

Meet Sheet
SCVAL Meet #2: Crystal Preview
October 4 2016

Ask yourself: ‘Can I give more?’. The answer is usually: ‘Yes’.
-Paul Tergat

About the Crystal Preview meet

This is your introduction to the Crystal Springs course, where our League Championship meet will take place in one month! Crystal is one of the best cross-country courses anywhere, in my opinion—and a lot of people agree with me. It’s a beautiful place to be, even without the running, and the course is a classic cross-country challenge.

The ‘trap’ that Crystal has for new and experienced runners alike is that the first half-mile is downhill. Many unwary runners go flying down the first half-mile, then turn around and grind back up...and one mile into the race feel like burnt toast! This first section is not that bad if you race intelligently. During this first race at Crystal, try going out conservatively for that first mile loop—try treating that first loop as a medium-effort tempo run. Once you are back up to the top and you are near our tent and can see the path along the fence-line, then start picking it up (if you have not seen the course before, don’t worry, this will be obvious on race day). **The top of the first loop is a great place to make a move at Crystal if you have been racing with your brain up to that point.** You should collect plenty of road kill. I believe that the perfect race will be one where you get back and say ‘that was a great race, I left it all out there, and I think I could have been a little more aggressive that first mile.’ A race like that in the Preview will be the perfect prep for League Finals!

Preparation:

- ❖ Eat a healthy lunch. You do not want a full stomach, but you do not want to be on empty either. You should be well fueled but not uncomfortable. Write down what you eat for lunch in your running log or your race log; if this lunch feels good to you when you run, you may want to try this again. If your stomach did not feel so great, or if you felt weak or hungry, maybe you want to try something different next time.
- ❖ Released from school at 1:35- rides at bus circle 1:45.
- ❖ Look for your coaches when you get there, we will be setting up camp.
- ❖ Bring a snack for after your race.
- ❖ Don’t forget your uniform. (All of it!)
- ❖ It is projected to be a warm day, but it can get cool later in the day up there. Bring dry clothes, and something warm, for after the race.
- ❖ Be prepared, bring **3 large trash bags**: 1-for your dirty, dusty, sweaty, wet, muddy clothes; 2-for your track bag if it is rainy or muddy; 3-emergency rain poncho.

Warm-Up:

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

"To be a winner, the athlete must accept pain--not only accept it, but look for it, live with it, learn not to fear it." –Pre

About SCVAL races:

- Keep moving thru the chute and hand your tag to the person at the end of the chute
- DO NOT exit the chute early. If you do, we won't know that you ran the race.
- After exiting the finish chute, clear the area right away – go back and cheer on your teammates who are still running (or stick around and congratulate runners behind you in a welcome-line).
- Results will also be posted that night at www.LynbrookSports.com

Some Important Crystal Springs rules (for parents and athletes):

- No dogs or other animals.
- No bicycles.
- No barbeques, flames, smoking, fire of any kind.
- No throwing of anything: rocks, balls, Frisbees, freshmen...
- All trash must be put in green boxes or hauled away (DO NOT use Hallmark Park trash containers). Bring recyclables home.
- Park safely and do not block local residents.
- **Stay off all yards, do not yell in the neighborhoods, be polite and say hello and thank the residents for letting us use this facility.**
- **Do not warm up on the course itself (there are warm up areas).**
- Respect for officials, competitors, neighbors, and anyone who uses the facility.

SCORE GOOD KARMA POINTS

All Monta Vista athletes should:

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| <ul style="list-style-type: none">• Thank at least one volunteer or official at every race—we can't race without their efforts.• Say good luck to at least one competitor and to your teammates.• Congratulate the person finishing in front of you, compliment the person behind you.• Thank the parent who drives you—<i>especially</i> if this is your parent! |
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"Your toughness is made up of equal parts persistence and experience. You don't so much outrun your opponents as outlast and outsmart them, and the toughest opponent of all is the one inside your head."

– Joe Henderson

“Grit is living life like it is a marathon, not a sprint.”

—Angela Duckworth

The Crystal Springs Course:

2.95 Miles of dirt and rolling hills. This is what you train on! This is why the overachievers ran ‘Candy Crush’ repeats! Crystal Springs is a fabulous course, it is OUR course, Monta Vista OWNS Crystal Springs! We are lucky to get to run here so often.

Some Things to Think About While Running Crystal Springs:

- ❖ We will run our league championships and CCS championships at Crystal so this is a good time to try out strategies. Think about where to push and try out that idea. If it feels good, do that again. If that does not feel great, try something else next time.
- ❖ The race at Crystal really starts when you climb back from the first loop and re-cross the starting line. That is just over one mile into the race, you have a little less than two miles left to run. At the top of the hill after loop 1, you shake your legs up and say OK, get to work! Stand up straight, get your shoulders loose, get to work. You have two miles and you can pass a whole lot of people.
- ❖ Try starting your finishing push with 800m to go, at the start of the 3rd and last loop. This is where championship pushes are made...and then kick it up another notch at your ‘sprint point’, a minute plus or minus out from the finish.
- ❖ If you pass a teammate, try encouraging him or her. Say, ‘come with me’ or ‘let’s do this together.’ See if you can help a teammate find something more inside.
- ❖ Crystal Springs is a great course for Monta Vista. We train on hills like this, and harder hills than these, every week in Fremont Older and Stevens Canyon. When you are running with other competitors, believe that you are as strong or stronger.
Believe. This is our kind of race!

SCHEDULE:

2:25 All athletes and coaches meet at the timing shed for discussion of the Crystal rules.

3:15 Varsity Boys

3:40 Varsity Girls

4:10 Varsity B Boys (All seniors and Juniors unless running Varsity).

4:40 Varsity B Girls (All girls unless running Varsity).

5:15 Frosh-Soph Boys (All freshmen and sophomore boys unless running Varsity)

Don't bother just to be better than your contemporaries or predecessors.
Try to be better than yourself. --*William Faulkner*

*Directions to Crystal Springs
And Course Map*

