**Mt. SAC Invitational 2016**

* "The most important thing I learned from running is that there is only one runner in this race, and that is me."

*Dr. George Sheehan*

**What To Pack**

* **Pack Light!** We are only going to be gone for one night.
* Your uniform
	+ **Trick from your coach:** Get completely dressed in what you want to race in, from hair ribbon to shoes and socks. Look in the mirror; are you ready to race? Now get undressed directly into your track bag…**do not** put your stuff on your bed or the floor, you can lose a sock or shoe under the bed. Now you will have everything you need for a great racing day!
* Money for snacks or souvenirs (last year, t-shirts were $13 for SS, $18 for LS).
* Running gear for a Friday shake out run
* At least two more Monta Vista shirts—something clean for ride home in.
* Any snacks you love to have with you.
* Something to sleep in

**Monta Vista Race Assignments**

Will be assigned later this week.

**Hotel Rooming List**

Will be assigned next week.

**Friday Schedule October 21**

5:50am Meet in MV Parking Lot

6:00am Load onto bus and leave

~11am Stop for an early lunch

~2pm Arrive at Best Western, West Covina and check in

~3pm Shakeout run

6pm-9pm Dinner at hotel, game night, and/or homework

9:15pm In our rooms

10pm Lights out!

**Saturday Schedule October 22**

May be adjusted depending on final schedule.

5:30am Breakfast

6:15am Leave for Mt. SAC

7:15am FIRST RACE!

1:10pm Last Race (Bring some money for a t-shirt, any snacks you want)

1:15pm Walk across to Mt SAC campus for a picnic lunch

2:45pm Bus arrives and we depart for MV

~8:30pm Arrive back at MV

**Race Information**

Mt. SAC is the biggest XC race in the world! So the meet has to run like clockwork. They will not wait for anything—you have to be ready and be on time! Focus!

Put a roll of toilet paper in your gear bag—they run out.

Veterans:

* Take care of the first-timers.
* Show the rookies where to warm up.
* Find us a camp site in our usual spot near the airstrip.

All runners MUST REPORT TO THE CLERK OF THE COURSE 15 MINUTES PRIOR TO THE START OF THE RACE.

**Always Remember**

**No girl in a boy’s room, or girl in a boy’s room, even for an instant!**

Show respect throughout the trip:

* In public places such as hotel lobbies and restaurants, show respect for the people we are sharing the space with—don’t be loud, give others space, let smaller groups go by us.
* Boys, open doors and let other people go first! Help the moms with their luggage. Be amazing…
* Be helpful to make our trip go smoothly.

At the meet:

* Volunteers and officials will be working very hard to make this huge meet a success! Remember to say thank you at least once!
* Say good luck to the competitors on both sides of you, and congratulations to the finishers around you. Your competitors are gifts to you, to help you find what you have inside you!

**Work hard, show respect, and enjoy yourself!**

[God has given me the ability. The rest is up to me. Believe. Believe. Believe.](http://www.azquotes.com/quote/546287)

[*Billy Mills*](http://www.azquotes.com/author/20085-Billy_Mills)