

## SCVAL Baylands Center Meet, Crystal Springs Tuesday, October 22, 2013

"My life is a gift to me.  
What I do with my life is my gift back."  
—billy mills

### Baylands Regional Park:

See course map (and print out a copy) at  
[www.dyestatcal.com/ATHLETICS/MAPS/baylands.pdf](http://www.dyestatcal.com/ATHLETICS/MAPS/baylands.pdf)

Location: 999 East Caribbean Drive, Sunnyvale, CA 94089 \$6 parking per car ☹

### Notes:

- ❖ Eat a LIGHT lunch. You do not want a full stomach, but you do not want to be on empty either.
- ❖ Released from school at 1:30--rides at bus circle 1:45--first race at 3:15pm
- ❖ Look for your coaches when you get there for a camping spot.
- ❖ Bring a snack for after your race.
- ❖ Don't forget your uniform. (All of it!) And WEAR IT AT ALL TIMES!
- ❖ High 75 low 58; probably warm but be prepared for all weather conditions.
- ❖ Always be prepared, keep **3 large trash bags in your track bag**: 1-for your dirty, wet, muddy clothes; 2-for your track bag if it is rainy or muddy; 3-emergency rain poncho.
- ❖ Find your 'sprint point' 30-60 seconds from the finish line and commit to yourself that you will make a fast finish.

### Warm-Up:

Find your warm-up leaders, at least 45 minutes before the race and stick with them! Be at the starting line 10 minutes before the start.

### Course:

5Km Miles of dirt. This is a fast, fun 5K race. The course has a multiple loops course, with the loops slightly different, so keep your head up and pay attention to where you are. No one made a wrong turn last year but I can see that a wrong turn is possible. There should be people everywhere to help you around the course but remember, ultimately it is the runner's responsibility to stay on course. Have fun with your race and run smart! **It is a Great Day to race!!!**

*Every man dies, but not every man truly lives.*  
~William Wallace

"Scientific testing can't determine how the mind will tolerate pain in a race. Sometimes, I say, 'Today I can die.'"

*~Gelindo Bordin (Olympic Marathon gold medal winner)*

**SCHEDULE:**

**TIME: RACE:**

3:15 PM Varsity Boys  
3:45 PM Varsity Girls  
4:10 PM Varsity B Boys  
4:40 PM Varsity B Girls  
5:15 PM Frosh-Soph Boys

**WARM-UP LEADERS**

Norman, Ishmael  
Kiersten, Emma

"There is no satisfaction without a  
struggle first."

- Marty Liquori

**Who runs what (you can see Coach Flatow if you would like to switch races BUT DO NOT just change races on your own. If you want to change races, come see Coach Flatow together with the person who has agreed to trade places with you):**

Varsity Boys: Norman, Archit, Ishmael, Michael T, Lucas, Kevin K, Anindit

Varsity Girls: Valerie, Emma, Kiersten, Alice, Nupoor, Naama, Kirsten D

Varsity B Boys: All juniors and seniors who are not running Varsity

Varsity B Girls: All girls who are not running Varsity

Frosh-Soph Boys: All freshmen and sophomore boys who are not running Varsity

"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

"If you run hard, there's the pain-and you've got to work your way through the pain ... You know, lately it seems all you hear is 'Don't overdo it' and 'Don't push yourself.' Well, I think that's a lot of bull. If you push the human body, it will respond."

-Bob Clarke

5000 METERS

5k Course Map



Start-A-B-C-D-A-B-1600-C-D-E-F-G-3200-E-D-C-B-A-D-Finish