

# SCVAL Baylands 5KM

## Wednesday, October 18, 2023

“There are no shortcuts to true excellence.”  
– *Angela Duckworth*

### 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! Los Altos is running the meet in 2022. Running a meet is a lot of work! Go look for Los Altos Coach Stephanie MacKenzie, and walk up to her and say ***'hey coach! Thanks for putting on this meet, I think this is great!'*** she will feel their effort matters to you.

Coach MacKenzie is my friend and has done a lot for me, and I'd appreciate it if you helped her feel like she was doing a good job hosting this meet for us.

***People truly notice and appreciate your gratitude and your sincere thanks.***

*“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:

Everyone on the team has been released from school at the start of 7<sup>th</sup> period HOWEVER most of you should not need to miss all of 7<sup>th</sup>, if you have a 7<sup>th</sup>. Because of our later start, we will not have a ride pool or bus, so different people can leave at different times depending on your schedule. What I recommend is:

- If you have a free 7<sup>th</sup> period, try to arrange to arrive at Baylands by 2:45pm no matter what your race time is.
- If you have a 7<sup>th</sup> period class, arrange your ride so that you arrive at Baylands one hour before your race is scheduled to start.

**No matter what race you are running in, we expect everyone to stay and cheer your teammates to the end of competition, so please plan to have your ride leave Baylands Park no earlier than 6:30-6:45pm.**

## Notes:

- Start the day with a glass of water and stay hydrated! And a nice breakfast.
- 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! Keep focus on these pre-race details.
- 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 high of 73 degrees which would be pretty good, it will start cooling off a bit for the later races too. 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. **BEFORE** the tree.

## Warm-Up:

Find your warm-up leaders, an hour before the race and stick with them! Be at the starting line at least 15 minutes before the start. On the Baylands course, it's a good idea to get to the starting line because it's a long way from camp, and also you can cheer for the people in the race before you—the course loops by the start, and the finish crosses the start line area.

## Course:

5Km Miles of dirt and grass. 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!

## TIME: RACE:

3:45 PM Varsity Boys(10): Tanay, Ryan, Kento, Rishi, Darren, Soham, Ruhaan, Bradley, Ethan, Soham

4:10 PM Varsity Girls (10): Margaux, Anika, Katie, Miranda, Valerie, Megan, Madi, Manasi

4:40 PM Varsity B Boys: All the junior-senior boys not running in the varsity race.

5:10 PM Varsity B Girls: All girls not in the varsity race.

5:40 PM Frosh-Soph Boys: All freshman-sophomore boys are not running varsity.

“If you are never able to tolerate a little bit of pain and discomfort, you are never going to get better.”

- Angela Duckworth

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