

SCVAL Baylands 5km Center Meet

Wednesday, October 17, 2018

“If you want to achieve a high goal,
you're going to have to take some chances.”

Alberto Salazar

Baylands Regional Park:

See course map below.

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! There will be trash and recycling bags near our camp also.

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! **People truly notice and appreciate your gratitude and your thank yous.**

Notes:

- ❖ Start the day with a glass of water and stay hydrated!
- ❖ Eat a healthy lunch. You do not want a stuffed-full stomach, but you do not want to be on empty either. Hopefully by this point in the season you have a pretty good idea of what kind of breakfast and lunch prepares you for a good practice or race in the afternoon!
- ❖ 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 weather forecast says 76 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, an hour before the race and stick with them! Be at the starting line 10 minutes before the start.

“The greatest pleasure in life,
is doing the things people say we cannot do.”

~ Walter Bagehot

Course:

5Km Miles of dirt and grass. 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!

TIME: RACE:

3:15 PM Varsity Boys (7): Will decide Monday.

3:40 PM Varsity Girls (7): Will decide Monday.

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.

I've run a lot of miles over the years, some fast and some not so fast. I've won some big races and I've had some big disappointments, but I enjoy the freedom of running and the challenge of training and competition as much now as when I first started back in high school.

- Alberto Salazar

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

These virtues are formed in a man by his doing the actions.

-Aristotle