

**Artichoke Cross Country Invitational October 5th, 2013**  
**(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 (if you are taking the SAT I think you can take water in with you!), 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. If you are taking the SAT, you probably want to have a snack planned and in a bag to eat in the car on the way to the race. 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.
- Don't just hang around the camp after your race; warm down and **cheer on your teammates.**
- 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!). There is often traffic on the way to the race on Highway 92.
- If you want to buy snacks or a meet T-shirt, (Artichoke 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!

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

--Ken Doherty

<u>RACE:</u>	<u>TIME:</u>	<u>Warm-Up Leader(s):</u>	<u>Team/Ind. Awards</u>
F/S Girls	1:25 pm	Namrata S, Valerie L	1 <sup>st</sup> team/25 Ind.
F/S Boys	1:55 pm	Lucas T, Brent M	1 <sup>st</sup> team/25 Ind.
Varsity Girls	2:20 pm	Bridget, Julia	1 <sup>st</sup> team/25 Ind.
Varsity Boys	2:50 pm	Zach, Rohan	1 <sup>st</sup> team/25 Ind.
Varsity B Boys	3:15 pm	Norman	20 Ind.
Varsity B Girls	3:40 pm	Kiersten, Sanjna	20 Ind.

Who Runs What:

Varsity Girls: Bridget, Sunny, Jenny, Julia, Maddie, Anna, Kelly (if you are late from SAT you can run Varsity B).

Varsity Boys: Zach, Anand, John, Rohan, Emilio, David, Akshay (if you are late from SAT you can run Varsity B).

F/S Girls and Boys: All frosh and soph boys or girls not running varsity.

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

## 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](http://www.parks.ca.gov/?page_id=531)