

Lynbrook Invitational / FUHSD Championships

Thursday, October 28, 2021

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

Location:

Lynbrook High School
1280 Johnson Ave
San Jose, CA 95129

Notes:

- ❖ **Due to construction, the course will not be the same as 2019...so seniors and juniors, be prepared for a different course.**
- ❖ Eat a nutritious, but not particularly heavy, lunch. You do not want a stomach full of a giant burrito with double steak, 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—you are responsible for your transportation.
- ❖ Look for your coaches when you get there for our team meeting spot.
- ❖ 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. By Thursday it is expected to be warmer. 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!

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.**

"If you want to be a grittier person, join a gritty team."

- Angela Duckworth

**The Varsity Girls are defending their nine-year
championship streak of 2011, 2012, 2013, 2014,
2015, 2016, 2017, 2018 and 2019!**

**Nine consecutive
Fremont Union 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: Neal, Tanay, Brandon, Ruhaan, Ethan Lu, Paru, Sesanth, Darrin,
William, Jayden, Aaron

Varsity Boys: Justin, Denny, Alex, Andrew, Ari, Matt, Soti

Varsity Girls: Nikhita, Jannah, Vivian, Sydney, Ellie, Margaux, Jasmine, Agnes, Nerea,
Avani

Varsity B Boys: Ethan Lam, Amogh, Sean

Varsity B Girls: All girls not running varsity today.

Excellence in anything is never a trivial pursuit.

New Lynbrook Course



START: Around the start/finish line of the track, we will go 800M on the track in reverse direction

After 800M, you exit the gate and follow the path along the bleachers towards the ramp onto the service road.

Take the **RIGHT** down the service road towards the baseball/softball fields

LEFT on the parking lot onto the campus to wrap around our old admin building & through the QUAD area as you get to the perimeter of the campus.

PLEASE STAY on the side walk along side parking lot

When you pass the tennis courts the first time you take a **LEFT** around the field hockey/soccer field to **REPEAT LOOP** one more time.

When you pass the tennis courts the second time around you take the **RIGHT** on the path back towards the track.

ENTER the track and make a right, run the turn and **FINISH** is at the **END OF THE BLEACHERS** on the **OUTSIDE LANES**.

The course is 2.23 MILES