

Lynbrook Invitational / FUHSD Championships

Thursday, October 30, 2014

"A river cuts through rock, not because of its power, but because of its persistence."

-James Watkins

Location:

Lynbrook High School
1280 Johnson Ave
San Jose, CA 95129

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 2:15--rides at bus circle 2:30--first race at 3:45pm
- ❖ Look for your coaches when you get there for a camping spot. We are on the Lynbrook campus this time and I'm thinking we put up canopies in the bleacher seats, track & field style.
- ❖ Bring a snack for after your race.
- ❖ Don't forget your uniform. (All of it!)
- ❖ The weather is getting cooler, so bring warm clothes for after your race.
- ❖ 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!
- ❖ The Lynbrook coach, **Jake White**, works very hard to put on this race and help the league quite a bit. Coach White and the other volunteers who put on this race would appreciate a 'thank you'!

Warm-Up:

Find your warm-up leaders, 45 minutes before the race and stick with them! Warm up with your team and running partners. Be at the starting line 10 minutes before the start.

You all have two to four races left in the season! It's time to put it all together. **Race this race HARD and SMART.** Use your race tactics that you have been working on all year; good pacing early, pick it up, finish strong. This is a flat and fast course and a good time for you to cut loose. Run with your pack but try to stay with someone a little bit faster than you have all year—test yourself a little in the last half of the race. If you feel tired, **TRY TO SPEED UP**—it sounds weird, but sometimes that works, going into a faster pace might actually help.

"There is no satisfaction without a struggle first."

- Marty Liquori

Course:

2.1 miles around a high school, flat and fast. It will feel like middle school XC! There will be a map posted near the snack bar at the school...the map on line does not make a ton of sense to me ☺ Don't worry we won't get lost, Coach White will explain what is going on! We start on the track.

**The Varsity Girls are defending the
2011, 2012 and 2013
Fremont Union High School District
championships!**

It is ALWAYS a Great Day to race!!!

SCHEDULE:

TIME:	RACE:	WARM-UP LEADERS
3:45 PM	Frosh-Soph Boys	Andy, Scott, Aidan
4:10 PM	Varsity Boys	Rohan, Akshay, Emilio
4:35 PM	Varsity Girls	Julia, Maddy, Namrata
5:00 PM	Varsity B Boys	Young, Lucas, Conner
5:25 PM	Varsity B Girls	Rhea, Isabelle, Akshara

Who runs what:

Frosh-Soph Boys: All freshmen and sophomore boys not running Varsity

Varsity Boys: Rohan, Akshay, Emilio, Brent, Vamsee, Bennett, David, Dan Z, Jake, Wayne

Varsity Girls: Jenny, Julia, Maddy, Anna, Kelly, Christina, Paru, Namrata, Isabel, Salma

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

Varsity B Girls: All girls not running varsity.

"Excellence is never a trivial pursuit."