

**Meet Sheet: Central Coast Section Championships**  
**Toro Park, Salinas—November 15, 2014**

"The ultimate is not to win, but to **reach within the depths of your capabilities** and to compete against yourself to the **greatest extent possible**.

When you do that, you have dignity. You have the pride.

You can walk with character and pride no matter in what place you happen to finish."

— *Billy Mills*

- Both Boys and Girls teams have qualified for the CCS Championships, for the **fourth** year in a row! Congratulations! I wonder how many athletes will be running at the sectional meet for the fourth time, like Rohan and Jenny?
- The best things you can do for yourself at this point is get lots of sleep this week, eat well, hydrate all week, wash your hands and stay healthy. Be confident, think about all the work you have done this year to get ready for this, all the great races we ran together all year—and you are ready!!!
- Have a healthy dinner the night before—something that you have eaten in the past before a good race or workout! Get in bed early—before 10, I would guess!
- You are going to be racing in the first races of the day. Check the weather the day before, but as I write this meet sheet, the weather forecast says Salinas will be cloudy and chilly in the morning. If you stay warm and give yourself time to warm up properly, this could be a fast day!
- When you get up, have a glass of water right away, and then breakfast. Eat a breakfast that has worked for you before (if you have notes from Artichoke, Stanford, Earlybird or Mt. SAC, or from Saturday AM workouts, look and see what breakfast worked for you). An easy to digest breakfast is probably best, things like fruit (especially bananas), oatmeal, toast + a nut butter + honey or jam, maybe even a pancake and an egg. I like an almond butter and honey sandwich, a banana or two, and maybe some orange juice, but that's just me! Continue to *sip* water in the morning. Have a snack that you are confident in.
- One of the nice things about being the first race of the day is that we can warm up on the course. The course will be open to warm ups until 10am, after that we need to be off the course unless racing.
- **You are responsible for your own transportation to Toro Park. Try to ride pool—offer to take teammates with you. It takes about 90 minutes to drive from Cupertino to Toro Park.** Plan to arrive be at the park at 8am, with your car parked, to have plenty of time in case traffic is a problem. It's better to hang out at camp than be stressed out about being on time.
- **We hope that there are plenty of fans and supporters to join us! Even if you are not racing, please join us!**
- Directions to Toro Park (provided by the CCS web site  
<http://www.cifccs.org/playoffs/participantinfo/2012-13/Cross%20Country%20PIB%202012.pdf>
- Vehicle parking is supposed to be free the day of the race. All team members in uniform will be admitted free. General admission is \$8, senior citizens are \$3, students with ASB cards (!!!) are \$3 and children under 12 (future MV runners!) are admitted for \$2.
- NO PETS and NO BICYCLES allowed.
- Don't forget your entire uniform, this includes your warm ups, and your **racing shoes** if you have them!
- Bring a dry MV t-shirt and other clothing to keep you warm and dry for after your race.

- **CAMP:** Coaches will set up camp either near the play structure in Parking Lot #1 (same as Earlybird) or the area where we camped for Monterey Bay. We will be there early, come find us.
- **TAGS/BIBS:** They are using RFID tags on your shoes again this year. There will be mat like sensors across the finish area. **KEEP RUNNING HARD UNTIL YOU HAVE GONE 10' PAST ALL THE MATS.** If an opponent eases up at the wrong spot and you pass that person, you will get the point. The judges standing around will not do anything, the chips and sensors will determine the finish order so **KEEP PUSHING UNTIL YOU GO OVER ALL THE MATS.**
- **WARM UP:** Stick together as a team! Report to the starting line at least 10 minutes before the start of your race. Get in a few more striders so you don't cool off, but you won't need to do a whole lot if you are warm. You may warm up on the course until 10am.
- **STARTING BOXES:** Starting boxes will be assigned randomly. Three runners line up on the front line, the remaining team members on the second line.
- **WEATHER:** Right now the overnight low is 48, the high for the day is 69, and it will be cloudy...so if this holds, it will feel chilly at Toro. Dress appropriately.

RACE	TIME
Varsity Boys D1	10:00am
Varsity Girls D1	10:35am

### MESSAGE FROM YOUR COACHES: SECTIONAL MEET

Race day is a gift, race day is a celebration, race day is the goal and it's the payoff for all the training and all the work you have done. That is never more true than when the season starts to wind down. Embrace the day and use everything you have learned and all the training that you have put into making this race special! You know how you feel when you sit down to take a test, prepared, rested, confident that you can ace the test because you know the subject? Feel prepared, rested and confident you can ace this race! Your coaches believe in all of you, now believe in yourselves!

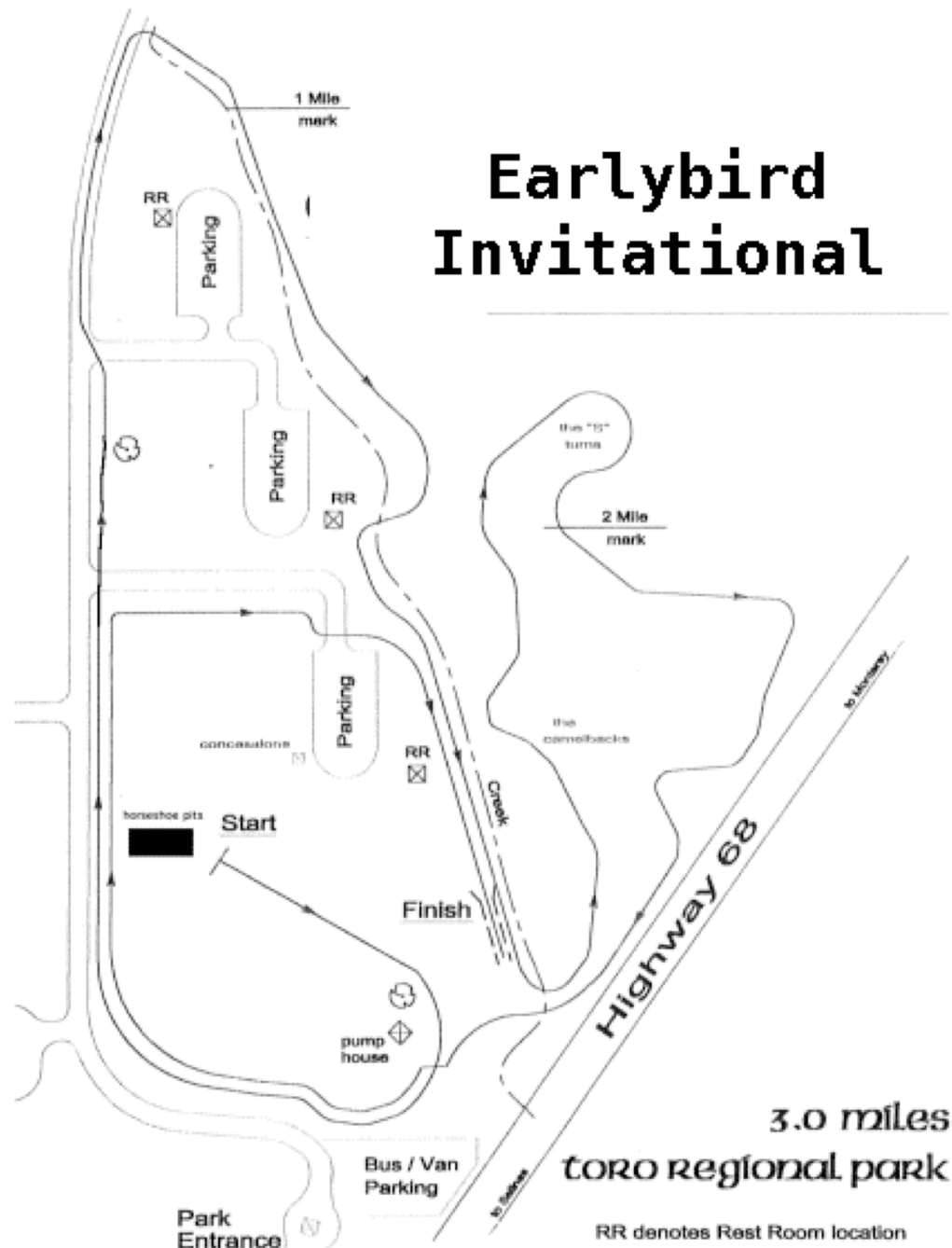
Everyone should:

- Say good luck to your teammates and at least one competitor.
- Congratulate the runners in front of you and behind you at the finish.
- Thank at least one volunteer at the meet. The CCS championship is a big undertaking, let the volunteers know that they are appreciated!
- Thank the parent who drives you to and from the race, **ESPECIALLY** if this is your own parent; how else would you get there?
- When you get home, please thank your parents for supporting you during the MVXC season. Please take a few minutes to tell them a couple stories about the season that are memorable to you and meant a lot, but maybe you just never mentioned the stories to your parents. There are lots of parents at Monta Vista that don't let their kids participate in sports. Your parents not only let you join, the team they supported you on your journey to the Championships. Please let your parents know that you don't take their support for granted.

Something inside of me just said 'Hey, wait a minute, I want to beat him,' and I just took off.

*-Steve Prefontaine*

# Earlybird Invitational



Coming from the North (San Jose):

Take 101 South to Salinas and get off at the Laurel Exit. Take a right hand turn and get into the left turn lane. Go left on to Davis Rd. and continue on Davis to Blanco (about a 1 mile over the bridge and first stop light after bridge). Turn left on to Blanco and go approximately one 1/2 miles to Main Street (Shell Station on right). Go right on Main St. also known as Hwy. 68. Stay on Hwy 68 for about 5 miles and exit at Portola. Go right at the stop sign and under the bridge and it takes you into Toro Park.

Coming from Monterey:

Take Hwy. 68 east exit at Portola. Go right at the stop sign into Toro Park.

Coming from the South (King City):

Take 101 North to Abbott St. (a left exit). Take Abbott to Blanco and turn left (Denny's is on the corner). Continue on Blanco to Main St. or Hwy 68. Turn left on to Hwy 68 (Star Market on the corner). Stay on Hwy 68 for about 5 miles