

Meet Sheet

SCVAL Crystal Preview Meet #1

September 10, 2013

"It is better, I think, to begin easily and get your running to be smooth and relaxed and then to go faster and faster." - Henry Rono

About SCVAL #1

This meet is going to be organized a little differently than SCVAL meets in the past.

The main difference is that because we are running on Crystal so early this year, there will be an option for a 'short course' version of the race—a 2.05 mile course, cutting off .9 miles of the second loop. See http://www.prepcaltrack.com/ATHLETICS/MAPS/cs_short.jpg Monta Vista will make a decision as to who runs which race, however right now the coaches are leaning towards having all the Freshman run the short distance in this race and the longer distance a few weeks later at SCVAL 2. Remember that all the SCVAL race results have no impact on final league team or individual championships; the goal during these races is only to increase fitness, learn the courses and how to race, and prepare for championship day. Running the short course helps us improve our fitness and helps us learn 2/3 of the course without getting worn down too much.

We will make decisions as to where you are running during the week and the Monday before the race. Know what you are running and what your coach wants you to work on. This meet is meant to be a learning and training experience, just as much as it is a race.

Preparation:

- ❖ Eat a healthy lunch. You do not want a full stomach, but you do not want to be on empty either. You should be well fueled but not uncomfortable. Write down what you eat for lunch in your running log or your race log; if this lunch feels good to you when you run, you may want to try this again. If your stomach did not feel so great, or if you felt weak or hungry, maybe you want to try something different next time.
- ❖ Released from school at 1:35- rides at bus circle 1:45.
- ❖ Look for your coaches when you get there, we will be setting up camp.
- ❖ Bring a snack for after your race.
- ❖ Don't forget your uniform. (All of it!)
- ❖ It is projected to be a warm day, but it can get cool later in the day up there. Bring dry clothes, and something warm, for after the race.
- ❖ Be prepared, bring **3 large trash bags**: 1-for your dirty, dusty, sweaty, wet, muddy clothes; 2-for your track bag if it is rainy or muddy; 3-emergency rain poncho.

Warm-Up:

Find your warm-up leaders, 45 minutes before the race and stick with them! Girls and boys in each class are running at almost the same time so you can all drill together. Be at the starting line 10 minutes before the start.

About SCVAL races:

- Every team will get a packet of race tags and a printout showing race #, name, grade, gender and team.
- If there is a name on your tag, IGNORE it. The tags are recycled tags from other races to help keep your costs down. The computer knows who you are.
- You DO NOT have to write your name on the tag, the computer already knows what tag goes with what athlete.
- Be sure to run with YOUR TAG. If you run with the wrong tag, the wrong name will show up in the results.
- If you do run with the wrong tag, please notify the race timer ASAP of this mistake so the results can be corrected before they are posted.
- Pin your tag to your shirt using ONE pin in one pinhole. DO NOT USE TWO PINS.
- After your race, please return the pin to your coach so they can be used at the next meet.
- You MUST run with a tag. If there is not one for you then come see the race timer.
- After you cross the finish line, keep moving through the chute and DO NOT pass anyone. Do not let anyone pass you, either.
- A volunteer will cut your tag off with scissors and hand it back to you. DO NOT try and rip the tag off - you will rip your jersey before you rip the plastic coated tag
- Keep moving thru the chute and hand your tag to the person at the end of the chute
- DO NOT exit the chute early. If you do, we won't know that you ran the race.
- After exiting the finish chute, clear the area – go back and cheer on your teammates who are still running.
- Results will also be posted that night at www.LynbrookSports.com

Some Important Crystal Springs rules (for parents and athletes):

- No dogs or other animals.
- No bicycles.
- No barbeques, flames, smoking, fire of any kind.
- No throwing of anything: rocks, balls, Frisbees...
- All trash must be put in green boxes or hauled away (don't use Hallmark Park trash)
- Park safely and do not block local residents.
- Stay off all yards, do not yell in the neighborhoods, be polite and say hello and thank the residents for letting us use this facility.
- Do not warm up on the course itself (there are warm up areas).
- Respect for officials, competitors, neighbors, and anyone who uses the facility.

SCORE SOME GOOD KARMA POINTS

All Monta Vista athletes should:

- **Thank at least one volunteer or official at every race—we can't race without their efforts.**
- **Say good luck to a competitor and to your teammates.**
- **Congratulate the person finishing in front of you, compliment the person behind you.**
- **Thank the parent who drives you—especially if this is your parent!**

Course:

2.95 or 2.05 Miles of dirt and rolling hills. This is what you train on! This is why the overachievers ran 'Candy Crush' repeats on the optional Labor Day weekend workout! Crystal Springs is a fabulous course, it is OUR course and we are lucky to get to run here so often.

An athlete who tells you the training is always easy and always fun simply hasn't been there. Goals can be elusive which makes the difficult journey all the more rewarding.

--Alberto Salazar

Some Things to Think About While Running Crystal Springs:

- ❖ We will run our league championships at Crystal so take a good look at the course as you race. Think about where you want to push, where it will pay off to pace yourself.
- ❖ Take a good look at the first loop on the course. Remember to pace yourself at the start. Lots of runners take off too fast on this course. You don't have to go ripping off that first downhill—that's a trap. Try going out under control; if you finish and have a lot left, you know that next time you can hammer a little more!
- ❖ The race at Crystal really starts when you climb back from the first loop and re-cross the starting line. That's when you shake your legs up and say OK, get to work!
- ❖ Find your 'sprint point' 30-60 seconds from the finish line and commit to yourself that you will make a fast finish. Take a look at the point where you get near the finish line, but then you head out and back along the ridge line; at that point, there should be people cheering for you, and then you have about 800M to go. This is another point to start picking up your pace even though it seems hard. This point is a little long for a true 'sprint' point but in a race, 800M left is a place to start pushing. Think about how to up your tempo at that point, and at some spot before or after you start that final stretch to the finish, you should start your 'sprint.'

SCHEDULE:

Everyone will run with their own grade level, or all grades in the short course. Boys and girls start almost together (3 minutes difference) After you are done racing, your warm down can be to jog to different parts the course again and cheer on your teammates along the way! Remember you may not warm up on the course itself, there are designated warm up areas.

TIME: RACE:

3:15 Short Course 2.05mi
3:35 Seniors
4:00 Juniors
4:30 Sophomores
5:00 Freshmen

WARM-UP LEADERS

**Each Girls' race will start
3 minutes after each Boys' Race**

*Directions to Crystal Springs
And Course Map*

