

Lynbrook Invitational / FUHSD Championships

Thursday, October 25, 2018

"A runner must run with dreams in his heart." -Emil Zatopek

Location:

Lynbrook High School
1280 Johnson Ave
San Jose, CA 95129

Notes:

- ❖ Eat a LIGHT lunch. You do not want a full stomach, but you do not want to be on empty either. *At this point in the season, you should have a good idea of what kind of pre-race or pre-workout meal helps you run your best! Plan your lunch for Thursday and try for 'best practices'.*
- ❖ Released from school at 2:15—rides at bus circle 2:30—first race at 3:45pm
- ❖ Look for your coaches when you get there for our team meeting spot. We are on the Lynbrook campus this time and I'm thinking we put up canopies in the bleacher seats, track & field style.
- ❖ Bring a snack for after your race.
- ❖ Don't forget your uniform. (All of it!) Wear MVXC/MVTF/MV school gear!
- ❖ As I write this, the weather is getting cooler, so bring warm clothes for after your race. However there is also a warming trend forecast for next week. So, be prepared for any weather!
- ❖ 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' a minute or more from the finish line and commit to yourself that you will make a fast finish!
- ❖ The Lynbrook coach, **Jake White**, works very hard to put on this race and help the league quite a bit. Coach White and the other volunteers who put on this race would appreciate a 'thank you'!

Warm-Up:

Find your warm-up leaders, an hour or no later than 45 minutes before the race and stick with them! Warm up with your team and running partners. Be at the starting line 10 minutes before the start.

This is your last race before SCVAL finals next week! It's time to put it all together. **Race this race HARD and SMART.** Use your race tactics that you have been working on all year; good pacing early, pick it up, finish strong. This is a flat and fast course and a good time for you to cut loose. Run with your pack but try to stay with someone a little bit faster than you have all year—test yourself a little in the last half of the race. If you feel tired, **TRY TO SPEED UP**—it sounds weird, but sometimes that works, going into a faster pace might actually help. **Remember that first couple 30/30s do not feel too bad! Embrace your speed at the finish.**

"Grit means living life like it is a marathon, not a sprint."

- Angela Duckworth

Course:

2.1 miles around a high school, flat and fast. It will feel like middle school XC! There will be a map posted near the snack bar at the school...the map on line does not make a ton of sense to me ☺ Don't worry we won't get lost, Coach White will explain what is going on! We start on the track.

The Varsity Girls are defending the seven-year streak of 2011, 2012, 2013, 2014, 2015, 2016 and 2017

Fremont Union High School District championships!

It is ALWAYS a Great Day to race!!!

Please stay to the end of the meet to cheer, help out, say thanks to volunteers...and don't forget to thank the parent that is driving you to and from the race.

SCHEDULE:

TIME:	RACE:
3:45 PM	Frosh-Soph Boys
4:10 PM	Varsity Boys
4:35 PM	Varsity Girls
5:00 PM	Varsity B Boys
5:25 PM	Varsity B Girls

Who runs what:

Frosh-Soph Boys: All freshmen and sophomore boys not running Varsity today

Varsity Boys: Kyle, Nitin, Rohun, Andrew, Sahil, Matthew S, Justin, Karthik, Ryo, Darren

Varsity Girls: Sylvana, Triya, Sarah, Sanjana, Jannah, Claire, Serena, Ellie, Anjali, Rachel, Lauren, Vivian L

Varsity B Boys: All junior and senior boys not running Varsity today.

Varsity B Girls: All girls not running Varsity today.

Excellence in anything is never a trivial pursuit.