

Meet Sheet: Early Bird Invitational, Toro Park, Salinas—September 7, 2013

General and Important:

- Eat a healthy breakfast and bring some healthy pre-race snacks for the morning. Even if you are not used to eating breakfast early in the morning you need fuel to run well! Oatmeal, a banana, and a piece of toast with a nut butter on it works well for me (maybe more if you don't run until 12) but you need to find something that works for you. DON'T be hungry at the start of your race! Bring water, and a post-race snack too.
- 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.
- **MEET AT THE BUS CIRCLE NO LATER THAN 6:15AM! Don't be late!**
- Vehicle parking is \$6. Vans filled with team members in uniform are usually not charged.
- Don't forget your entire uniform, this includes your warm ups!
- 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 last year).
- TAGS/BIBS: Get them from your coaches and pin them on your uniform immediately!
- WARM UP: Find your warm up leaders 1 hour before race time. Stick together as a team! Report to the starting line 10 minutes before the start of your race. Keep warm by doing some striders before the race (don't just stand there for more than a few minutes and let your muscles cool off).
- STARTING BOXES: Starting boxes are first come, first served. We need people to save boxes (this is called SITTING THE BOX). If you are injured and not running, a cool thing to do is grab the first box for the freshmen, then pass that box off during the day. The boxes I like are 3 or 4 in from the left side of the starting line (outside of the first turn).
- WEATHER: Plan on it being warm—but it looks better than last year.

RACE	TIME	WARM UP LEADERS
Freshman Girls	9:00am	Senior Girls
Freshman Boys	9:30am	Senior Boys
Sophomore Girls	10:00am	Maddie, Anna
Sophomore Boys	10:30am	Brent, Lucas
Junior Girls	11:00am	Junior Captain
Junior Boys	11:30am	Junior Captain
Senior Girls	12:00 noon	Captains
Senior Boys	12:30pm	Captains

AWARDS: Plaque for winning team in each race. Medals to first 7 members of 1st, 2nd, and 3rd place teams in each race. Medals to top 10 runners not on the 1st, 2nd, and 3rd place teams in each race. Trophy for first place individual finisher in each race. Plaque for Overall Boys and Girls Team Champion. Bring some money if you want to buy a t-shirt or snacks! But don't be a victim...don't leave valuables or electronics lying around...don't bring anything you don't need and would not like to lose, when in doubt, leave it at home!

YOU MAY LEAVE: When the last race is over and the camp is cleaned up. No trash left behind!

"It's very hard in the beginning to understand that the whole idea is not to beat the other runners. Eventually you learn that the competition is against the little voice inside you that wants you to quit."

--George Sheehan

Thoughts on the Toro Park Course:

Like most races, the party really starts after mile 1. It's nice to get out well before the first turn but don't kill yourself, unless you are in first place, a few spots one way or another is not critical. Be patient in the first mile, especially in the narrow portion of the trail around the field. If you wait until the course gets wide and start to work your way up you will feel better than all the people who went out too fast, and you will have two miles to pass them all. Start working your way up as they tire and there is more room to move. Run the hill with LEVEL EFFORT. This is not level pace, you will slow down. That's OK, it's not the place to kill yourself. At the top of the hill, stretch your stride out a bit and try to get moving down the hill. Competitors who went up the hill too hard will want to take a rest and you can break their will and drop them if you get moving here.

Before the race, make sure you know where the finish line is, and jog back to find your 'sprint point' about 30 to 45 seconds out from the finish line. Pick out a tree, bush, or turn and commit to giving everything you have from that point to the finish line. Do this at all races, knowing the finish area helps. You have an extra gear, that's what hill repeats have been doing for you. Find what you have inside!

TEAM: CELEBRATE OUR FRESHMEN!

The **ENTIRE TEAM, ALL BOYS AND GIRLS** should come to the start of the Freshmen Girls and Freshmen Boys races at 9 and 9:30 and support them. We have a great tradition to welcome these athletes to our team and their first high school race ever! There is nothing like having 100 teammates around them SCREAMING the traditional MV cheer. Let's rock Toro Park.

BE THERE FOR OUR FRESHMEN!!!!

"Life's battles don't always go to the strongest or fastest man. But sooner or later, the man who wins is the fellow who thinks he can."

-Steve Prefontaine

***"I had as many doubts as anyone else. Standing on the starting line, we're all cowards."
-Alberto Salazar***

***"Whether you believe you can or believe you can't, you're probably right."
-Henry Ford***

MESSAGE FROM YOUR COACHES: EARLYBIRD

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. A great race can be honored, a poor race can be learned from; you always get something from race day. For many of you this is your first high school race ever, for all of us it is our first race of the season. Embrace our beginning together and for yourself, and believe whatever happens, our team and each individual can just get better and better if we choose to continue to give our best: Our best in our race, in practice and preparation, and to also support our teammates during there races and during our practice and our lives together.

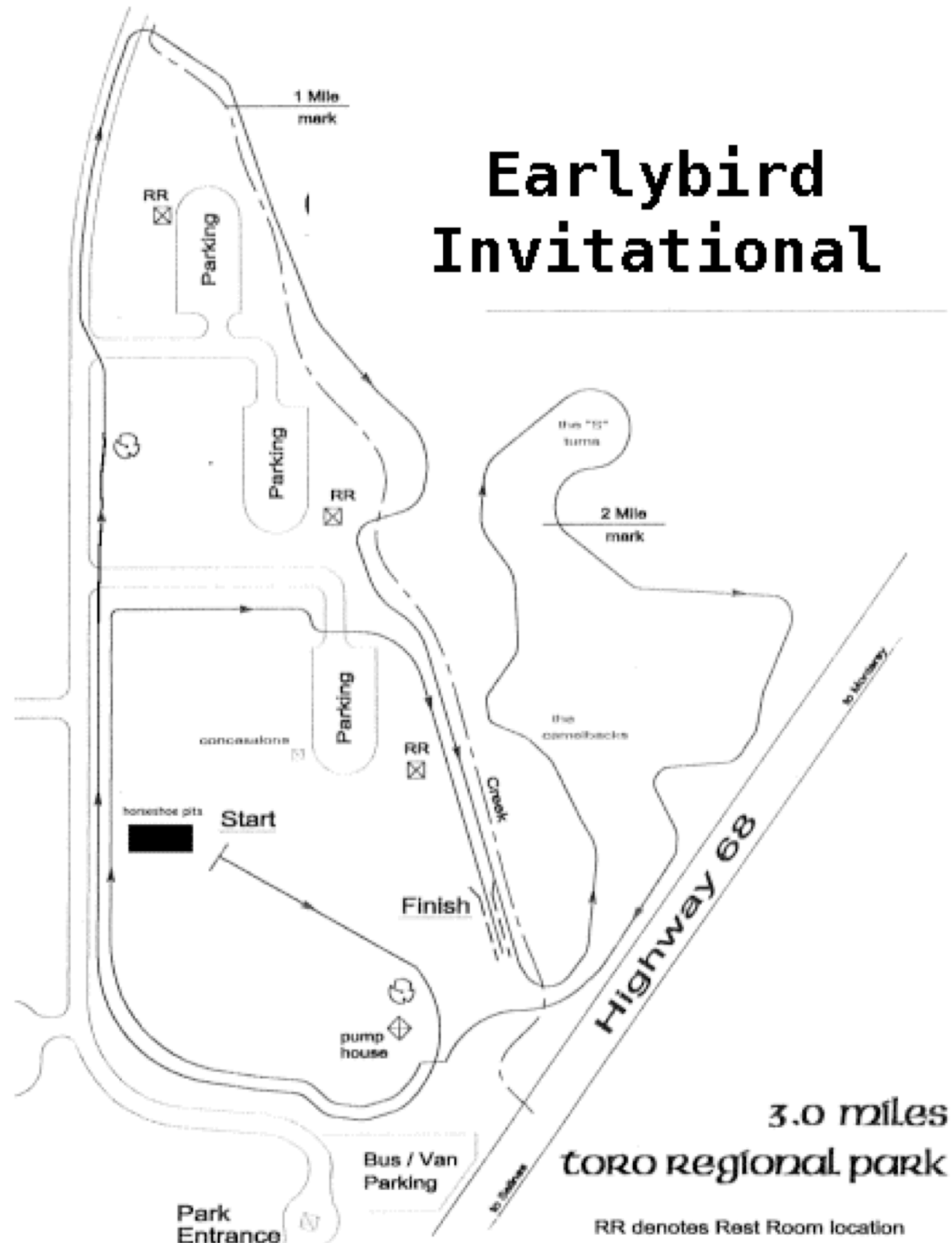
Everyone should:

- Say good luck to your teammates and to at least one competitor.
- Congratulate the runners in front of you and behind you at the finish.
- When you are done with your race, warm down and stretch, get some water and a snack, and then start yelling for your teammates still racing.
- Thank at least one volunteer at the meet; we could not have these races without them. We would like every Monta Vista athlete to thank at least one official or volunteer at EVERY meet we attend!
 - Invitational races are a lot of work and could not exist without many, many volunteers.
- Thank the parent who drives you to and from the race; how else would you get there?
- Thank your parents for supporting you as you participate in MVXC.

Before the race, say it out loud: It's a great day to race!

"You also need to look back, not just at the people who are running behind you but especially at those who don't run and never will... those who run but don't race...those who started training for a race but didn't carry through...those who got to the starting line but didn't in the finish line...those who once raced better than you but no longer run at all. You're still here. Take pride in wherever you finish. Look at all the people you've outlasted." - Joe Henderson

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