

Meet Sheet: De La Salle/Nike Cross Country Invitational

September 16, 2023

Grit is living life like a marathon, not a sprint.—Angela Duckworth

TRANSPORTATION

- ❖ Most of us are planning to travel together on a bus. Please be in the bus circle by 5:30am on Saturday morning. The bus will leave at 5:45am EXACTLY. Arriving at 5:30am is on time, 5:45 is late. If you are late, plan on having your parents drive you—we can't wait for stragglers, we don't know if you are 30 seconds or 30 minutes away. Wheels up at 5:45!
- ❖ If you do not have a spot on the bus, then your parents are driving you. The race is held at Newhall Park in Concord, California. The directions from the meet organizer are to take 680 North to Ygnacio Valley Road and head East; turn left at Ayers Road and the park will be on your left. Parking will be very limited so they suggest parking at Cal State East Bay on the opposite site of Ygnacio Valley Road and walking 15 minutes to the park.

Three Things to Think About at De La Salle

- 1. Preparation:** Think a little bit about what went well at Lagoon Valley, and what you want to improve (fueling/your meals, sleep, warm up, race strategy, mental approach?) and commit to keep improving. **Continually trying to improve at running makes a big difference. Continuing to try to incrementally improve day by day in all the things that are important to you makes such a difference in your life.** Once at the race, give yourself time to scout the course so you know where you want to push—and to kick. Give yourself plenty of time to warm up. Show up at the starting line, give your teammates a high five and tell each other 'this is a great day to race—let's do this!' Say good luck to the team next to you—why not? We are all connected, we are all part of the running community. Embrace these connections they will help you achieve—and be happier too.
- 2. Positive Mind Set:** You can do this! Close your eyes for a few minutes and visualize all the good workouts you have had the last few weeks. Think of the teammates that you care for and respect—and the friends that have been running side by side with for six weeks now. You ran all the workouts together. If your running partners can do this, so can you! We are a team taking on a challenge together. Don't forget that the competition is not the other runners, the true competition is against the little voice in your head that wants you to quit. Measure your success first and foremost by your effort.
- 3. Gratitude and Respect:** We would not be able to have races without volunteers and it takes just a little attention to remember to say 'thank you for being here' to people. Everyone should thank **at least** one volunteer (and why not two?). Try to express genuine gratitude...saying 'thank you' is fine but expressing more by saying something like saying something "this was such a well-organized race, I set a new personal record, my team had so much fun today" will mean more to you and the person you are thanking. Try it! Say 'well done, good finish, could not have done this without you' to the athletes in front of you and behind you in the finish chute; your competitors are a gift to you, helping you find the best inside yourself. In 2018, pre-pandemic, the boys would turn around after then finish chute and high-five and cheer for everyone who finished behind them and say well-done—that is a good look for Monta Vista and makes the entire team proud! You cannot control everything about your race, but you can commit to showing gratitude and respect...that is a guaranteed success on race day!

"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 (This is good advice for anything hard—Coach Flatow)

SOME OVERALL THOUGHTS--PLANNING

- ❖ **Remember what you did before Lagoon Valley...repeat what worked, and think of things you would like to improve.** Build upon your experiences.
- ❖ Plan your weekly school commitments so you can get plenty of sleep on **Thursday** night. If you get a full night's sleep on Thursday, you will have a head start on sleep prep for Saturday. Get ahead on your homework in the front half of the week if you can so Thursday and Friday are good sleep nights.
- ❖ **Do you want to eat the same things on race day morning and after the race, or would you like to try something different?** If it worked, maybe don't change it, but if you think you can feel better then change it up. Let your parents know in advance what you would like to have to eat on Saturday morning for breakfast and what you want to pack for lunch. It's not fair to your parents to get home on Friday night and say 'I want a whole wheat bagel and a banana in the morning' if you didn't give them time to shop. Let them know how they can help you and give them plenty of time to execute.
- ❖ Pack your race bag on Thursday night so you don't lose sleep running around on Friday night (see below about what you should have in your bag). This also lets you know if your lucky post-race shirt is in the dirty clothes hamper—you have time to run that baby through the wash!

NOTES

- ❖ Things you need: Pack your uniform, a dry **MVXC** shirt for before and after your race (didn't we look good in the photo after Lagoon Valley, almost everyone in MVXC gear?!?!), breakfast, snacks and lunch, some money for a meet t-shirt, race shoes if you run in flats, dry socks, a roll of toilet paper, water bottle...whatever else you need
- ❖ Get to bed early and have a good night of sleep! We are leaving early-early-early!
- ❖ Have a good breakfast! Check to see when you are going to be racing and plan your breakfast accordingly. You are probably going to be eating on the bus so figure out what will work for you. You don't want to have a stuffed-full stomach, but you don't want to be hungry. Before a morning race, I like to have an almond butter and honey sandwich, a banana, and maybe some orange juice two to three hours before race time, but that's me—you might copy what I do, or else figure out what works well for you!
- ❖ Assume that we will have a warm morning but check the weather. As I write this, Accuweather is projecting an overnight of 56 and a high of 87, that should feel (I do remember there being decent shade at the course). In any case, don't let up on hydration, treat this race just like at Lagoon Valley. Have a glass of water when you wake up and sip water during the morning (but **please** use the toilet before you are on the bus, we will be driving without stopping for almost two hours!).
- ❖ You may want to buy a t-shirt since we are going to a new race—most athletes do get a t-shirt...the shirts are \$20 each...buy early before sizes (especially smalls) run out!
- ❖ **Before the race:** Warm up as teams. Check out the finish and **find your sprint point!** There are course maps at the end of this meet sheet; don't worry if the map is confusing, usually the course makes sense once you are there and can look around and see the trails.
- ❖ **After the race:**
 - Cheer for your teammates! Don't just sit around the camp, go out and yell for your friends and running partners! Be at the start for big cheers.
 - Fair warning: Your coaches will be annoyed if you just hang around camp after.
- ❖ You can bring some homework for the ride back or down time at the race too. **HOWEVER we do not want to see anyone hanging around the camp while your teammates are racing.** If you have finished racing, please go cheer for your teammates!
- ❖ **Remember: Say good luck to your teammates and competitors, thank you to your drivers, and say thank you to at least one of the race officials!**

RACE SCHEDULE AND WHO-RUNS-WHAT

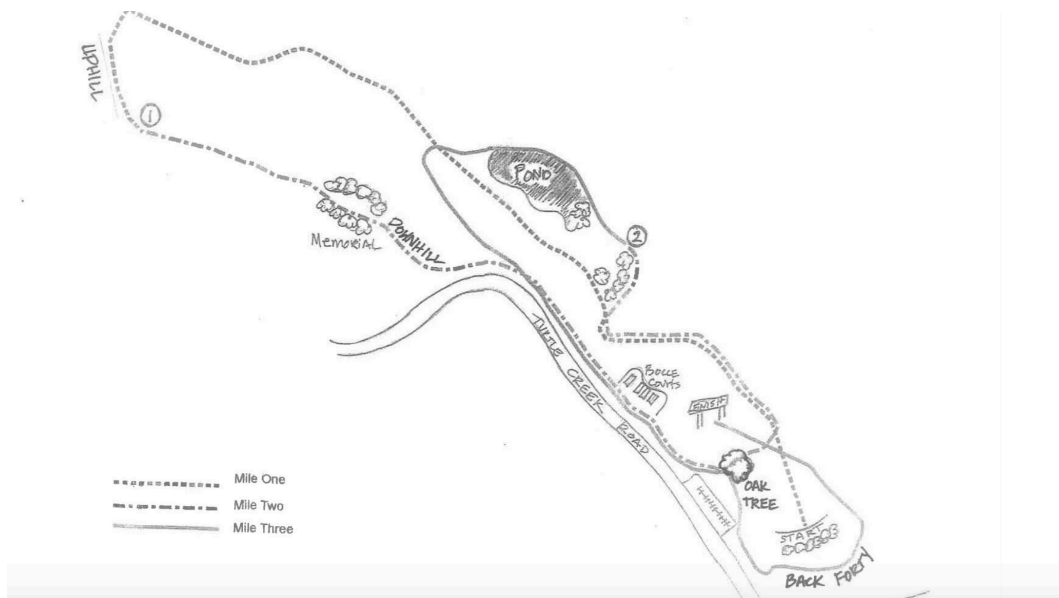
Race assignments will be finalized this week; there are a few athletes I wanted to talk to before publishing. Please remember that race assignments are subject to change. Remember to warm up with plenty of time! Pay attention to the schedule. Cheer for your teammates!

Race	Distance	Start	MV Runners
JV Girls	3 mile	8:30	Juliana, Rita, Sandhya, Siran, Elina, Katie Li, Manasi, Mira
JV Boys	3 mile	9:05	Jonah, Arda, Aidan, Ian, Qi, Aaron, Paru, Abhi, Aaron, Kento, Nilesh, Nick, Cam, Simha, Sridhar, Booker, Brandon, Isaac, Ethan
Varsity Girls	3 mile	9:35	Valerie, Anika, Margaux, Miranda, Katie Lee, Meggan, Madi
Varsity Boys	3 mile	10:05	Soham, Darren, Ryan, Tanay, Rishi, Ruhaan
JV BOYS 2	2 mile	10:35	
FS Girls	2 mile	11:05	
FS Boys	2 mile	11:30	
Other Girls	2 mile	11:55	
Other Boys	2 mile	12:20	

Course Tour and Map

OK this is pretty cool...they have posted a video running the entire course. The video is taken from a GoPro camera mounted on bicycle rider following three runners. So you can see three runners cover the entire course! Cool for parents to see what their children will run, too.

<https://www.flotrack.org/video/5466846-newhall-park-3-mile-course-tour-with-gps-measurement>



Two and Three Mile Course Previews:

<https://www.dlsinvitational.com/course-previews>