

Chieftain-Spirit Classic Cross Country Invitational

September 8, 2018

Toro Park

“If you want to become the best runner you can be, start now. Don’t spend the rest of your life wondering if you can do it.”

Priscilla Welch

Transportation

- We will ride pool to Toro Park. Please sign up to drive at :
 - <https://docs.google.com/spreadsheets/d/1VaVIqosZ5eVo231dKy5ia6UZXChRK764uYvbhcAWBCo/edit#gid=0>
- **MEET AT THE BUS CIRCLE NO LATER THAN 6:00AM! Don’t be late! Traffic backs up at park. Freshman and sophomore girls in the first cars to leave, please (they race first).**

General Notes

- Have a healthy dinner, and get a good night’s sleep, on Friday night!
- Everyone comes to the Chieftain-Spirit Classic! If you are injured, you can still come to cheer and to support your teammates.
- Eat a healthy breakfast and bring some healthy pre-race snacks for the morning. Even if you are not used to eating breakfast early in the morning you need fuel to run well! Oatmeal, a banana, and a piece of toast with a nut butter on it works well for me (maybe more if you don’t run until 12); you need to find something that works for you. You don’t want a big lump in your stomach but you also do not want to be hungry at the start of your race! Some of you don’t race until noon! Bring water, and a post-race snack too.
- Hydrate—you should hydrate all week! Start race day with a glass of water as soon as you wake up. Don’t drink so much that you are sloshing around but you don’t want to be thirsty either. The trick is to start hydrating the day before, and have a glass of water early in the morning, and your body will be well hydrated and you just need to sip during the morning.
- Vehicle parking is \$8 according to the meet website.
- Don’t forget your entire uniform, this includes your warm ups!
- Bring a dry t-shirt and other clothing—something MV in purple is best!—for after your race.
- CAMP: Coaches plan to set up near the play structure in Parking Lot #1 (same as where we go for Earlybird. It seems to be a good spot.).
- TAGS/BIBS: Get them from your coaches and pin them on your uniform immediately!
- WARM UP: Find your warm up leaders 1 hour before race time. Stick together as a team! Report to the starting line no less than 10 minutes before the start of your race. Keep warm by doing some strides before the race (don’t just stand and let your muscles cool off).
- STARTING BOXES: Starting boxes are first come, first served. We need people to save boxes (this is called SITTING THE BOX). If you are injured and not running, a cool thing to do is grab the first box for the freshmen, then pass that box off during the day. The starting boxes that we like are 3 or 4 in from the left side of the starting line (the outside of the first turn).
- **Remember to thank the meet organizers and volunteers for supporting this event.** It’s easy to say thank you and it makes the person feel good—and you too.
- **Remember to say something good to your competitors before and after the race.** A competitor in front of you is a gift to help you find something inside you that you did not know was waiting for you. Maybe you get a PR because you were trying to pass that runner. Say thank you and well done!

- **WEATHER:** As I write this the forecast is 55 overnight, high of 74 in the day—which would be pretty good. Be ready for anything!

WARM-UP: Find your warm-up leader(s) 1 hour before race time. Stick with them! Also, report to the starting line 10 minutes before the start.

Thoughts on the Toro Park Course: Like most races, the party really starts after mile 1. It's nice to get out well across the field from the start before the first turn but don't overextend yourself; unless you are going to be in the top few runners (and some of you are), a few spots one way or another is not critical (we will talk about this before the race). Be patient in the first mile, especially in the narrow portion of the trail around the field. If you wait until the course gets wide and start to work your way up in the pack you will feel better than all the people who went out too fast, and you will still have more than two miles to pass them all! After one mile is a slight downhill stretch where a little increased effort can be productive. Start working your way up as opponents tire and there is more room to move. Run the hill with **LEVEL EFFORT**. This is not level pace, you will slow down. That's OK, it's not the place to crush yourself. At the top of each hill, stretch your stride out a bit and try to get moving down the hill. Competitors who went up the hill too hard will want to take a rest and you can break their will and drop them if you get moving here. The backside of the hills is another good spot to push; it's kind of isolated and there will be lots of runners taking a bit of a break and you can move on them if you are strong (you are!) and determined (you are that too!).

Before the race, make sure you know where the finish line is, and jog back to find your 'sprint point' about 30 to 45 seconds out from the finish line. Pick out a tree, bush, or turn and commit to giving everything you have from that point to the finish line. Maybe ask a friend to yell for you at that point. Do this at all races--knowing what the last stretch of the race looks like helps a lot. When you see something that is familiar, you feel like you are coming home.

Three Things to Think About at Chieftain

1. **Positive Mental Attitude:** Remember that "***This is a GREAT day to race!***" Say this out loud when you are heading to the starting line! You are here with your teammates who are also your friends. Say positive and encouraging things to each other, choose to be upbeat, high energy and optimistic. Get your head into a space where you are ready to compete your best. Don't self-handicap. Put aside any negative thoughts, be positive!
2. **Warm Up:** Give yourself and your group plenty of time to warm up, drill, do your leg swings and have your strides done five or ten minutes prior to race start. Be on the starting line well before it's time to go, make sure you have your bib on, you have your racing flats on and knots checked, and you are set to race. Most high school runners don't warm up thinking they need to save their energy for the race. That is false! You want have your core temperature elevated a bit, your muscles loose and primed with blood vessels wide open, so you are ready to race when the gun goes off.
3. **Cheering for your Teammates—especially the freshmen:** One of the best MVXC traditions is for our first race of the year, EVERYONE on the team comes to the starting line for the first freshman races and does our cheer together! We want all 80 runners and coaches at the starting line at 9am and 9:40am for the two freshman races (the other races too but ***especially*** for the frosh-soph races!) We will all crowd around the racers and cheer together! After your race is done, warm down but do your warm down where you can cheer. After you have finished your warmdown, do not simply sit around the camp, go out on the course and cheer—just like you want your teammates to cheer for you!

<u>RACE:</u>	<u>TIME:</u>	<u>Runners</u>
FS Girls	9:00 am	Rachel, Vivian C, Upasana, Aditi, Ellie, Vibha, Srividhya, Anoushka, Vivian L, Ashlynn, Vibha, Jannah, Zoe, Claire Y, Serena Y, Stephanie
FS Boys	9:40	Rohun, Cash, Andrew Ch, Andrew Co, Will, Sahil, Sotirios, Nitin K, Evan, John McN, Sid, Parnav, Andrew R, Arul, Parky, Ian, Matthew S, Brian, Jason, Justin, Rohith
JV Girls	10:20	Lauren, Ria, Audrey C, Sophia, Audrey L, Claire L, Ananya, Nandini, Alya
JV Boys	11:00	Sricharan, Sean, Christian, Jeff, Ethan G, Dohyun, Matthew L, Allen, Tyler, Ryan N, Rohan P, Ricky, Eric, Timothy, Darren, Trent
Varsity Girls	11:30	Sanjana, Claire C, Sarah, Sylvana, Triya, Anjali, Serena
Varsity Boys	12:00	Tyler, Ryo, Alex, Nitin, Kyle, Karthik, Conner

You can control the number of KARMA POINTS you earn in a day.

You cannot control the results of your race. You don't know who will show up, how they feel, what their training has been. You cannot always control whether you have a bad day or a good day racing. There are many things about your race and your day that you don't control.

One thing you can control is your effort. You can **choose** how you focus and prepare to compete, and you can control how hard you try. Did you get a good night's sleep, did you eat well, did you bring everything you needed, did you double knot your shoes? And during your race, did you give your best effort? No self-handcapping, do everything you can to put you in position to do your best.

Another thing that you can control is your attitude. No matter how your day is going, good or bad, you can **choose** to be a positive presence around your team, you can choose to be upbeat and fun, and you can choose to respect your sport and those that make your sport possible.

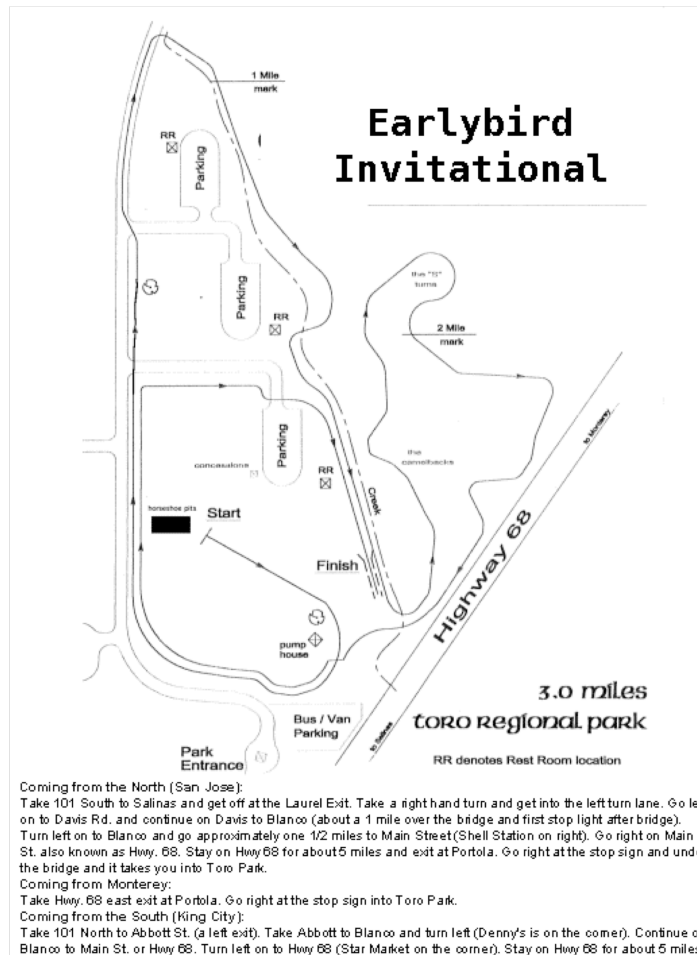
Everyone should thank at least one volunteer, official or helper at the meet! It is easy to say thank you and maybe note something you especially liked.

And for sure...thank the parents who are driving you to the meet!

Make this a habit...always thank at least one volunteer or official at every meet you attend. You can always thank more than one; thank the person who takes your tag, thank the timer, thank the starter...if you see someone helping out it takes only a moment to say 'thank you for being out here.' We would not have cross-country without these volunteers!

*What you are is what you have been.
What you will be is what you do now.*

-Buddha



**[Running] is about getting out the door and running,
 when the rest of the world is only dreaming about having
 the passion that you have each and every day.**

-Paul Maurer