

SCVAL 1: Lynbrook

Tuesday, September 25, 2018

"A river cuts through rock, not because of its power, but because of its persistence."

-James Watkins

Location:

Lynbrook High School
1280 Johnson Ave
San Jose, CA 95129

Notes:

- ❖ Eat a healthy breakfast and lunch. You do not want a full stomach, but you do not want to be on empty either. Both our races so far have been in the morning; this race is more like practice. What was a good thing for you to eat at lunch before a tempo run in the afternoon? That might work here. I like a turkey and avocado sandwich, or chicken, broccoli and rice, but that is just me. Try what works for you.
- ❖ Release time: Athletes will be released at 2:00pm; HOWEVER only the varsity runners and the FS boys need to miss any school. If the parents can arrange some staggered ride-pool times, athletes can miss a limited amount of school. Varsity runners **AND INJURED ATHLETES*** should be in the bus circle by 2:15 to arrive at 2:30, get settled and be ready to warm up and race at 3:45. Boys running in the frosh-soph race could leave 30 minutes later. All other athletes could leave when school lets out at 3:25pm, arrive before 4pm, and be ready to race by 5:00 and 5:40.
- ❖ **INJURED ATHLETES:** If you are not racing, please arrive at Lynbrook before 3:00, report to Coach Johnson or Coach Flatow, then we will go find the Lynbrook coaches at 3:15 for your volunteer assignments.
- ❖ We will set up our canopies in the bleachers at the track. Come find the team when you arrive!
- ❖ Bring a snack for after your race.
- ❖ Don't forget your uniform. (All of it!)
- ❖ Bring a dry t-shirt for after your race.
- ❖ Always be prepared, keep **3 large trash bags in your track bag:** 1-for your dirty, wet, muddy clothes; 2-for your track bag if it is rainy or muddy; 3-emergency rain poncho.
- ❖ Find your 'sprint point' 30-60 seconds from the finish line and commit to yourself that you will make a fast finish!
- ❖ The Lynbrook coach, **Jake White**, works very hard to put on this race and help the league quite a bit. Coach White and the other volunteers who put on this race would appreciate a 'thank you'!

Lynbrook Rules:

Please stay out of the school area—don't wander around. In general, be aware that this is a school day so please try not to disturb any other athletic teams practicing or make excessive

noise around libraries and classrooms.

Stay off the football field (they have a football practice).

The only people allowed at the mile mark are coaches as tennis will be practicing.

There are bathrooms at the snack shack and the red brick building next to the basketball hoops.

Course:

2.1 miles around a high school, flat and fast. It will feel like middle school XC! There will be a map posted near the snack bar at the school...the map on line does not make a ton of sense to me ☺ Don't worry we won't get lost, Coach White will explain what is going on! We start on the track.

Here is a link to a map: <http://www.mappedometer.com/?maproute=457126>

Here is Coach White's description of the Lynbrook course:

Start is on the track across from the snack shack, then one lap around the track the exit at 300meter start line go out the gate at end of the visitor bleachers. Take the path that runs around the baseball and softball fields. Go onto the service road that runs by the classrooms and swimming pool. Take the path that runs in front of the tennis courts and exit onto the dirt service road. Take serve road and enter path. Take the path that runs in front of the shot putt area and continue on the track exit at 300meter start line go out the gate at end of the visitor bleachers for the 2nd loop. Take the path that runs around the baseball and softball fields. Go onto the service road that runs by the classrooms and swimming pool Take the path that runs in front of the tennis courts and exit onto the dirt service road. Take serve road and enter path. Take the path that runs in front of the shot putt area and continue on the track Go directly to the finish line which lines up with the 25 yard line on the football field.

SCHEDULE:

Time	Race	Who Runs (May be changed after Tiger, injury, etc)
3:45pm	Varsity Boys (8)	Karthik, Ryo, Kyle, Nitin, Conner, Andrew, Rohun, Sid
4:00	Varsity Girls (8)	Decide after Saturday
4:20	FS Boys De Anza (MVXC)	Sahil, Justin Y, Matthew S, Andrew Cole, Cash, Nitin K, Pranav, Jason Y, Brian X, Will, Arul, John McN, Parky
4:40	FS Boys El Camino (not MVXC)	None
5:00	Varsity B Boys De Anza Varsity (MVXC)	All boys not running in the other races
5:20	Varsity B Boys El Camino (Not MVXC)	None
5:40	Varsity B Girls De Anza (MVXC)	All girls not running Varsity today
6:05	Varsity B Girls El Camino (Not MVXC)	None

"Being gritty doesn't mean not showing pain or pretending everything is O.K. When you look at healthy and successful and giving people, they are extraordinarily meta-cognitive. They're able to say things like, 'Dude, I totally lost my temper this morning.' That ability to reflect on yourself is signature to grit."

--Angela Duckworth

If you are injured and you cannot run, you are still expected to come to the race! Please be at Lynbrook by 3pm, report to Coach Flatow or Coach Johnson and then go find the Lynbrook Coaches – Coach Ramos and Coach Signore – at the start area at 3:15pm for a job assignment.

Warm-Up:

Find your group one hour before the race and stick with them! Warm up with your team and running partners. Be at the starting line 10 minutes before the start.

Some Thoughts:

You all have run races this season at Chieftain and at Tiger, and you are now in your seventh week of training! You all learned a lot about racing and you put two more weeks of training in the bank! Let's take a step forward...did you feel like you ran the first mile properly, or would you go out a little faster or a little slower? Since there is no hill waiting for you at the end, and this race is relatively short and flat, you may want to be a bit more aggressive than you were at earlier races. Maybe you want to push the first part of the race or the middle part of the course a bit more. Just like at any race, go find the start and work backwards to your sprint point; on the Lynbrook course, EVERYONE tries to sprint on the track, if you can commit to moving *before* you are on the track you might be able to jump someone and get to the finish line first.

You all are going to do great!

Everyone should thank the people working at this race—Lynbrook coaches, the timer, and anyone else helping!

Everyone should say good luck and good racing to teammates and competitors, and say something nice to the athletes in front of you and behind you at the finish!

You can't control your race results, however you can control your effort, your attitude, and the way you express gratitude and appreciation to the people around you. You will feel happier and better if you express authentic feelings of gratitude, appreciation and kindness. These expressions allow you to relive all of the positive things that are happening, and help you to connect with the people who are contributing to the good things in your life.

Plus...this is GREAT for your karma!