

**Monterey Bay Invitational October 17th, 2014**  
**Toro Park**

“If you want to achieve a high goal, you're going to have to take some chances.”

*Alberto Salazar*

**General Notes**

- Have a healthy dinner, and get a good night's sleep, on Thursday night!
- Plan your breakfast and lunch and snacks for Friday, depending upon what time your race is.
- Hydrate! Have a glass of water when you get up, drink consistently during the day, and sip from your water bottle while waiting to race.
- 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**. If you may be racing at CCS, you may be able to jog out on the hill again and feel what it is like when not racing. Be courteous to everyone still racing.
- Check the weather and dress appropriately. **Don't forget your uniform!**
- You are cleared to leave school at 12:25pm. We have a bus (so we don't have to trouble your parents with driving us to the meet!). Get to MVHS Circle by 12:35 for rides. (later than 12:45 and you're left behind!). **REALLY HUSTLE to the bus**, don't delay, don't talk to your friends, **HUSTLE**, first race is at 3pm and we wanted you to miss as little school as possible.
- If you want to buy snacks or a meet T-shirt bring some \$\$\$.
- We are going to order sandwiches for dinner, pick them up in Salinas and eat in the bus on the way home. If you want to bring your dinner, that's fine, otherwise please get \$5 to coach (what a deal!).
- **Remember to thank the meet organizers and volunteers for supporting this event.**
- **Remember to say something good to your competitors before and after the race.** A runner in front of you is a gift to help you find something you didn't know you had inside you, maybe a PR. Say thank you and well done!
- ***Remember that it's always a great day to race! Say it on the line.***

**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.

*“I have chosen to be happy because it is good for my health.”*

*- Voltaire*

**Thoughts on the Toro Park Course:** Like most races, the party really starts after mile 1. It's nice to get out well before the first turn but don't kill yourself, unless you are in first place, a few spots one way or another is not critical. Be patient in the first mile, especially in the narrow portion of the trail around the field. If you wait until the course gets wide and start to work your way up you will feeling better than all the people who went out too fast, and you will have two miles to pass them all. Start working your way up as opponents tire and there is more room to move. Run the hill with

LEVEL EFFORT. This is not level pace, you will slow down. That's OK, it's not the place to kill yourself. At the top of each hill, stretch your stride out a bit and try to get moving down the hill. Competitors who went up the hill too hard will want to take a rest and you can break their will and drop them if you get moving here.

Before the race, make sure you know where the finish line is, and jog back to find your 'sprint point' about 30 to 45 seconds out from the finish line. Pick out a tree, bush, or turn and commit to giving everything you have from that point to the finish line. Do this at all races, knowing the finish area helps.

I know that you have more fitness than your competitors, and more fitness than you might think you have. You will be hurting that last mile; remember, at that point your competitors are hurting too. EVERYONE feels pain who is trying their hardest, or going after a PR! Running is not easy, racing is a test of willpower. I believe, I know, that you can push through the pain to a great finish!

**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. If you are hoping to be competing here at CCS, try to be very deliberate and try a strategy that you think will work for you.

**No one can say, 'You must not run faster than this, or jump higher than that.' The human spirit is indomitable.**

***Roger Bannister***

<u>RACE:</u>	<u>TIME:</u>	<u>Warm-Up Leader(s):</u>	<u>Team/Ind. Awards</u>
JV Boys	3:00 pm	Wayne, Conner, Andy	1 <sup>st</sup> team/30 Ind.
Varsity Girls	3:30 pm	Julia, Maddy	3 teams/30 Ind.
Varsity Boys	4:00 pm	Rohan, Akshay, Emilio	3 teams/30 Ind.
JV Girls	4:25 pm	Namrata, Isabel	3 teams/30 Ind.

**Who Runs What:**

JV Boys: Wayne, Conner, Jake, William, Tyler, Mikey, Derek, Andy, Robin, Aidan

Varsity Girls: Jenny, Julia, Maddy, Kelly, Anna, Christina, Paru

Varsity Boys: Rohan, Brent, Akshay, Emilio, Vamsee, David, Bennett

JV Girls: Akshara, Namrata, Megan, Salma, Isabel, Isabelle, Mizuki, Rhea, Jae Youn

**Running is not a sport for pretty boys.**

**Running is about the sweat in your hair and the blisters on your feet. It's the frozen spit on your chin and the nausea in your gut. It's about throbbing calves and cramps at midnight that are strong enough to wake the dead. It is about getting out the door and running, when the rest of the world is only dreaming about having the passion that you have each and every day.**

***-Paul Maurer***