

**Stanford Cross Country Invitational**  
**Saturday, September 27, 2014 @ Stanford University Golf Course**

*Believe that you can run farther or faster. Believe that you're young enough, old enough, strong enough, and so on to accomplish everything you want to do.*

*Don't let worn-out beliefs stop you from moving beyond yourself.*

—John Bingham

- ❖ Have a good breakfast! Our race is late morning so depending upon when you have breakfast, so you might want a mid-morning snack like a banana. Don't be low on fuel but don't have a full stomach, either!
- ❖ Assume that we will have a warm morning but check the weather. It can be humid at Stanford, so hydrate all week. Remember to have a glass of water when you wake up and sip water during the morning
- ❖ **You are responsible for your own transportation to Stanford.** Ride pool!
- ❖ You will probably want to buy a Stanford Invitational t-shirt—most athletes do!—so bring t-shirt money...buy your t-shirt on the way in, the stand is at the gate, don't wait until after the race (sizes will run out!).
- ❖ Either Coach Flatow or Coach Johnson will be outside the main gate to give you your wristband so you can enter the race area. Please try to arrive before 9:30; your coaches want to see the college race at 9:50am, too, so please do not force us to wait outside for you! Please come get your wristband from Coach, then buy your t-shirt!
- ❖ The coaches will get to the course early and set up camp for you, look for camp near the **A** on the course map.
- ❖ **Before the race:** Warm up as teams. Check out the finish and **find your sprint point!** Don't worry too much if the map is confusing, the course is well marked once you are out there. No one gets lost! This may be the fastest race you have ever been part of, so go out under control. For freshman in particular, this can be a good time to decide to work together and run as a pack for the beginning portion of the race. Find a partner on your team and form a pact to work together during the race!
- ❖ **After the race:** If you can, let's all stay to the end and run to Patxi's deep dish pizza for lunch afterwards, as a team. See if you can arrange this with your parents and ride pool—if you have time, this is a good team tradition from the old days!
- ❖ **Remember: Say good luck to your teammates and competitors, thank you to your drivers, and say thank you to at least one of the race officials!**

**Athlete/Spectator Parking (Parking Structure 5)**

From Interstate 280 (north or south) Take the Sand Hill Road exit, east towards campus. Cross over Junipero Serra Blvd, the next possible right is Stock Farm Road. Turn right on Stock Farm Road, drive to your first possible left, this is Oak Road. Turn left onto Oak Road and enter the parking structure on the right side of the road. After parking you will need to take a 3 minute walk to the starting line of Cross Country event. Walk back to Oak Road, turn and walk west on Oak Road, you will cross Stock Farm Road, continue to follow Oak Road until you reach Searsville Road. Turn left onto Searsville Road, continue to walk to the first possible right, this is Fremont Road, turn right and walk one block to the main entrance of the Cross Country event.

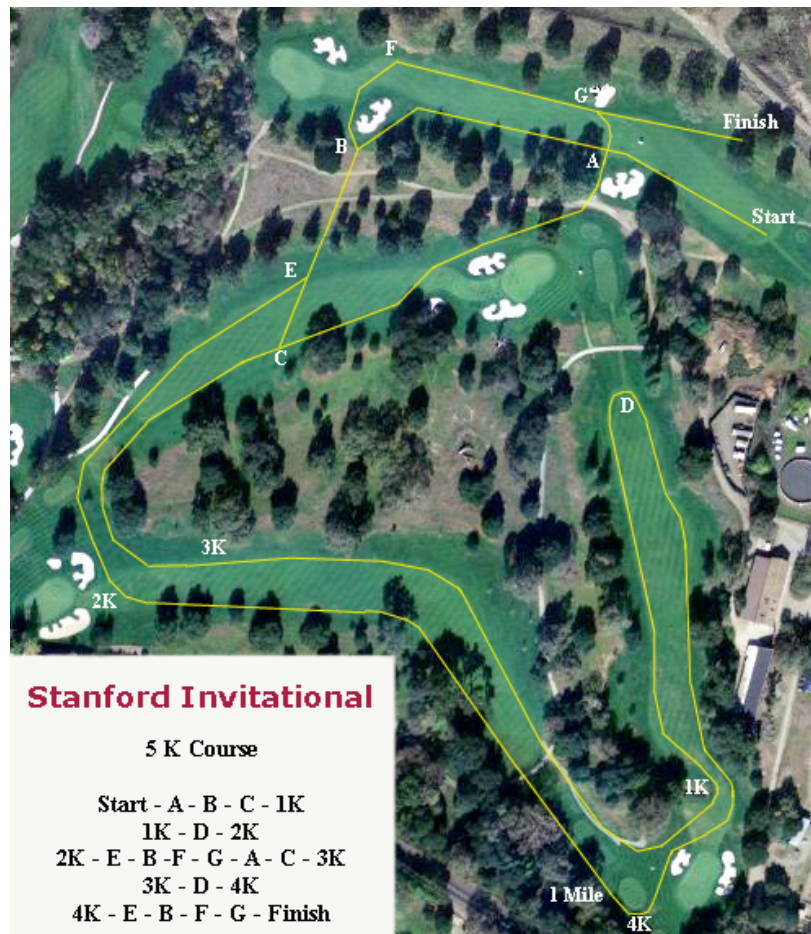
**Admission:** Spectators may purchase admission tickets for \$10.00 on the day of the meet only at the course.

*Don't bother just to be better than your contemporaries or predecessors. Try to be better than yourself. --William Faulkner*

**Races and assignments—assignments are subject to change.**

<b>Division 1 Boys 11:00am</b>	<b>Division 1 Girls 11:30am</b>	<b>Seeded Boys 12:00pm</b>	<b>Seeded Girls 12:30pm</b>
David	Namrata	Rohan	Jenny
Wayne	Isabel	Emilio	Julia
Bennett	Isabelle	Akshay	Maddy
Andy	Salma	Brent	Kelly
Scott	Akshara	Tyler	Paru
Mikey	Megan	Jake	Anna
Derek	Mizuki	Vamsee	Christina

**Please stay away from the stable and barn areas. NEVER RUN ON THE GREENS, ACROSS TEES, OR THROUGH SAND TRAPS. NO FRISBEES, FOOTBALLS, OR PETS WILL BE ALLOWED.**



**Chip and Bib Instructions:**

- 1) ALL athletes MUST wear the corresponding Bib / Pull tag and shoe chip(s).
- 2) ALL athletes MUST wear the corresponding numbered "chip(s)". --Chips are numbered on the Black side. Make sure to match the correct numbers to the corresponding athlete numbers. --Chips are to be tied into the shoelaces as shown. Do NOT put the chip in your sock, on your ankle, or in your pocket, etc. Only wear as shown.
- 3) ALL chips MUST be returned and/or collected after each race at the finish line or the packet pick-up location.
- 4) There is a \$25 charge for each chip not returned

