

Meet Sheet: De La Salle/Carondelet Nike Cross Country Invitational September 21, 2013

This is the first time that Monta Vista has competed at this meet, so we don't have any standard place to meet, we don't know exactly how the meet will function, it's all new! So be flexible and give yourself some extra time as we figure things out.

Let's leave the meet with all the people there remembering us for our:

1. Honor and Sportsmanship:
 - a. Say good luck on the starting line to your teammates and your competitors, and say congratulations at the finish to the runner in front of you and behind you.
 - b. Thank the volunteers and officials that you see. Tell the people running the meet if you enjoy the meet. A thank you costs you nothing and can make the day of the person you say thanks to!
2. Competitiveness: Just go out and race hard! Keep it simple. You don't know the course, you won't be familiar with the athletes. So, simply get out there and compete, don't overthink this! Have a plan (go out under control, start moving up, find runners to work off of or to pass, check out the finish in advance and work backwards on the course to figure out where you can build to a glorious finish). Get out there and compete hard—you are guaranteed a PR! ☺

Transportation:

You (and your parents) are responsible for arranging your own transportation to this meet. We will have around 28 runners so you should be able to get together and arrange ride pools.

I would really like it if you could all stay for the entire meet, however I do realize that there is a long time between the JV girls race at 8:45am and the Varsity Boys race at 11:45—and the awards ceremony at 12:15. Also, the runners in the Varsity race may want to sleep in a little and that is OK with me if you can arrange appropriate ride pools. I believe that a lot of you may be called up to the awards stand! However, if you need to leave early because of other commitments I understand. If you can stay for the entire meet, I recommend that you bring some homework to fill in the time you take waiting to cheer on your teammates—or waiting to pick up your hardware.

Directions to Newhall Park as provided by the meet organizer, please check these on your map and make your own plans:

1. Take 680 to the Treat/Geary Exit.
2. Go east 5 miles to Turtle Creek Road.
3. Turn right on Turtle Creek Road, and the park is on your left after 1 mile.
4. For the best parking, continue on Treat Blvd. past Turtle Creek Road and turn right on Clayton Road. Turn right on Newhall Parkway, which dead ends at the park on the east side.

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 (I like almond butter, but you may like peanut butter better) on it works well for me as a pre-race breakfast. I will eat more if I am racing later in the day. You

need to find something that works for you. I hope that you learned something from Earlybird.

Have a similar breakfast if you ran will at Earlybird, or try something different if you feel you can improve. 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.
- 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: I called the De La Salle coach and he suggested that we look for a spot in the trees near the starting line. I'll try to be there before you and find a good spot...look for our purple tent.
- 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 during warm ups! 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).
- WEATHER: Plan on it being warm—as of now, the projection is 80s.

RACE	TIME	WARM UP LEADERS
JV Girls	8:45am	Chloe, Isabel
Frosh/Soph Boys	10:00am	Brent, Lucas
Varsity Girls	11:15am	Bridget, Julia
Varsity Boys	11:45am	Zach, Rohan
Awards Ceremony	12:15	

AWARDS: Top 15 in each race get Nike merchandise. Medals to top 25 varsity, top 20 in FS and JV. Top 6 varsity teams get medals, top 3 JV and FS teams get medals. Bring some money if you want to buy a t-shirt or snacks! But don't be a victim...don't leave valuables, jewelry 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!

COURSE: Varsity will run on a 3 mile course, JV and FS will run on a 2 mile course.

This is so impressive—the De La Salle coach, who is also the meet director, put together a video to show you around the course—here is the web address:

<http://www.flotrack.org/coverage/250927-De-La-SalleCarondelet-Nike-CC-Invitational/video/717228-DLS-CHS-Nike-Cross-Country-Invitational-Course-Preview>

If you would like even more of a preview, three De La Salle runners ran the ENTIRE course, a cyclist behind them made a video, and they overlayed GPS data to show you where they were:

<http://www.flotrack.org/coverage/250927-De-La-SalleCarondelet-Nike-CC-Invitational/video/719612-Newhall-Park-3-mile-course-tour-with-GPS-measurement>

Amazing and cool!

“I tell our runners to divide the race into thirds. Run the first part with your head, the middle part with your personality, and the last part with your heart.”

– Mike Fanelli

“Mental will is a muscle that needs exercise, just like the muscles of the body.” -
Lynn Jennings

“You only ever grow as a human being if you’re outside your comfort zone.” -
Percy Cerutti

MESSAGE FROM YOUR COACHES: NIKE CROSS COUNTRY INVITATIONAL

Your coaches believe in you. We know you can have super race. If you believe, you will see that race happen. Believe, and achieve.

This is going to be a great day. How often do we get to go and race on a new course? It’s an opportunity for an adventure! This is a chance to let it all fly out there on the race course—just go out and compete!

During warm ups, make sure you take the time to understand what the last half mile of the race looks like. Pick out some landmarks so that you will know where you are as you start to really pour on the effort.

Be smart at the start of the race—have a plan and, especially for the first mile, run with your head.

The group going to Nike all is familiar with the little voice in our head. When that little voice tries to get in your head, tell it to SHUT UP! Do everything you need to do to be ready—eat right, lots of sleep, hydration, have your uniform and race shoes, warm up properly, be with your teammates and be there for them. Then the little voice will have nothing to distract you with.

Thank the parents who drive you up to the race—even if (especially if!) they are your parents. Thank the volunteers and organizers. Remember to say good luck to your teammates, and if you are not running the race, come together for the MV cheer with the kids that are running.

Then, before the race starts, say it out loud:

It’s a great day to race!

“The gun goes off and everything changes... the world changes... and nothing else really matters.”