

**Artichoke Cross Country Invitational October 5, 2024**  
***(and Beach Party)***  
**Half Moon Bay High School**

“Nobody gets good at something without effort.”

—Angela Duckworth

**Travel**

- You are responsible for your own travel—some people are staying to picnic on the beach after the race, and some are returning for Homecoming and other activities, so it is not practical to arrange a bus or team-wide ride pool.
- **There is often traffic on the way to the race on Highway 92 so leave early—allow 30-45 more minutes than your map/GPS says!**
- **PLEASE plan on being at the course at least 75 minutes before your race begins or at the latest 9:30 am to cheer for the frosh-soph boys. Afterwards, stay to cheer for the varsity boys race at 11:50 am.**
- **DIRECTIONS to Half Moon Bay high school:** Half Moon Bay High School is located 1/4 mile north of downtown Half Moon Bay on Lewis Foster Drive, off Main Street. Take 280 North, 92 West, Right on Main St., Right on Lewis Foster Drive.

**Notes**

- Have a healthy dinner, and get a good night's sleep, on Friday night!
- Hydrate! Have a glass of water when you get up, drink consistently in the morning, and sip from your water bottle while waiting to race.
- Eat a healthy breakfast – fruit (bananas!), breads/bagels with nut butter and honey, some protein, etc...our races are in the morning so get up early, so that you have time to eat a real breakfast, whatever feels good to you. I'd personally think about my standard PJB on toast and a banana for pre-race, but oatmeal with a banana, other fruit, and some nuts, or even some pancakes and an egg, would sound good if I ate three hours or more before my race. You be you, but please eat something more than a light snack! Don't be hungry before the race. Do not eat anything heavy within 2 hours of your race start (munching on a banana works for me as a snack when I am inside that window of time). You don't want to feel like you have a brick in your stomach, but you don't want to be hungry! Plan your eating for Saturday on Friday, think about your fuel strategically and intentionally—don't make it up as you go along. **WRITE DOWN WHAT YOU EAT** and make notes about how you felt, you might want to adjust in the future.
- Bring a snack for after your race; don't wait until your next to eat after your race. A healthy snack right after your race helps. And by the way—the tacos they sell at the meet are legit. They are excellent tacos! A taco after your race is not a bad idea! Respect.
- Don't just hang around the camp after your race; warm down and **cheer on your teammates** in their races. It is great to see MV athletes cheering all over the course!
- Check the weather and dress appropriately. We are going to the beach afterwards so bring a sweatshirt that you can keep dry, and a dry shirt, or layers.
- Don't forget your uniform!
- If you want to buy snacks or a meet T-shirt, **(The Artichoke Invite has nice shirts)** bring some \$.
- ***It's a great day to race!***

**CAMP:** Look for coaches to set up camp and get your bib numbers.

**WARM-UP:** Find your warm-up leader(s) 1 hour before race time. Stick with them! Report to the starting line 15 minutes before the start of your race.

**The Course:** 2.33 miles with a mix of grass, asphalt, dirt paths, muddy sections, synthetic track, gravel road, downhill stretches, flat terrain, and a small hill (referred to humorously as a “wee bump”—but it’s a real hill!) located around the halfway point.

Two strategic points to consider:

1. **On hills:** Increase your pace slightly before the hill. While on the hill, maintain a constant effort—don’t strain to keep your speed. Once you reach the top, pick up your pace and lengthen your stride when others may be slowing down.
2. **Before the race:** Identify the finish line and determine your kicking point—1-2 minutes before the end. You should already be pushing hard by the time you hit the track. Many runners wait until they reach the track to sprint, but you can gain an advantage by starting earlier. Once you’re on the track, it’s nearly the end, so commit to your sprint from your designated point. Don’t let anyone pass you; focus on overtaking anyone within reach!

<u>RACE:</u>	<u>TIME:</u>	<u>RUNNERS</u>
Frosh Boys	9:00 am	None
F/S Girls	9:25 am	None
F/S Boys	9:50 am	Kento, Tarun, Riu, Constantine, Ashwanth, Aidan, Sam, Ritik, Oliver, Darren, Vikram, Calvin, Jeffrey, Simha, Aiden, Jonah, Isaac
JV Girls	10:20 am	Siran, Hemani, Juliana, Anna, Elina, Aletheia, Myra, Medha, Mel
JV Boys	10:55 am	Darren H, Aaron, Abhi, James, Brandon, Derek, Yibo, Sridhar
Varsity Girls	11:20 am	Anika, Katie, Manasi, Miranda, Naomi, Suhani, Vishaka
Varsity Boys	11:50 am	Tanay, Soham, Andrew, Ethan, Ryan, Rishi, Justin

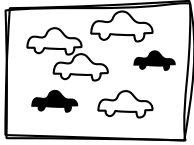
***Anyone who wins a medal...you must wear the medal all day!***

*The Artichoke Invitational is where your coach won his first Varsity medal in an invitational, back in year mumble mumble.*

**“The most important thing I have learned from running is that there is only one runner in this race, and that is me.”**

*~ Dr. George Sheehan*

**Remember to thank the meet organizers and volunteers for supporting this event. The Half Moon Bay coach is a really great guy, Coach Paul Farnsworth is usually running around in a cowboy hat; please go say thanks to Coach for hosting a great race!**



# Raul Farnzi