

## Central Park Invite Tuesday, September 23rd, 2014

### Central Park, Santa Clara

*It's ALWAYS a great day to race!*

*The nine inches right here; set it straight and you can beat anybody in the world.*

*--Sebastian Coe (as he said this, Coe held his finger up to his head)*

#### **Central Park, Santa Clara:**

-Have a good breakfast and a snack in the morning. Eat a light lunch. Another snack especially if you race later. You don't want to race hungry but you also don't want a full stomach bouncing around. You can eat all you want *after* the meet. Write down what you eat and if you feel good in the race, do this again!

-RELEASED from school at 1:30pm – rides at bus circle at 1:45pm.

-Bring a snack for after your race.

-Don't forget your uniform (all of it!).

**Parents/Drivers--Parking:** Please park on the side of the park opposite Kiely Blvd., the swim center parking lot. There is also a parking lot off of Kiely, located at the south end of the park by the small children playground and pavilion. This is as per the request of the Police Department and the park manager. Parking the school buses in the main parking lot is very disruptive to the normal use of the park. The designated parking area is next to the softball field on which the race will start. From Benton St., turn on White Dr. towards the Library and turn right at the next street into the parking lot. From Homestead, turn into the Library Parking lot and follow down to the softball fields or take the street after the Library and proceed to the first or second left turn for the parking lot.

**CAMP:** Let's set up camp near the start/finish at the baseball field (that's on the EAST side of the park). We find a spot under the redwood trees right next to the course for convenient cheering! ☺ Get your bib right away and pin the bib to your singlet!

**REST ROOMS:** Please use the rest rooms in the swimming center and near the tennis courts and DO NOT USE THE REST ROOMS IN THE COMMUNITY CENTER. Thanks!

**WARM-UP:** Find your warm-up leader(s) 1 hour before race time. Stick with them and warm up as a group! After the races have started, please do not warm up on the course itself. Also there is an elementary school near Kiely Blvd; this big grass area is tempting for strides and warm up but PLEASE STAY OFF THE ELEMENTARY SCHOOL GROUNDS and the grassy area nearby. There are plenty of streets or areas to jog on so please just use common sense – we want to have as little impact on the neighborhood as possible.

Report to the starting line 10 minutes before the start.

During your warm up and while walking the course, find the finish, and run back 30-45 seconds to find your sprint point—***commit to pushing from that point!***

**RACE:** Flat and Fast, all races ~2.3 miles. The terrain is flat and consists of grass and asphalt paths. Go out quickly the first 800 meters, get in good position, but not TOO fast. You don't win for being in front after 400 meters! ***Think of Central Park a great race to practice the strategy of going out under control and building to a powerful finish while collecting lots of road kill!***

### KARMA POINTS

Everyone remember, you should thank at least one volunteer, official or helper at the meet! In particular, the Santa Clara coach, Julie L'Heureaux, is the meet director. Coach L'Heureaux runs *really* good track meets and XC meets (you may remember, she was the meet director of the SCVAL championship track meet). Coach has her act together! If you have a good time at her meet—*please tell Coach L'Heureaux you appreciate her work!*

And for sure...thank the parents who are driving you to the meet!

***Make this a habit...always thank at least one volunteer or official at every meet you attend. We would not have cross-country without them!***

### Schedule of Races

Race	Time	Warm Up Leaders
3:15pm	Freshman Boys	Derek, Mikey, Jason
3:40	Varsity Boys	Captains who are running Varsity
4:00	Varsity Girls	Captains who are running Varsity
4:25	Sophomore Boys	Andy, Scott G, Aiden
4:50	Varsity B Boys	Young, Justin
5:15	Varsity B Girls	Isabel, Joanne
6:00	RELEASED TO RETURN. <b><i>PLEASE DO NOT LEAVE EARLY, SUPPORTING YOUR TEAM IS PART OF BEING ON THE TEAM. AFTER YOUR RACE—WARM DOWN, STRETCH, AND CHEER!</i></b>	ONLY WHEN CAMP IS CLEAN.

**“Life’s battles don't always go to the strongest or fastest man. But sooner or later, the man who wins is the fellow who thinks he can.”**

*-Steve Prefontaine*

### WHO RUNS WHAT

Freshman Boys Race

All Freshman Boys (unless running varsity)

Varsity Boys Race

Rohan, Emilio, Akshay, Brent, Bennett, Vamsee, David, Wayne

Varsity Girls Race

Jenny, Julia, Maddy, Anna, Paru, Christina, Namrata, Salma

**VARSITY BOYS AND GIRLS; WE'D LIKE A LONG COOL DOWN AFTER THE RACE! THIS IS NOT A LONG OR HILLY RACE. FINISH THE RACE AND CHEER ALL THE RUNNERS BEHIND YOU! AS A GROUP, 4-6x60m STRIDES AFTER YOU HAVE RECOVERED, COOL DOWN LONGER THAN USUAL PLEASE!**

Sophomore Boys Race

All Sophomore Boys (unless running varsity)

Varsity 2 Boys Race

All remaining boys

Varsity 2 Girls Race

All remaining girls