

Artichoke Cross Country Invitational October 4th, 2014
(and Beach Party)
Half Moon Bay High School

“Success is not measured by where you end up, but by the distance you traveled from where you started.”—Steve Prefontaine

Notes

- Have a healthy dinner, and get a good night's sleep, on Friday night!
- Hydrate! Have a glass of water when you get up, drink consistently in the morning (if you are taking the SAT I think you can take water in with you!), and sip from your water bottle in the afternoon while waiting to race.
- Eat a healthy breakfast – fruit (bananas!), breads/bagels, some protein, etc...our races are in the afternoon so you can eat a real breakfast, whatever feels good to you. Depending upon the time of your race you may want a medium or light lunch or reasonable snack however do not eat anything heavy within 2 hours of your race start (munching on a banana works for me as a snack). If you are taking the SAT, you probably want to have a snack planned and in a bag to eat in the car on the way to the race. You don't want to feel like you have a brick in your stomach, but you don't want to be hungry! Plan your eating for Saturday on Friday, think about your fuel strategically—don't make it up as you go along. **WRITE DOWN WHAT YOU EAT** and make notes about how you felt and how you might want to adjust your eating in the future.
- Bring a snack for after your race.
- Don't just hang around the camp after your race; warm down and **cheer on your teammates**.
- Check the weather and dress appropriately. We are going to the beach afterwards so bring a sweatshirt that you can keep dry, and a dry shirt, or layers.
- Don't forget your uniform!
- Get to MVHS Circle by 10:45am for rides. (later than 11:00 am and you're left behind!). There is often traffic on the way to the race on Highway 92.
- If you want to buy snacks or a meet T-shirt, (Artichoke has nice shirts) bring some \$\$\$.
- **Remember to thank the meet organizers and volunteers for supporting this event. The Half Moon Bay coach is really a cool guy. Coach Paul Farnsworth is usually running around in a cowboy hat; go say thanks to Coach for hosting a great race!**
- ***It's a great day to race!***

DIRECTIONS: 280 North, 92 West, Right on Main St., Right on Lewis Foster Drive.

CAMP: Look for Coaches to set up camp and get your bib numbers.

WARM-UP: Find your warm-up leader(s) 1 hour before race time. Stick with them! Also, report to the starting line 10 minutes before the start.

Course: 2.33 miles. Grass, asphalt, dirt paths, muddy areas, synthetic track, gravel road, down hills, flats, and a wee bump (this is their joke—it's a real hill!) a little past the halfway point.

Two strategic things to think about: 1. Remember what we said about hills (pick it up a little before the hill, on the hill maintain a constant effort/don't strain to keep the same speed up the hill, at the top of the hill pick up your pace and lengthen your stride when everyone else is dogging it). 2. Before the race, find the finish line, then identify your 'sprint point' 30-60 seconds before the finish line. By the time you hit the track be pushing! Commit to truly slam it from your sprint point to the finish, don't let anyone pass you and seek to pass anyone within striking distance!

“The greatest pleasure in life is doing the things people say we cannot do.”
~ Walter Bagehot

<u>RACE:</u>	<u>TIME:</u>	<u>Warm-Up Leader(s):</u>	<u>Team/Ind. Awards</u>
F/S Girls	1:25 pm	Paru, Salma, Megan	1 st team/25 Ind.
F/S Boys	1:55 pm	Andy, Scott, Bennett	1 st team/25 Ind.
Varsity Girls	2:20 pm	Julia, Maddy, Namrata	1 st team/25 Ind.
Varsity Boys	2:50 pm	Rohan, Akshay, Emilio	1 st team/25 Ind.
Varsity B Boys	3:15 pm	Young, Justin	20 Ind.
Varsity B Girls	3:40 pm	Isabel, Isabelle	20 Ind.

Anyone who wins a medal...wears it all day!

The Artichoke Invitational is where your coach won his first Varsity medal in an invitational, back in year mumble mumble.

Who Runs What:

Varsity Girls: Jenny, Julia, Maddy, Kelly, Anna, Christina, Namrata (please let me know if you are taking the SAT, you may be able to run Varsity B and we will put someone else in Varsity).

Varsity Boys: Rohan, Brent, Akshay, Emilio, Vamsee, David, Wayne (please let me know if you are taking the SAT, you may be able to run Varsity B and we will put someone else in Varsity).

F/S Girls and Boys: All frosh and soph boys or girls not running varsity.

Varsity B Girls and Boys: All junior and senior boys and girls not running varsity.

BEACH PARTY!

**We are heading to the beach after our race!
Details will follow from the parents who are
driving and coordinating. Dress and pack
appropriately!**

We will have sandwiches, plus everyone will have a pot-luck contribution (request to follow).

Francis Beach or Venice Beach @ Half Moon Bay State Park

http://www.parks.ca.gov/?page_id=531