

Meet Sheet: Roughrider Invitational

October 17, 2025

Grit is living life like a marathon, not a sprint.—*Angela Duckworth*

TRANSPORTATION

We will travel together on a bus. Please be in the bus circle by 9:15 am on Friday morning. The bus will leave at 9:30 am EXACTLY. Arriving at 9:10 am is on time, 9:15 is late. If you are late, plan on having your parents drive you—we can't wait for stragglers, we don't know if you are 30 seconds or 30 minutes away. Wheels up at 9:30 am!

MEALS AND PACKING

Have a good breakfast before you come to school and get on the bus. Think about what you ate before your best race this year and try to do that again.

Pack your own lunch. We are racing at different times and I don't know what each of you wants to eat before the race so plan out your meal early in the week. Thursday night or Friday morning, make your lunch and pack it away, eat whenever makes sense for you to run your best.

Dinner will be sandwiches on the bus ride home. We are going to try to be efficient and get home as early as possible, we don't want to keep you out later than possible

Bring homework! We will be on the bus for almost three hours traveling to the race and three hours back. You will probably sleep and probably play games and talk with your friends...but you will also have plenty of time to knock out some homework.

Pack your uniform. Wear what you need to warmup in. Bring some dry clothes to change into after your race and before you get on the bus!

Three Things to Think About at Roughrider

1. **Preparation:** Think about what went well at your races so far this year, and what you want to improve (fueling, meals, sleep, warm-up, race strategy, mental approach). Commit to ongoing improvement. Day-by-day incremental progress in everything that is important to you (study habits, test prep, your music, debate team...not only running) can make a significant difference in your life. Ask yourself: What went right and how can I keep that going, and what can I work on to do better?
2. **Focus, be present:** When we arrive, scout the course, identifying where to push and where to kick (run backwards from the finish line to choose and commit to a take-off point!) Allow ample time for a thorough warm-up. At the starting line, take a few moments to close your eyes and visualize all the great workouts you have had and how much stronger you feel than a month ago. Then, high-five your teammates and encourage each other: "It's a great day to race—let's do this!" Consider wishing good luck to neighboring teams; we're all part of the running community. Embracing these connections can enhance both your performance and happiness. Talk to the runners from other schools in the boxes

next to you...ask them where they are from, tell them good luck, ask if they have raced on the course before, how they are feeling, what the name of their pets are...ok, maybe not the last thing, but don't be hesitant to talk to people. At the finish, say something to the person who finished in front of you and behind you, tell them good job, how they inspired you, whatever. The competitors around you are gifts, gifts sent to help you find something deep inside you that you didn't know you had. The competition is not the other runners, the true competition is against the little voice in your head that wants you to quit.

3. **Gratitude and Respect:** We have never been to this race before. Coach Sanchez is the Roosevelt High School coach and meet director. If you can, it would be great to go find him and thank him personally...but if you can't find him, find SOME volunteer who worked the meet—organizing the starting area, handing out water, anything. Spend 30 seconds telling them how this was your first time on the State Meet cross country course, how you enjoyed it, how you were scared, how amazing it felt to race where German Fernandez and Sarah Baxter and so many other greats have been...let people know you appreciate your day!

“Even when you have gone as far as you can, and everything hurts, and you are staring at the specter of self-doubt, you can find a bit more strength deep inside you, if you look closely enough.”

— Hal Higdon (This is good advice for anything hard—Coach Flatow)

SOME OVERALL THOUGHTS--PLANNING

- ❖ **Remember what you did before Baylands and Crystal Preview...repeat what worked, and think of things you would like to improve.** Build upon your experiences.
- ❖ Plan your weekly school commitments so you can get plenty of sleep on **Wednesday** night. If you get a full night's sleep on Wednesday, you will have a head start on sleep for Thursday. Try to get ahead on your homework in the front half of the week, so both Wednesday and Thursday are good sleep nights.
- ❖ **Do you want to eat the same things on race day morning and after the race, or would you like to try something different?** If it worked, maybe don't change it, but if you think you can feel better, then change it up. Let your parents know in advance what you would like to eat on Friday morning for breakfast and what you want to pack for lunch. It's not fair to your parents to get home on Thursday night and say 'I want a whole wheat bagel and a banana in the morning' if you didn't give them time to shop. Let them know how they can help you and give them plenty of time to execute.
- ❖ Pack your race bag on Wednesday night so you don't lose sleep running around on Thursday night (see below about what you should have in your bag). This also let's you know if your lucky post-race shirt is in the dirty clothes hamper—you have time to run that baby through the wash!

NOTES

- ❖ Things you need: Pack your uniform, a dry **MVXC** shirt for before and after your race (didn't we look good in the photo after Artichoke, almost everyone in MVXC gear?!?!), breakfast, snacks and lunch, some CASH for a meet t-shirt, race shoes if you run in flats, dry socks, a roll of toilet paper, water bottle...whatever else you need.
- ❖ Get to bed early and have a good night of sleep!
- ❖ Assume that we will have a warm day but check the weather. As I write this, my phone is projecting an overnight of 50 and a high of 73, that should feel OK. In any case, don't let up on hydration, treat this race just like at Crystal or Baylands. Have a glass of water when you wake up and sip water during the morning (but **please** use the toilet before you are on the bus, we will be driving without stopping for almost three hours!).
- ❖ You may want to buy a t-shirt, we have never been to this meet so you will have one of the

first at Monta Vista...bring CASH, they say they will not accept credit cards...**THEY WILL RUN OUT OF SMALL SHIRTS** so buy early!

- ❖ **Before the race:** Warm up as teams. Check out the finish and **find your sprint point!** There are course maps at the end of this meet sheet; don't worry if the map is confusing, usually the course makes sense once you are there and can look around and see the trails.
- ❖ **After the race:**
 - Cheer for your teammates! Don't just sit around the camp, go out and yell for your friends and running partners! Be at the start for big cheers.
 - Fair warning: You know your coaches will be annoyed if you just hang around camp.
- ❖ **Remember: Say good luck to your teammates and competitors, thank you to your drivers, and say thank you to at least one of the race officials!**

RACE SCHEDULE AND WHO-RUNS-WHAT

Race assignments can still be modified to some extent; see me if you have questions.

Race	Distance	Start	MV Runners
FSG-Small School	3500 m	1:10	none
FSG-Large School	3500 m	1:35	none
FSB-Small School	3500 m	2:00	none
FSB-Large School	3500 m	2:25	none
JV Girls	5 km	2:50	Taylor, Eva, Sophia, Yoyo, Kaitlyn, Zeynep, Myra, Luna, Medha, Rosie, Caro, Sarah, Ananya
JV Boys	5 km	3:25	Ritik, Darin, Aiden, Oliver, Josiah, Aidan, Ethan, Jonah, Jayden, Brandon, Aadit, Yibo, Soma, Fahad, Shouki, Akshat, Vikran, Jimin, Darren, Aric, Abhi, Eli, Krishna, Lucas, Leon
V Girls-Small Sch	5 km	4:00	Miranda, Alex, Mel, Naomi, Vishakha
V Boys-Small Sch	5 km	4:30	Kento, Tarun, Riu, Constantine, Sam, Ethan, Ashwanth
V Girls-Large Sch	5 km	5:00	None
V Boys-Large Sch	5 km	5:30	None

WOODWARD PARK
CROSS COUNTRY
FRESNO, CALIFORNIA
5,000 METER COURSE

Entrance

