

**Adidas Meet of Champions 2018**  
**Trip Information—Final (no heats yet)**

**Friday, March 22**

6am: Depart from the Monta Vista Student Parking Lot

- Please be at the school a few minutes early.
- We know this is an early start, however we want to beat LA traffic.
- Bring a bottle of water, homework, snacks, maybe a pillow for the drive.
- Kids, first stop will be in two hours, so make sure you are allowing for your hydration...use the restroom before we leave!!!
- Drivers, please have a full tank of gas!

~8am: Meet at John Erreca Rest Stop for a short break

Between Mile Markers 391 and 385

Gas stop on your own (another break for well-hydrated athletes!).

If you need gas between here and Santa Clarita, some suggested stops that are close to the highway and I have found to be fairly clean:

- Chevron Firebaugh 6330 West Panoche Road Firebaugh, CA 93622
- Chevron Kettleman City 27513 Ward Ave, Kettleman City, CA
- Chevron Lebec 161 Frazier Mountain Park Rd, Lebec, CA 93243

~11:30am: Meet at Panera Bread for lunch.

24133 Baywood Ln

Santa Clarita, CA 91350

~2:00pm: Arrive at BEST WESTERN PLUS Route 66 Glendora Inn

625 E. Route 66, Glendora, CA 91740-3508

Phone: 626-335-2817

2:30pm: Shake out run! We will try to get into a room early to change. **If early runners have breakfast requests, please get these to parent/drivers who can pick food up for you.**

5:15pm: Leave for dinner.

Spaghetti Eddie's

946 S. Grand Avenue, Glendora, CA 91740 (626) 963-0267

**We are a big group so we will want to order very soon after we are seated! Kids, look at the menu at Spaghetti Eddie's on-line and decide what you want to eat, or get it down to a couple choices, before we arrive please: <https://www.spaghettieddies.com/dinner-menu>**

9:30pm: In your rooms getting quiet and in bed!

10pm: Lights out!

## Saturday, March 23: Race Day!

It won't be great for many of the people racing late in the day to hang around all day in the heat, so we will come over in groups. Once you have raced, especially those racing early, you should plan on getting in some more training miles. With drivers going back and forth you may have a chance to go back to the hotel, shower, have lunch and be back for the evening races all clean and fresh and happy. With our new hotel location, you can simply run back to the hotel—it is that close! We will be flexible on where you are but be aware and don't be left back at the hotel—you have personal responsibility to be on time all weekend. Anytime you are not at the hotel or at the track, **you MUST be with another athlete**, and Coach Flatow or an adult MUST know where you are. Don't wander around by yourself! **I don't want to see anyone on their own at any time!**

A few important notes for the day:

- The meet will run on time all day. It is your personal responsibility to be checked in on time, warmed up, and at the start line for your race. If you miss your race, you will **not** be moved into a slower heat—you are done for the day! The schedule is tight and the meet will move quickly. *There will be no more than 20 seconds between each race. No joke!*
- You will be given a bib number and barcode to wear; you must have this bib on when you go to check in with the Clerk.
- The Clerk of the Course is located on the infield at the west end of the track (on the high jump apron). Since athletes are allowed on the infield throughout the meet, I suggest all athletes do their initial warm-up runs outside the track stadium and then plan to do their stretching, drills and strides on the infield near the clerk of the course. That way you can listen for the calls of the clerk and still finish your warm ups. There are also Porta-potties at that end of the stadium.
- **Be at the Clerk of the Course to check in 30 minutes before your race start time.** The meet organizers will have numbered signs at the clerk, the staging area near the start, and the start line, so athletes will know which race is being called, placed on the track, and on the track. Athletes go right from the clerk to the start line bull-pen area. When an athlete leaves the track after checking in with the clerk, they can miss their race. You should not do that, don't leave the track after you have checked in, even if you think you have time. There is a nice large warm up area for strides, drills, and stretching. Use it! Do your jogs off the track (the girls running the 3200m are in early races and can use the track itself), then come back to see the clerk before race start, and finish your warm up in the bullpen.
- Medals will be given directly to the athletes immediately following each race.
  - 800-first 8
  - 1600-first 10
  - 3200-first 12

There will be a copy of each result posted on the Finish Results board near the snack bar area. Complete results of every finisher in every heat will be posted on the meet website at <http://www.mocdistanceclassic.com>

Coach Flatow will probably be on the track from 6am until 8:30pm because of the way the schedule works out so please don't forget him! Please bring him a Chipotle or a decent sandwich so he is not eating track snack bar food to survive! It can be brutal as well as fun ☺

**Post-Race:** Let's see what our schedule looks like. Maybe we go out to dinner together, maybe we go out for ice cream. What we will depend upon what races we are assigned to and what the runners want to stay and watch. I'll listen to what our athletes would like to do, so let's talk and do some research! Past kids have found Yelp to be our friend ☺

## Sunday, March 25

9:00am: Breakfast at the hotel, then all cars leave and jail-break back to Cupertino. The Tsujimoto-recommended taco truck is the traditional lunch spot.

3-4pm: Arrive back at Monta Vista High School.

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Things all student-athletes should remember to pack:

- Homework.
- Healthy snacks—for drive down and drive back, before and after racing.
- Water bottle, filled—it is usually warm on Saturday so hydration will be important. You don't need to drown yourself but regular sipping will help you deal with the weather. Try to drink 2.5 to 3L on Friday during the course of the day. Check your urine and if it is pale yellow all day you are OK (it does not need to be clear, just pale).
- **Breakfast food for those racing early (girls' 3200 in particular) or with special dietary needs.**
- **Your uniform, complete!**
  - Clothing—in general, travel light, a few t-shirts will take you a long way this weekend, every place except dinner on Friday. Friday dinner is casual but let's look good, **no shorts and beat up t-shirts**—jeans and a nice shirt would be OK, along with your **purple jacket!**
  - Training/workout running shoes and spikes/racing shoes.
  - Several Monta Vista track or XC t-shirts, or other meet t-shirts. We should look like a track team wherever we go!
  - Running gear to wear on the shake out run.
  - Comfortable clothes for the drive and hanging around.
  - **Something slightly nicer to wear for dinner on Friday—this is not a fancy dinner out, however jeans and a shirt with buttons would be nice. We can wear our purple track jackets to dinner too and look like a team. Please no shorts!**
- Some money for a meet t-shirt (\$15), snacks, frozen yogurt after the race. The meet t-shirts are really great, I recommend buying those right away before they run out of what you want! **Last year there were no t-shirts at all after 5pm!**
- **DO NOT BRING ANY TOYS TO THE MEET—No footballs, Frisbees, balls of any kind. The meet director is very clear than if they catch anyone playing around on the infield during the meet, the entire team will be kicked off the field and no one from that team will be able to race until**

everyone has left the field. Cheer and yell all you want, remember you are at a track meet where people are trying to set new PRs. You guys are always the best behaved, most respectful team around. Let's keep our reputation intact!

**Parent-drivers:**

- If every driver could throw a case of bottled water in the trunk of your car 'just in case' we are probably better off! And if we bring a couple of cases of water to our camp at the track that would be great. It is really hard to get water on the track—it's weird—we need to bring our own water!!!
- All insurance information.
- My cell if you need to call me is 408-893-7021.

**PLEASE, EVERYONE SHOULD SAY THANK YOU TO AT LEAST ONE VOLUNTEER AND OFFICIAL!**

This is a huge event that is made possible by many dedicated volunteers. You can show your appreciation by taking your time before and after your race by taking a moment to tell someone how much you enjoyed the event and how you were impressed by the manner the meet was run. Tim O'Rourke, the meet director, has been working for months to make this event special for you; he is usually in the timing area if you wish to seek him out (**no kids do this; if you went to the timing area and asked to see the meet director, Coach O'Rourke, and told him this was the best meet you had ever seen you would be remembered—this kind of gesture is meaningful**). Also look for Coach Neil Branson, the meet director from the Oregon Three Course Challenge—he is planning to volunteer at Azusa this year! Your experience on Saturday, which you will remember for a long time, is the product of many hours of dedication by unpaid people—your joy and your appreciation is how volunteers are rewarded!

Hotel room assignments and race assignments to follow.