

Meet Sheet

SCVAL Crystal Preview Meet #2

September 24, 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 #2

This is going to be very similar to SCVAL #1—with a couple of differences.

First, everyone will run the championship/2.95 mile course—no easy option! ☺

Next, instead of running with your class, we will run in our teams—Varsity, JV, etc. This is when we continue to learn how to work with our teammates, learning who we can work with, who can help us pace, how to surge and bring your teammates with you.

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! 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!**

"Tough times don't last but tough people do."
- A.C. Green

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"Your toughness is made up of equal parts persistence and experience. You don't so much outrun your opponents as outlast and outsmart them, and the toughest opponent of all is the one inside your head." - Joe Henderson

Course:

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

"I'm a great believer in luck, and I find the harder I work, the more luck I have." – Thomas Jefferson

Some Things to Think About While Running Crystal Springs for the second time:

- ❖ We will run our league championships at Crystal so this is a good time to try out what you learned about Crystal two weeks ago. Think about where to push and try that out.
- ❖ The race at Crystal really starts when you climb back from the first loop and re-cross the starting line. That is just over one mile into the race, you have a little less than two miles left to run. At the top of the hill after loop 1, you shake your legs up and say OK, get to work! You have two miles to pass a whole lot of people.
- ❖ The first time that you ran this course (two weeks ago), hopefully you ran the first loop under control—that is what your coaches asked you to do! This time, work a little harder on the first loop but still run conservatively. We would like you to still feel like next time you can take it up a notch, maybe. But maybe you are finding that you like to go out at a controlled pace and passing a lot of people later in the race!
- ❖ Try starting your finishing push with 800m to go, at the start of the 3rd and last loop. This is where championship pushes are made...and then kick it up another notch at your 'sprint point', ~30 seconds out from the finish.
- ❖ If you pass a teammate, try encouraging him or her. Say, 'come with me' or 'let's do this together.' See if you can help a teammate find something more inside.

SCHEDULE:

3:15 Varsity Boys (Zach, Anand, Rohan, Emilio, John H, David W, Akshay) Warm up leaders—captains

3:40 Varsity Girls (Bridget, Jenny, Julia, Maddie, Anna, Kelly, Sunny) Warm up leaders—captains

4:10 Varsity B Boys (All seniors and Juniors not running Varsity) Warm up leaders—Norman and Ishmael

4:40 Varsity B Girls (All girls not running Varsity) Warm up leaders—Kiersten and Chloe

5:15 Frosh-Soph Boys (All freshmen and sophomore boys) Warm up leaders—Lucas and Brent

"Nothing in the world can take the place of persistence. Talent will not; nothing is more common than unsuccessful men with talent. Genius will not; unrewarded genius is almost proverb. Education will not; the world is full of educated derelicts. Persistence and determination alone are omnipotent."
– Calvin Coolidge

*Directions to Crystal Springs
And Course Map*

