

SCVAL Baylands 5km Center Meet

Tuesday, October 18, 2016

“If you want to become the best runner you can be, start now. Don’t spend the rest of your life wondering if you can do it.”

Priscilla Welch

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 ☺

General: The City of Sunnyvale is very finicky about their park! Please be very conscious of trash, keep everything clean; if you see a piece of plastic or trash on the ground, pick it up, even if you didn’t drop the trash!

SCORE YOUR KARMA POINTS: Remember to thank the volunteers and workers! Wilcox is running the meet and they work really hard; Coach Van Zant has been a coach for many, many years and walking up to him and thanking him and his daughter for putting on a good meet is a good thing for you to do!

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 veterans, we will try for the same spot as the last couple of years. 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!
- ❖ As I type this the forecast says 71 degrees; it looks like good running weather but be prepared for all weather conditions. Hydrate—as always!
- ❖ 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’ 60 seconds to two minutes 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.

“Running isn’t a sport for pretty boys...It’s about the sweat in your hair and the blisters on your feet. It’s the frozen spit on your chin and the nausea in your gut. It’s about throbbing calves and cramps at midnight that are strong enough to wake the dead. It’s about getting out the door and running *when the rest of the world is only dreaming about having the passion that you have* to live each and every day with.”--*Paul Maurer*

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!

Baylands is a great place to set a 5km PR!

Who runs what: The runners going to Mt. SAC will have the option of not running Baylands, so that they only miss one day of school that week; so who-runs-what may change. This is a chance for runners to try something new—embrace the challenge! We have a lot of flexibility in who-runs-which-race this week so see coach if you want to request something...Mt. SAC runners, if you want to run this as a conversational or fast-conversational run, either for a workout and/or to score some points for the SCVAL cup, that is fine.

TIME: RACE:

3:15 PM Varsity Boys (7): Jason, Rohan, Aditya, Victor, Forest, Kyle.
3:40 PM Varsity Girls (7): Akshara, Serena, Kelly W, Cindy, Joyce, Anjana.
4:10 PM Varsity B Boys: All other junior-senior boys.
4:40 PM Varsity B Girls: All other girls.
5:15 PM Frosh-Soph Boys: All other freshman-sophomore boys.

"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