

SCVAL Baylands Center Meet, Crystal Springs

Tuesday, October 22, 2013

**"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**

Baylands Regional Park:

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

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

NOTE FROM COACH FOR 2014:

The weather looks like it could be really, really good for Baylands this year. This is a 5km course that can be pretty fast on the right day, and one of the things that runners will compare is their 5km times—'So, what is your best 5k?' This could be your chance to have a nice 5km PR! Go for it!

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. No tents are allowed but it is still easy to find each other. Wear your purple!
- ❖ Bring a snack for after your race.
- ❖ Don't forget your uniform. (All of it!) And WEAR IT AT ALL TIMES!
- ❖ High 71 low 53; looks like great running weather 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.

"Excellence is never a trivial pursuit."

Other people may not have high expectations of me, but I have high expectations for myself.-- Shannon Miller

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 ultimately it is the runner's responsibility to stay on course. Have fun with your race and run smart!

SCHEDULE:

TIME: RACE:

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

WARM-UP LEADERS

Lucas, Anindit
Isabelle
Conner, Alvin, Matthew
Miranda, Nupoor
Rahul, Matthew G

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: Lucas, Anindit, Dan Z, Tong, William C, Akshey, Joey

Varsity Girls: Isabelle, Christine P, Jae Youn, Joanne

Varsity B Boys: Ajay, Alvin, Conner, Lee, Matthew C, Perry, Vinay, Zarek

Varsity B Girls: Anoop, Becca, Hannah, Lydia, Madhu, Miranda, Nupoor, Rachel, Rhea, Rochelle, Sarah, Shreenitya

Frosh-Soph Boys: Angelo, Anthony, Edwin, Ethan, Forest, Matthew G, Rahul, Rishi, Ryan, Scott B

"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

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