

# University of the Pacific Tiger Cross Country Invitational

## Saturday, September 21, 2019 @ Elkhorn Golf Course

*Clear your mind of can't.*

—Samuel Johnson

### TRANSPORTATION

- ❖ Most of us are planning to travel together on a bus. Please be in the bus circle by 5:30am on Saturday morning, to load the bus and depart at 5:45am SHARP. We can't wait for anyone we need to get there on time.
- ❖ If your parents are driving you, the race is at the Elkhorn Country Club in Stockton, CA.

### NOTES

- ❖ Pack your uniform, a dry **MVXC** shirt for before your race, another **MVXC** shirt for after your race, breakfast, snacks and lunch, some money for a t-shirt, race shoes, a roll of toilet paper, water bottle...
- ❖ Get to bed early and have a good night of sleep! We are leaving early-early-early!
- ❖ Have a good breakfast! Check to see when you are going to be racing and plan your breakfast accordingly. You are probably going to be eating on the bus so figure out what will work for you. You don't want to have a stuffed-full stomach, but you don't want to be hungry. I like to have an almond butter and honey sandwich, a banana, and maybe some orange juice two to three hours before an early morning race, but that's me—you might copy this, or else figure out what works well for you!
- ❖ Assume that we will have a warm morning but check the weather. As of Saturday, Accuweather is projecting an overnight of 57 and a high of 88, so if we go by that probably 60 for the first race and 75ish by noon. It can be humid on a golf course, so hydrate all week. Have a glass of water when you wake up and sip water during the morning.
- ❖ You will probably want to buy an Invitational t-shirt! The shirts were cool last year; \$20 each. Buy your t-early before sizes (espec. smalls) run out!
- ❖ **Before the race:** Warm up as teams. Check out the finish and **find your sprint point!** Don't worry too much if the map is confusing, golf course races usually make more sense when we are looking at the course. Race leaders might want to print out a map:
  - 5km/varsity map: [https://d2o2figo6ddd0g.cloudfront.net/n/c/ysrb6kovle5i80/5k\\_map.pdf](https://d2o2figo6ddd0g.cloudfront.net/n/c/ysrb6kovle5i80/5k_map.pdf)
  - 2 mile map: [https://d2o2figo6ddd0g.cloudfront.net/8/1/znzku3df930b95/2\\_mile\\_map.pdf](https://d2o2figo6ddd0g.cloudfront.net/8/1/znzku3df930b95/2_mile_map.pdf)
- ❖ **After the race:**
  - Awards will be given approximately 20 minutes after each race. Let's be the loudest team out there if a team or individual is on the podium!!!! Note that our races are spread out a little so it should be easy to come to the podium for awards, cheer, and get back to your warm up or to cheer for the next 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.
- ❖ You can bring some homework for the ride back.
- ❖ NEVER RUN ON THE GREENS, ACROSS TEES, OR THROUGH SAND TRAPS. NO FRISBEES, FOOTBALLS, OR PETS WILL BE ALLOWED.
- ❖ **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

Please remember that race assignments are subject to change. Remember to warm up with plenty of time! Pay attention to the schedule. Cheer for your teammates!

Race	Division	Distance	Start	MV Runners
Varsity Girls	Small	5km	8:30am	None
Varsity Girls	Large	5km	9:00am	Vivian C, Upasana, Ellie, Rachel, Ria, Vivian L, Sylvana, Triya, Ananya, Jannah
Varsity Boys	Small	5km	9:30am	None
Varsity Boys	Large	5km	10:00am	Rohun, Andrew C, Sahil, Conner, Pranav, Andrew R, Nitin, Kyle, Justin Y, Matthew S
JV Girls	Small	2 mile	10:25am	None
JV Girls	Large	2 mile	10:50am	Vibha, Claire L, Nandini, Serena, Emily, Aditi
JV Boys	Small	2 mile	11:10am	None
JV Boys	Large	2 mile	11:30am	Christian, Alex R, Jeff F, Tyler, John M, Brian X, Jason, Steve H, Patrick Y, Sean C
FS Girls	Small	2 mile	11:50pm	None
FS Girls	Large	2 mile	12:10pm	Anoushka, Agnes, Claire Y, Sydney, Nikhita, Vani, Nerea, Meena, Srika, Vidya, Avani, Insiah
FS Boys	Small	2 mile	12:30pm	None
FS Boys	Large	2 mile	12:50pm	Cash, Sotirios, Andrew Chen, Nitin K, Sean B, Jonathan, Ethan, Amogh, Ansley, Andy X, Alex N, Thomas, Ari, Max

### Three Things to Think About at Pacific Tiger

1. **Preparation:** Get a good night's sleep—we are getting up very early! Think a little bit about what went well at Lagoon Valley, and what you want to improve (fueling, sleep, race strategy, mental approach?) and commit to keep improving. Once we are at the race, give yourself time to scout the course so you know where you want to push—and where you want to kick. Try to watch the start of one of the races before you to give you an idea of how to get out. Give yourself plenty of time to warm up. Show up at the start, give your teammates a high five and tell each other 'this is a great day to race—let's do this!' If it's warm and you are in a later race, be smart and stay in the shade and relax when you can.
2. **Positive Mind Set:** You can do this! Think of all the good workouts you have had the last few weeks. Think of the teammates that you care for and respect—and have been running side by side with for five weeks now. If your teammates can do this, if all the competition can do this, why not you too? Get on the starting line, say 'this is a great day to race', and show yourself and everyone else what you have! We all believe in you.
3. **Gratitude and Respect:** We would not be able to have races without volunteers and it takes just a little attention to remember to say 'thank you for being here' to people. Everyone should thank **at least** one volunteer (and why not two?). Say 'well done, good finish, could not have done this without you' to the athletes in front of you and behind you in the finish chute; your competitors are a gift to you, helping you find the best inside yourself. Last year, sometimes the boys would turn around after then finish chute and high-five everyone who finished behind them and say well-done—that is a good look for Monta Vista and makes the entire team proud!

“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

# 5km Course Map

1<sup>st</sup> mile = Red 2<sup>nd</sup> Mile + yellow 3<sup>rd</sup> 1.1 Mile Orange





# 2 Mile Course Map

1<sup>st</sup> mile = Red 2<sup>nd</sup> Mile + yellow

