

Adidas Meet of Champions Trip Information

Friday, March 27

6am: Depart from the Monta Vista Student Parking Lot

- Please be there a few minutes early.
- We know this is early however we want to beat LA traffic.
- Bring a bottle of water, homework, snacks, maybe a pillow for drive.

~8am: Meet at gas station for break.

Chevron Firebaugh
6330 West Panoche Road
Firebaugh, CA 93622

~11am: Meet at Panera Bread for early lunch.

Panera Bread
24133 Baywood Ln
Santa Clarita, CA 91350

~1:30pm: Arrive at Hilton Garden Inn, Arcadia

199 N 2nd Ave
Arcadia, CA 91006
Phone:(626) 574-6900

2:30pm: Shake out run to Arcadia HS track!

5:15pm: Meet in lobby to depart for early dinner at California Pizza Kitchen
Westfield Santa Anita Mall, 400 S. Baldwin, Arcadia 626-445-2610
Upper Level Next to Macys

10pm: Lights out!

Saturday, March 28: Race Day!

It won't be great for many of the people racing late in the day to hang around all day in the heat, so we will come over in groups. Once you have raced, especially those racing early, you should plan on getting in some more training miles. With drivers going back and forth you may have a chance to go back to the hotel, shower, have lunch and be back for the evening races all clean and fresh and happy. We will be flexible on this but be aware and don't be left back at the hotel—you have personal responsibility to be on time all weekend.

A few important notes for the day:

- The meet will run on time all day. It is your personal responsibility to be checked in on time, warmed up, and at the start line for your race. If you miss your race, you will not be moved into a slower heat—that's it for the day! The schedule is tight and the meet will move quickly. *There will be no more than 20 seconds between each race.* No joke!
- You will be given a bib number and barcode to wear; you must have this bib

- on when you go to check in with the Clerk.
- The Clerk of the Course is located on the infield at the west end of the track (on the high jump apron). Since athletes are allowed on the infield throughout the meet, I suggest all athletes do their initial warm-up runs outside the track stadium and then plan to do their stretching, drills and strides on the infield near the clerk of the course. That way you can listen for the calls of the clerk and still finish your warm ups. There are also Porta-potties at that end of the stadium.
 - You should plan on being at the Clerk of the Course 30 minutes before your race start time. The meet organizers will have numbered signs at the clerk, the staging area near the start, and the start line, so athletes will know which race is being called, placed on the track, and on the track. Athletes go right from the clerk to the start line bull-pen area. The athletes who miss their races usually leave the track after checking in with the clerk. You should not do that. There is a nice large warm up area for strides, drills, and stretching. Use it! Do your jogs off the track (Julia and Salma can use the track itself), then come back to see the clerk before race start, and finish your warm up in the bullpen.

Results will be printed as the meet moves along. There will be a copy of each result posted on the Finish Results board near the snack bar area. Complete results of every finisher in every heat will be posted on the meet website at <http://www.mocdistanceclassic.com>

It looks like Coach will be at tiny Azusa Pacific all day because of the way the schedule works out so please don't forget him, bring him a Chipotle or something so he is not eating track snack bar food to survive!

- 5:30am: Early group leaves for Azusa Pacific College
- Athletes: Salma, Julia, Justin, Andy
 - You need to plan your own breakfast, what you will eat to be ready to race early. Also bring a snack for after. Plan to get some training mileage in after your race.
 - Coach Flatow
 - Mr. Mogensen—sorry! We need a driver and need to get the canopy there. I can also drive your car if you don't want to get up this early.
- 8:00 or 9:00: Breakfast
- Because we are a large group, the hotel wants to serve us breakfast all at once in a large group. I'll talk to you all about what time you want.
- 9:00am: A driver needs to get Jeffrey Xu to Azusa Pacific for his race.
- Jeffrey, you will need to go down and have breakfast before your race on your own or with a couple friends/your sister.
- Noon: Afternoon group leaves for Azusa Pacific College
- Isabel, Isabelle, Mizuki, Paru, Namrata
 - Make sure you have something good to eat after, a mix of protein and carbs, such as an almond butter and honey sandwich. There is also a Chipotle and

other stuff within walking distance. Have a plan for refueling, you are probably not going to want to go back to the hotel (you will miss some great racing). Bring some dry clothes, maybe a way to clean up. Hydrate.

Early Afternoon Group: Akshay, Emilio, Brent

- I'll let you work this out with Mr. Mogensen when you want to drive over
- Would be nice to watch the girls race, if you stay out of the sun that would work OK for all of you.
- Make sure you have something good to eat after, a mix of protein and carbs, such as an almond butter and honey sandwich. There is also a Chipotle and other stuff within walking distance. Have a plan for refueling, you are probably not going to want to go back to the hotel (you will miss some great racing). Bring some dry clothes, maybe a way to clean up. Hydrate.

Evening Group: Rohan, Kelly, Jenny, Bennett, Maddy

- I'll let you work this out with Mr. Choudhury and Mr. Zheng when you want to drive over. You could also come for some of the morning, head back to the hotel and have lunch/ cool off/ do some homework, come back about the time Brent and Emilio race if you want.
- I think it is great for you to support your team HOWEVER at the same time sitting around in the sun at the meet all day is not the way to have a great race 12 hours later. Think about this and find a balance between supporting your teammates, enjoying the racing and also having a great race yourself.
- Make sure you have something good to eat after, a mix of protein and carbs, such as an almond butter and honey sandwich.

9:45pm Pack up, get in the cars and head for 21 Choices!
21 Choices
85 W Colorado Blvd
Pasadena, CA 91105

Sunday, March 29

9:00am: Breakfast

After breakfast, head for home. Mr. Zheng would like to return via Antelope Valley State Park to see the wildflowers—apparently these are pretty great this time of year, there will be two seats in his car in addition to Bennett for anyone that wants to do this. Some of us have talked about adding 30 minutes to the return trip and driving through McFarland on the way home, and stopping at the taqueria in the movie. Others can drive straight for home after breakfast. I think we have enough extra seats in the cars that everyone can get in the car that fits your choice. Please talk to your parents in advance so they know when to expect you.

Antelope Valley Poppy Reserve
150th St W & Lancaster Road
Lancaster, CA

Tacos El Calzador
206 W Kern Ave
McFarland, CA 93250

<http://www.yelp.com/biz/tacos-el-cazador-mc-farland?osq=tacos>

3-4pm: Arrive back at Monta Vista High School.

+++++

Things all student-athletes should remember to pack:

- Homework.
- Healthy snacks—for drive down and drive back, before and after racing.
- Water bottle, filled—it is going to be warm on Saturday so hydration will be important. You don't need to drown yourself but regular sipping will help you deal with the weather. Try to drink 3L on Friday during the course of the day. Check your urine and if it is pale yellow all day you are OK (does not need to be clear, just pale).
- Breakfast food for those racing early or with special needs.
- **If you are sharing a room or driving in the car with Andy Ma, NOTHING WITH PEANUTS.** If peanut butter or anything with peanuts is part of your pre-race ritual that you can't do without, then please see Coach Flatow and we will trade rooms so you can bring peanut butter or whatever. In general, this weekend, if all of you can substitute almond butter or almonds for peanuts, we would all appreciate your support.
- **Your uniform, complete!**
 - Clothing—in general, travel light, a few t-shirts will take you a long way this weekend, every place except dinner on Friday.
 - Training/workout running shoes and spikes/racing shoes.
 - Several Monta Vista track or XC t-shirts, or other meet t-shirts. We should look like a track team wherever we go!
 - Something to wear on the shake out run.
 - Comfortable clothes for the drive and hanging around.
 - Something slightly nicer for dinner on Friday—this is not a fancy dinner out, however jeans and a shirt with buttons would be nice. If it is cool, we can wear our purple track jackets to dinner too.
- Some money for a meet t-shirt (\$15), snacks, frozen yogurt after the race.
- **DO NOT BRING ANY TOYS TO THE MEET—No footballs, Frisbees, balls of any kind.** The meet director is very clear than if they catch anyone playing around on the infield during the meet, the entire team will be kicked off the field and no one from that team will be able to race until everyone has left the field. Cheer and yell all you want, remember you are at a track meet where people are trying to set new PRs. You guys are always the best behaved, most respectful team around. Let's keep our reputation intact!

PLEASE, EVERYONE SHOULD SAY THANK YOU TO AT LEAST ONE VOLUNTEER AND OFFICIAL!

Parent-drivers:

- If every driver could throw a case of bottled waters in the trunk of your car 'just in case' we are probably better off! And if we bring a couple of cases of water to our camp at the track that would be great.
- All insurance information.
- My cell if you need to call me is 408-893-7021.

Athlete	Race Time	Race	Room	Car Down
Kelly Bishop	7:39 PM	Rated G 1600	4	Mr. Subramanian
Julia Chang	7:39 AM	Heat 3 VG 3200	5	Mr. Meyyappan
Rohan Choudhury	9:16 PM	Rated VB 3200	7	Mr. Choudhury
Isabelle Ju	2:37 PM	Heat 17 G 1600	4	Mr. Meyyappan
Mizuki Kadowaki	2:37 PM	Heat 17 G 1600	6	Mr. Subramanian
Isabel LaPlain	2:23 PM	Heat 16 G 1600	6	Mr. Subramanian
Justin Lin	7:52 AM	Heat 1 FSB 800	7	Mr. Choudhury
Andrew Ma	7:55 AM	Heat 2 FSB 800	7	Mr. Mogensen
Parvathi Meyyappan	1:20 PM	Heat 6 G 1600	6	Mr. Meyyappan
Brent Mogensen	4:47 PM	Heat 6 VB 1600	7	Mr. Mogensen
Salma Sheriff	7:10 AM	Heat 5 G 3200	5	Mr. Subramanian
Namrata Subramanian	2:02 PM	Heat 12 G 1600	4	Mr. Subramanian
Akshay Thontakudi	5:11 PM	Heat 10 VB 1600	8	Mr. Mogensen
Emilio Torres-Gonzalez	4:53 PM	Heat 7 VB 1600	8	Mr. Mogensen
Jenny Xu	7:39 PM	Rated G 1600	6	Either Mr. Zhang or Mr. Subramanian—do you want to ride with your brother or the girls?
Jeffrey Xu	10:53 AM	Heat 5 FSB 1600	8	Mr. Zhang
Madeleine Yip	8:47 PM	Rated G 3200	4	Mr. Meyyappan
Bennett Zhang	8:23 PM	Rated FSB 1600	8	Mr. Zhang