

SCVAL Meet #2: Crystal Preview Meet Sheet

October 8 2019

*Why do we run? Partially, because running is hard.
As part of MVXC, we are all learning how to do hard things.*

About the Crystal Preview meet

This is your introduction to the Crystal Springs course, where our League Championship meet will take place in four weeks! Crystal is one of the best cross-country courses anywhere, in my opinion—and **many** people agree with me. Crystal is a beautiful place to be, even without the running, and the course is a classic cross-country challenge.

Crystal has a 'trap' that for new and experienced runners alike. The first half-mile is a fast downhill. Many unwary runners go flying down the first half-mile, then have to turn around and grind back up...and one mile into the race feel like burnt toast! **This first section of the course is not that bad if you race intelligently.** During this first race at Crystal, try going out conservatively for that first mile loop—try treating that first loop as a medium- to high-effort tempo run. Once you are back up to the top and you are near our tent and can see the path along the fence-line, start pushing your pace (if you have not seen the course before, don't worry, this will be obvious on race day). **The top of the first loop is a great place to make a move with your heart, if you have been racing with your brain up to that point.** You should collect plenty of road kill. I believe that the perfect race for the Crystal Preview will be one where you get back and say 'that was a great race, I left it all out there and was really moving the last five minutes, and I think I could have been a little more aggressive that first mile.' A Preview where you are finishing strong and fast and feel confident you have learned more about the course will be your perfect preparation for League Finals!

Coach Flatow is the meet director for the Crystal Preview. I will try to be around the team as much as possible but please note that I will have other responsibilities also. Coach Johnson will be there for you all. You guys have a good handle on how to race and you are a good group, support each other!

Preparation:

- ❖ Eat a healthy lunch. You do not want a full stomach, but you do not want to be on empty either. You should be well fueled but not uncomfortable. Write down what you eat for lunch in your running log or your race log; if this lunch feels good to you when you run, you may want to try this again. If your stomach did not feel so great, or if you felt weak or hungry, maybe you want to try something different next time.
- ❖ Released at lunchtime-meet at bus circle 1:30-last car leaves bus circle 1:45.
 - **If you are not using the car pool because your parents are driving you, please tell coach right away.**
- ❖ Bring a snack for after your race.
- ❖ Don't forget your uniform. (All of it!) Bring pins for your bib too.
- ❖ It is projected to be a warm day, but it can get cool later in the day at Crystal. Bring dry clothes, and a sweatshirt or something warm to wear, for after the race.
- ❖ Be prepared, always have **3 large trash bags**: 1-for your dirty, dusty, sweaty, wet, muddy clothes; 2-for your track bag if it is rainy or muddy; 3-emergency rain poncho.

Warm-Up:

Find your warm-up leaders, one hour before the race and stick with them! Be at the starting line 10 minutes before the start.

Finishing:

- We will be chip-timing the Crystal Preview so no tags. Finish, then jog or move away from the finish area as quickly as possible.
- After finishing, clear the area right away – go back and cheer on your teammates who are still running (or congratulate runners behind you in a welcome-line).

Some Important Crystal Springs rules (for parents and athletes):

- No dogs or other animals.
- **No bicycles.**
- No barbeques, flames, smoking, fire of any kind.
- No throwing of anything: rocks, balls, Frisbees, freshmen...
- All trash must be put in green boxes or hauled away (**DO NOT use Hallmark Park trash containers**). Bring recyclables home.
- **Drivers, please NEVER double park even to 'just for a second while the kids jump out'. Please drive down the block and find a place where you can pull over and park without blocking the road.**
- Stay off all yards, do not yell in the neighborhoods, be polite and say hello and thank the residents for letting us use this facility.
- **Do not warm up on the course itself (there are warm up areas).**
- Do not warm up or cool down on Hallmark Drive.
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SCORE GOOD KARMA POINTS

All Monta Vista athletes should:

- **Bob Rush (the course architect, and the person who maintains the course) will probably be there for at least part of the race. Ask Coach Johnson or Coach Flatow to point him out to you and go thank him! He has dedicated much of his life to the Crystal Springs Course and the local running community.**
- **Thank at least one volunteer or official at every race—we can't race without their efforts.**
- **Say good luck to one competitor and your teammates.**
- **Congratulate the person finishing in front of you, compliment the person behind you.**
- **Thank the parent who drives you—especially if the driver is your parent!**

"Your toughness is made up of equal parts persistence and experience. You don't so much outrun your opponents as outlast and outsmart them, and the toughest opponent of all is the one inside your head." - Joe Henderson

“Grit is living life like it is a marathon, not a sprint.”

—Angela Duckworth

The Crystal Springs Course:

2.95 Miles of dirt and rolling hills. This is what you train on! **Crystal Springs is a fabulous course, it is OUR course, Monta Vista OWNS Crystal Springs!** We are lucky to get to run here every year.

Some Things to Think About While Running Crystal Springs:

- ❖ We will run our league championships and CCS championships at Crystal so this is a good time to try out strategies. Think about where to push and try out that idea. If it feels good, do that again. If that does not feel great, try something else next time.
- ❖ The race at Crystal really starts when you climb back from the first loop and re-cross the starting line. That is just over one mile into the race, you have a little less than two miles left to run. At the top of the hill after loop 1, you shake your legs up and say OK, get to work! Stand up straight, get your shoulders loose, get to work. You have two miles and you can pass a whole lot of people.
- ❖ Try starting your finishing push with 800m to go, at the start of the 3rd and last loop. This is where personal record and championship pushes are made...and then kick it up another notch at your ‘sprint point’, a minute plus or minus out from the finish.
- ❖ If you pass a teammate, try encouraging him or her. Say, ‘come with me’ or ‘let’s do this together.’ See if you can help a teammate find something more inside.
- ❖ Crystal Springs is a great course for Monta Vista. We train on hills like this, and harder hills than these, every week in Fremont Older and Stevens Canyon. When you are running with other competitors, believe that you are as strong or stronger.
Believe. This is our kind of race!

SCHEDULE:

2:45pm: All athletes and coaches report to timing shed for discussion of Crystal Rules
3:15pm: Boys’ Varsity 2 Race (all boys not in any other race)
3:45pm: Boys’ Frosh Race (max 10) (All freshman boys)
4:15pm: Varsity 2 Girls (all girls not running varsity)
4:50pm: Sophomore Boys (Max 10) (All sophomore boys not running varsity)
5:15pm: Varsity Boys (Max 10)
5:40pm: Varsity Girls (Max 10)

Don't bother just to be better than your contemporaries or predecessors.
Try to be better than yourself.

--William Faulkner

*Directions to Crystal Springs
And Course Map*

