleep!). Depending on the person, it probably makes sense to get up by 8am, have a glass of water right away, and then breakfast. Eat a breakfast that has worked for you before (if you have notes from Artichoke, Stanford, Earlybird or Mt. SAC, or from Saturday AM workouts, look and see what breakfast worked for you). An easy to digest breakfast is probably best, things like fruit (especially bananas), oatmeal, toast + a nut butter + honey or jam, maybe even a pancake and an egg. I like an almond butter and honey sandwich, a banana or two, and maybe some orange juice, but that's just me! Continue to *sip* water in the morning. Have a snack that you are confident in.
- Hydrate—start the day with a glass of water as soon as you wake up. Don't drink so much that you are sloshing around but you don't want to be thirsty either. The trick is to start hydrating the day before, and have a glass of water early in the morning, and your body will be well hydrated and you just need to sip off and on all day.
- **You are responsible for your own transportation to Toro Park. Try to ride pool—offer to take teammates with you. It takes about 90 minutes to drive from Cupertino to Toro Park.** Plan to arrive be at the park at noon, with your car parked, to have plenty of time in case traffic is a problem. It's better to hang out at camp than be stressed out about being on time.
- **We hope that there are plenty of fans and supporters to join us!**
- Directions to Toro Park (provided by the CCS web site
<http://www.cifccs.org/playoffs/participantinfo/2012-13/Cross%20Country%20PIB%202012.pdf>
- Vehicle parking is supposed to be free the day of the race. All team members in uniform will be admitted free. General admission is \$8, senior citizens are \$3, students with ASB cards (!!!) are \$3 and children under 12 (future MV runners!) are admitted for \$2.
- NO PETS and NO BICYCLES allowed.
- Don't forget your entire uniform, this includes your warm ups, and your **racing shoes** if you have them!
- Jewelry rules will be strictly enforced. It's easier to just leave necklaces, earrings, bracelets and anything else that is not allowed at home so you won't forget to take it off, and you won't lose it. (if you want to tuck your MVXC silicone band in your bag to wear afterwards, that's cool!)
- Bring a dry t-shirt and other clothing—something MV and purple is good!—for after your race.
- CAMP: Coaches will set up camp near the play structure in Parking Lot #1 (same as Earlybird) if this is available. We will be in that area, come find us.
- TAGS/BIBS: Get them from your coaches and pin them on your uniform immediately!

- **WARM UP:** Stick together as a team! Report to the starting line at least 10 minutes before the start of your race. Get in a few more striders so you don't cool off, but you won't need to do a whole lot if you are warm.
- **STARTING BOXES:** Starting boxes will be assigned randomly. Three runners line up on the front line, the remaining team members on the second line.
- **WEATHER:** Right now the prediction is high of 59, so may be perfect weather! There is supposed to be some rain later in the week so there may be mud. Bring some trash bags for wet and muddy gear.

RACE	TIME
Varsity Boys D1	1:30pm
Varsity Girls D1	2:05pm

MESSAGE FROM YOUR COACHES: SECTIONALS

Race day is a gift, race day is a celebration, race day is the goal and it's the payoff for all the training and all the work you have done. That is never more true than when the season starts to wind down. Embrace the day and use everything you have learned and all the training that you have put into making this race special! You know how you feel when you sit down to take a test, prepared, rested, confident that you can ace the test because you know the subject? Feel prepared, rested and confident you can ace this race! Your coaches believe in all of you, believe in yourselves!

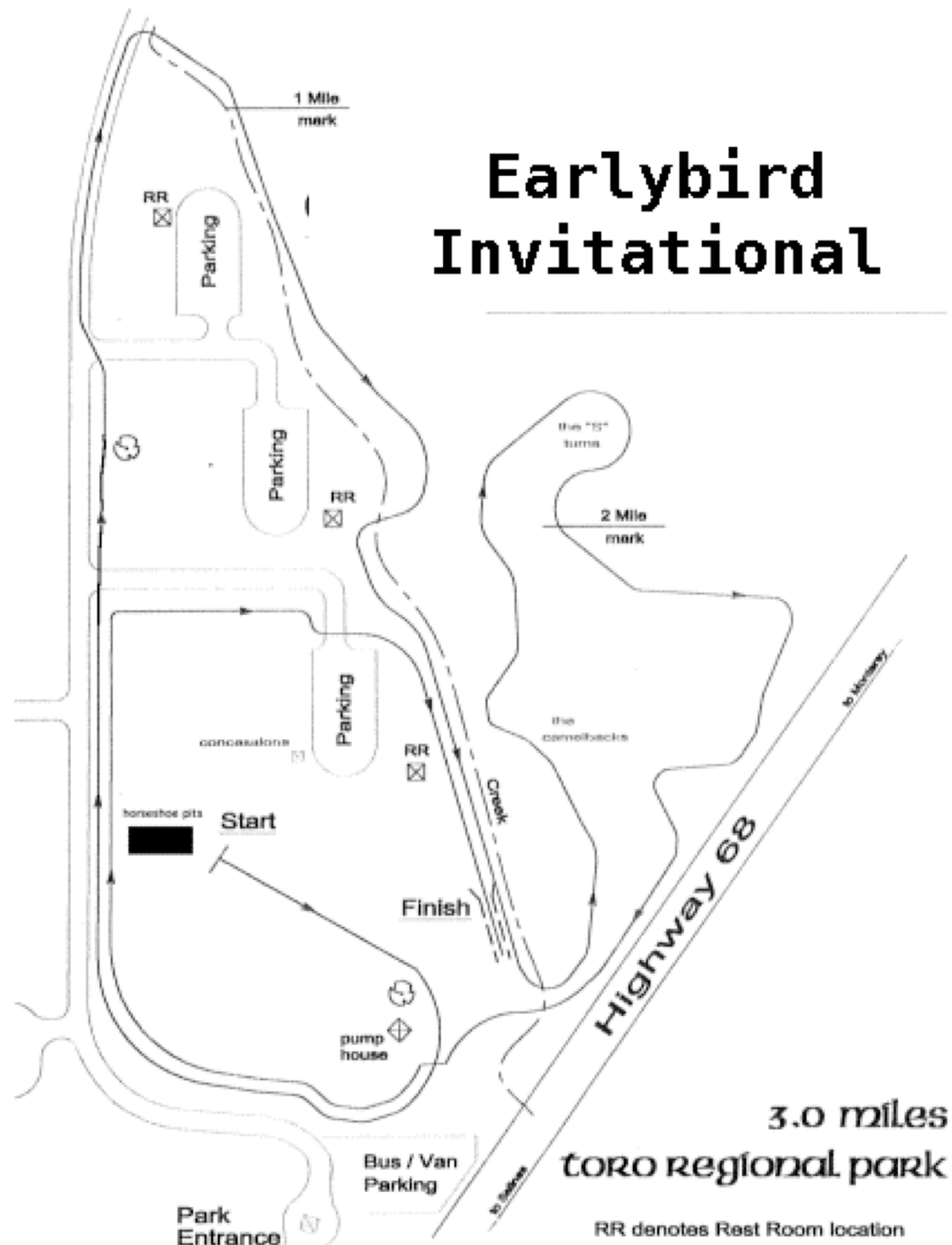
Everyone should:

- Say good luck to your teammates and at least one competitor.
- Congratulate the runners in front of you and behind you at the finish.
- Thank at least one volunteer at the meet. The CCS championship is a big undertaking, let the volunteers know that they are appreciated!
- Thank the parent who drives you to and from the race, **ESPECIALLY** if this is your own parent; how else would you get there?
- When you get home, please thank your parents for supporting you during the MVXC season. Please take a few minutes to tell them a couple stories about the season that are memorable to you and meant a lot, but maybe you just never mentioned the stories to your parents. What you did after school at MVXC for two hours each day is a little bit of a mystery to them, so let them know a little bit more. There are lots of parents at Monta Vista that don't let their kids participate in sports. Your parents not only let you join, the team they supported you on your journey to the Championships. Please let your parents know that you don't take their support for granted.

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

LATE LUNCH/EARLY DINNER AFTER OUR RACES
 TBD

Earlybird Invitational



Coming from the North (San Jose):

Take 101 South to Salinas and get off at the Laurel Exit. Take a right hand turn and get into the left turn lane. Go left on to Davis Rd. and continue on Davis to Blanco (about a 1 mile over the bridge and first stop light after bridge). Turn left on to Blanco and go approximately one 1/2 miles to Main Street (Shell Station on right). Go right on Main St. also known as Hwy. 68. Stay on Hwy 68 for about 5 miles and exit at Portola. Go right at the stop sign and under the bridge and it takes you into Toro Park.

Coming from Monterey:

Take Hwy. 68 east exit at Portola. Go right at the stop sign into Toro Park.

Coming from the South (King City):

Take 101 North to Abbott St. (a left exit). Take Abbott to Blanco and turn left (Denny's is on the corner). Continue on Blanco to Main St. or Hwy 68. Turn left on to Hwy 68 (Star Market on the corner). Stay on Hwy 68 for about 5 miles