

SCVAL Baylands 5km

Tuesday, October 22, 2019

“Even when you have gone as far as you can, and everything hurts, and you are staring at the specter of self-doubt, you can find a bit more strength deep inside you, if you look closely enough.”

— *Hal Higdon*

Baylands Regional Park:

999 East Caribbean Drive, Sunnyvale, CA 94089

Parents: note there is \$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. There are many porta-potties out for your use.

SCORE YOUR KARMA POINTS: Remember to thank the volunteers and workers! Palo Alto together with Los Altos is running the meet for the first time in 2019. Running a meet is a lot of work! If you see the Los Altos Coach Stephanie MacKenzie, and walk up to to them and say 'hey coach! Thanks for putting on this meet, I think this is great!' (She is very nice!) The coach will feel like what she does really matters to you.

People truly notice and appreciate your gratitude and your sincere thank yous.

“Because gratitude is a renewable resource, it stands to reason that even in our darkest moments, there will always be hope for humankind.” —*Angela Duckworth*

Release Time and Transportation:

You have been released from school at lunchtime. If you opted for the bus package and paid for the bus, be at the bus circle at 1:30 to load; the bus will depart at 1:45 (the first race is at 3:15). If you did choose the bus package, you need to arrange your own transportation.

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!
- We will set up camp the same place as in prior years. There are no tents allowed.
- Bring a snack for after your race.

- Don't forget your uniform. (All of it!) Wear your uniform or other purple or MV gear at all times!
- As I type this the weather forecast says 88 degrees; that looks like pretty warm running. Be well hydrated, as always!!!
- Always be prepared, keep **3 large trash bags in your track bag**: 1-for your dirty, sweaty, smelly, wet, muddy clothes after your race; 2-for your track bag if it is rainy or muddy; 3-emergency rain poncho (OK this is unlikely on Tuesday but just keep these in your bag!)
- Find your 'sprint point' 60 seconds to two minutes from the finish line and commit to yourself that you will make a fast finish.
- If you finish in the top 50 in your class (freshman, sophomore etc) you will score points towards the SCVAL Cup:
<http://lynbrooksports.prepcaltrack.com/ATHLETICS/XC/2017/scvalcup.pdf>

Warm-Up:

Find your warm-up leaders, an hour before the race and stick with them! Be at the starting line at least 10 minutes before the start. On the Baylands course, it's a good idea to get to the start more than 10 minutes ahead because you can cheer for the race before you—they finish right in front of the start!

Course:

5Km Miles of dirt and grass. This is a fast, fun 5K race. The course has multiple loops, 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 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 (10): Will decide who runs this on Monday.

3:40 PM Varsity Girls (10): Will decide Monday.

4:10 PM Varsity B Boys: All the junior-senior boys not running in the varsity race.

4:40 PM Varsity B Girls: All the girls that are not in the varsity race.

5:15 PM Frosh-Soph Boys: any freshman-sophomore boys not running in the varsity race.

“Happiness is different from pleasure.

Happiness has something to do with struggling and enduring and accomplishing.”

- George Sheehan

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