

De Anza League Championships, Crystal Springs

Tuesday, October 31, 2023

It's all about the journey, not the outcome.

-Carl Lewis

Crystal Springs is our home course! You have been working all season and are in the best shape of your life! *This will be a great day to race!*

- ❖ Eat a LIGHT lunch. You do not want a full stomach, but you do not want to be empty, either. You have been training all season, so eating and fuel like you have found works best for you when racing or running hard in the afternoon. Hopefully, you have been hydrating all weekend; keep drinking!
- ❖ **Release Times (please tell your teachers on MONDAY about your release):**
 - You are released at noon. Use your judgment about when you should leave school, be on time for the start of the meet, and give yourself enough time to warm up.
- ❖ We plan on camping out at our usual spot at Crystal (I will be there WAY early to set up for the meet, so we should get our typical space!).
- ❖ Bring an entire bottle of water and a snack for after your race.
- ❖ Don't forget your uniform. (All of it!)
- ❖ It should be great weather! Be prepared for all weather conditions, hot or cold. It will cool off late in the day, so bring warm and dry clothing for after your race. It may rain a bit, so be ready for that too. **Bring layers!**
- ❖ Be prepared; always have **three large trash bags** in your kit: 1 for your dirty, wet, muddy clothes; 2 for your track bag if it is rainy; 3-emergency rain poncho.
- ❖ At all times, please demonstrate respectful team behavior. Turn to a competitor and say, "*Have a good race,*" and congratulate the runners in front and behind you in the chute. It's good for your karma, it's good for our sport, it's good for you.
- ❖ ***PLEASE remember, every Monta Vista runner should thank a volunteer at least once; at the start, at the finish, thank the timer, thank anyone and everyone (you have an unlimited number of 'thank-you's that you can say in your life, use them!)***

Essential rules for Crystal Springs:

- When arriving at the course, PLEASE stay off neighborhood lawns, yards, and gardens. Think about how you would feel if 1,000 kids walked on your front lawn, and please be considerate! ☺ If someone is out looking at all of us, say hello to the neighbors. We want Monta Vista to be known as the best-mannered, most respectful team around (the fastest, smartest, and best-looking!)
- The league has a trainer and EMT on-site for this meet. **Parents, you do not need to call 911 for an emergency;** please find a coach or see the on-site EMT at the finish line. They can call—they know the number to call for direct response.
- Please do not warm up on the course; only warm up in designated areas. The course is closed for warm-ups!
- While supporting your teammates, **do not run alongside teammates;** this can be interpreted as 'pacing.'

- I loved the flag last year—bring it again!—but please be careful where you wave it. Please keep it AWAY from where anyone is running and racing!
- **YOU MAY NOT THROW ANYTHING**—no Frisbees, no footballs, no whiffle balls, no rocks, don't pick up a freshman and throw them! All throwing is prohibited!
- NO BICYCLES and NO PETS on the course—please inform your parents.
- Clean up and PACK OUT all trash and recyclables. Do not leave any garbage in Hallmark Park; pack everything out!

Warm-Up:

Find your warm-up leaders one hour before the race. Warm up as a group! Be at the starting line 10 minutes before the start. If you are running later in the day, please hold the boxes for your teammates. Do not warm up on the course; use the other trails and space.

Course:

2.95 Miles of dirt and rolling hills. This is the kind of terrain that you train on! We OWN this course! Have fun with your race, run smart, run with heart! **It is a Great Day to race!!**

Some Things to Think About:

- ❖ We ran this course at the Crystal Preview, and you guys did great! You crushed at Mariner, and our workouts have been fabulous. We should all build on that race and continue to build confidence and improve. This course is good for our team; we train at Fremont Older, the perfect prep for Crystal. You guys **eat** hills for lunch!
- ❖ Think about what you did at Crystal Preview and how to improve your race at leagues. If you have notes from your race, take a look.
- ❖ Take a good look at the first loop on the course. Remember to pace yourself at the start. Many runners take off too fast on this course. The party gets going at Mile 1!
- ❖ **Remember that you have been training and are in better condition than the last time you ran Crystal. If you come by the first-mile marker sooner than last time, don't worry—your pacing might be okay; you are probably just in better shape and faster. Keep pushing!!!**
- ❖ Put your heart into this race! This may be your last race of the season, so leave everything on the course. And have fun, too. We are all in this together!

RACE SCHEDULE for DE ANZA LEAGUE CHAMPIONSHIPS

We are still waiting for the race schedule from the race director, but we plan on the first race being at 1:45 pm (so plan to arrive at 12:30), and we will be departing at 5:30 pm.

JV Girls TIME TBD Katie, Katie, Manasi, Madi, Lilia, Siran, Hemani, Nadya, Juliana, Vera
 JV Boys TIME TBD Kento, Simha, Ethan, Aiden, Qi, Cam, Brandon, Sridhar, Isaac, Jonah, Abhi, Booker, Aaron; Abhi, Aaron and Jonah in second wave only if necessary.
 V Girls TIME TBD Varsity. Anika, Miranda, Katie, Margaux, Madi, Valerie and Megan
 V Boys TIME TBD Varsity Tanay, Ryan, Ruhaan, Bradley, Soham, Rishi and Darren (Paru, Nick...seniors start with this group)

**Varsity Awards Ceremony follows the last race at 4:45 p.m.
 PLEASE STAY AFTER THE AWARDS CEREMONY SO WE CAN GET A TEAM PHOTO
 IN FRONT OF THE MEET BANNER—THIS PHOTO IS ALWAYS NICE!**

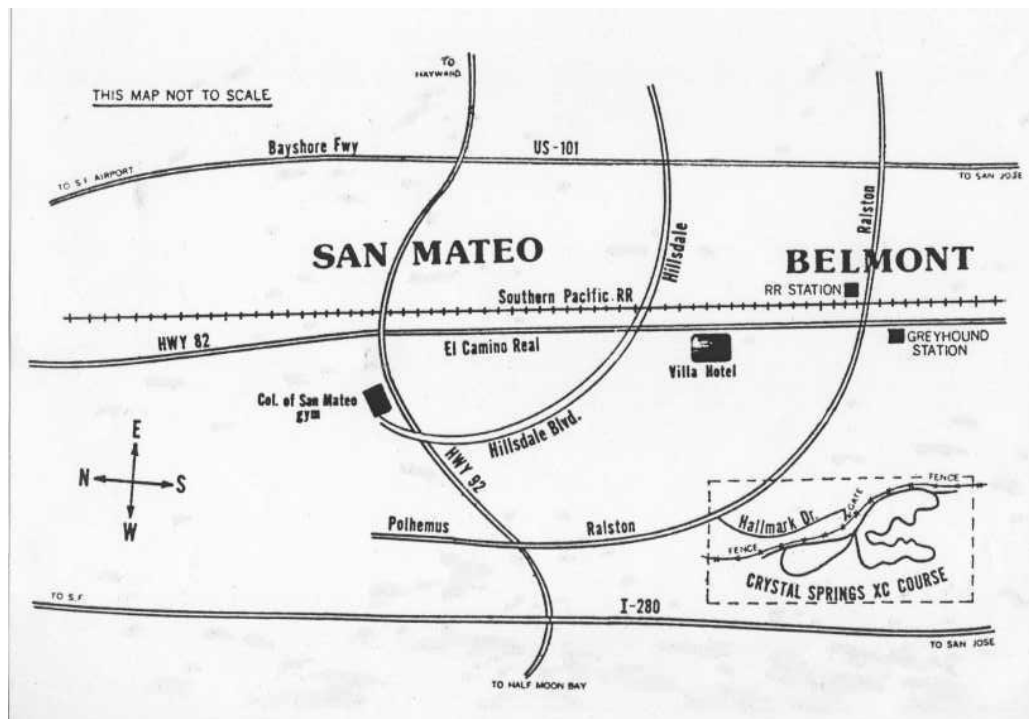
**IF YOU CAN'T RUN BECAUSE OF INJURY, PLEASE SEE COACH FLATOW AS WE
WILL USE YOU AS A VOLUNTEER MEET HELPER.**

You must race or volunteer if you are trying to earn PE participation credit.

- At the end of the meet, we will have some garbage bags around. We would like you all to spend a few minutes in small groups with a garbage bag and walk over the entire area where the league teams set up camps and give one more check to get all the trash up. Being clean is everyone's responsibility, and let's take care of others' mistakes, too.

“Winning has nothing to do with racing. Most days don't have races anyway. Winning is about struggle and effort and optimism, and never, ever, ever giving up.”

—Amby Burfoot



Crystal Springs
2.95 mile