

SCVAL Meet #2: Crystal Preview Meet Sheet

October 3, 2023

Important notes about the Crystal Springs Course!

There have been intense discussions between the local community almost resulted in the course being closed to cross country racing. All athletes and parents should be **EXTREMELY** aware and considerate of our impact on local residents:

- **Drivers, NEVER double park while picking up or dropping off athletes, even for an instant!** Continue driving until there is a place at the curb to drop off athletes. We are cross country runners, we can walk a few extra blocks to avoid blocking traffic!
- Athletes, never walk across lawns, congregate on the streets, don't just hang out...get from the car, to the course, and back as quickly, quietly and efficiently as possible.
- When you do see a resident, smile and wave and say 'good afternoon, we love being here, thank you!' And if a resident makes a negative remark, don't be negative back, just say 'well we love being here, we appreciate your consideration, I hope this is not too much of a bother!' Be positive, that's all we can do!

About the Crystal Preview meet

This meet is your introduction to the Crystal Springs course. Our League Championship meet will be here 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, we want to run conservatively on 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 to a race 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 the course will be your perfect preparation for League Finals!

**“Many people interpret discomfort of growth as a
reason to stop”**

—Martin Seligman

Preparation:

- ❖ **You are responsible for your transportation to the race.**
- ❖ 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.
- ❖ 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.
- After finishing, **clear the finish 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.

SCORE GOOD KARMA POINTS

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| <ul style="list-style-type: none">• 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 before the race.• Congratulate the person finishing in front of you, compliment the person behind you.• Thank the parent who drives you—<u>especially</u> if the driver is <u>your</u> parent! |
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“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:

3:15pm: All athletes and coaches report to timing shed for discussion of Crystal Rules

3:30pm: Boys’ Varsity 2 Race (Unlimited) Ian, Paru, Aaron, Nick, Abhi, Sridhar, Qi, Brandon, Booker

4:00pm: Boys’ Frosh-Soph Race (max 10) Soham, Jonah, Aidan, Abhi, Kento, Cam, Rishi, Isaac, Ethan

4:30pm: Varsity 2 Girls (Unlimited) Juliana, Rita, Siran, Elina, Hemani, Katie Li, Manasi, Mira

5:00pm: Varsity Boys: Bradley, Darren, Ryan, Tanay, Ruhaan

5:30pm: Varsity Girls: Valerie, Anika, Margaux, Miranda, Katie Lee, Megan, Madi

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

L *—William Faulkner*

Directions to Crystal Springs

And Course Map

