

SCVAL Baylands 5km League Opener

Tuesday, October 21, 2025

“Many people interpret the discomfort of growth as a reason to stop.”
-- Marty Seligman

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 picky about its park! Please be conscious of trash, and keep everything clean; if you see a piece of plastic or debris on the ground, pick it up, even if you didn't drop the garbage! There will be trash and recycling bags near our camp. There are many porta-potties out for your use.

SCORE YOUR KARMA POINTS: SHOW APPRECIATION!

Los Altos will be hosting the meet. Organizing this event requires significant effort! Take a moment to express your gratitude:

1. Please look for Charles Alexander, the Los Altos coach.
2. You don't know who he is? Of course, you don't, but you know who does...a Los Altos runner. Ask them, “*who is your coach?*” Or just walk up to any Los Altos coach and thank them.
3. Why should it feel weird to go up to someone and say a sincere and thorough thank you?
4. Approach them and say something like: "Hey coach! Thanks for organizing this meet. It's fantastic!" Share your genuine thoughts and feelings about the event; include some details.

Remember: Your appreciation matters and will be rewarding for both you and the organizers. Expressing gratitude helps you reflect on the positive things you have in your life.

People genuinely notice and appreciate gratitude and 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 1:30 pm. HOWEVER, most of you should be able to leave a little later. To allow everyone to optimize their own schedule, we will not have a ride pool or a bus, so people can leave at different times depending on their schedule. I recommend that you plan your departure from class and your ride to have you miss as little class as possible, while arriving at Baylands no later than one hour and fifteen minutes before your race starts. Please let your teachers know as soon as you can when you will be leaving for the race.

No matter what race you are running in, we expect everyone to stay and cheer your teammates to the end of the competition, so please plan to have your ride leave Baylands Park at 6:00-6:15 pm. Stay to the end and support your tribe.

Notes:

- Start the day with a glass of water and stay hydrated! And an excellent breakfast.
- Eat a healthy lunch. You do not want a stuffed-full stomach, but you do not want to be empty, either. Hopefully, by this point in the season, you have a good idea of what kind of breakfast and lunch prepares you for a good practice--**or race**--in the afternoon! Keep your focus on these pre-race details.
- We will set up camp in 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 a high of 66 degrees which would be a lot better than our first shot at Baylands. This would give us a great shot at a bunch of PRs! Be well-hydrated, as always!!!
- Always be prepared, keep **three 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 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. Start pushing well 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, getting to the starting line is a good idea because it's a long way from camp, and 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:

5 km Miles of dirt and grass. You are familiar with this race now! This is a solid 5K race. The course has multiple loops, each slightly different, so 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.

Who Runs What (we can adjust this):

3:15 PM Varsity Boys (up to 10): Ethan, Kento, Riu, Tarun, Sam, Constantine, Aidan C-K,

3:40 PM Varsity Girls (up to 10): Miranda, Naomi, Vishakha, Melinda, Alex

4:10 PM Frosh-Soph Boys: Fahad, Akshat, Shouki, Ethan, Josiah, Vikram, Jayden, Jimin, Oliver, Soma, Ritik, Aadit, Ashwanth, Yibo, Aiden W, Darin

4:40 PM Varsity B Girls: Zeynep, Eva, Sarah, Caroline, Luna, Rosie, Sophia, Kaitlyn, Myra, Taylor, Ananya, Medha, Yoyo

5:15 PM Varsity B Boys: All the boys not in the first two races: Jonah, Darren, Abhi, Brandon, Leon, Lucas, Krishna, Eli, Aric

“It's OK to struggle. It's not OK to give up.”- Gabrielle Grunewald.

Start-A-B-C-D-A-B-1600-C-D-E-F-G-3200-E-D-C-B-A-D-Finish



5000 METERS

This will make more sense when you are at the racecourse...don't stress too much now if you are confused!