

**Artichoke Cross Country Invitational October 2nd, 2021**  
**(and Beach Party)**  
**Half Moon Bay High School**

“Nobody gets good at something without effort.”

—Angela Duckworth

**Travel**

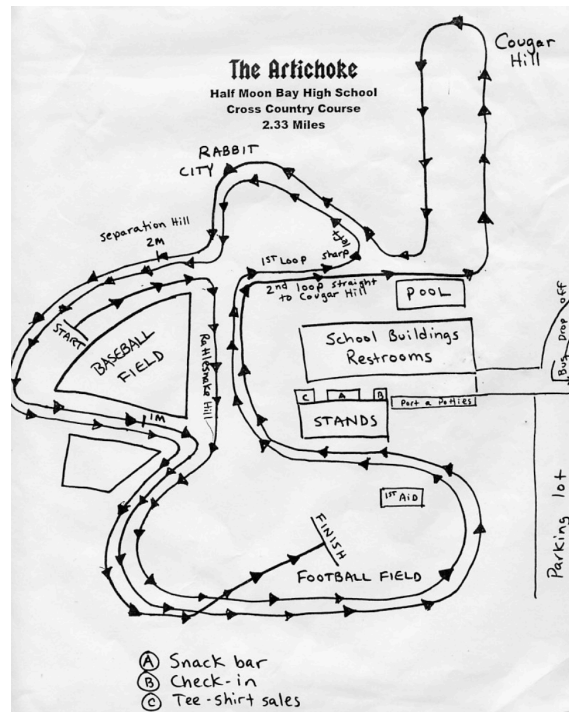
- You are responsible for your own travel—people are leaving at different times because of the SAT, some people are staying to picnic on the beach after the race and some are returning for Homecoming and other activities, so it is not practical to arrange a bus or team-wide ride pool)
- **There is often traffic on the way to the race on Highway 92 so leave early—allow 30-45 more minutes than your map/GPS says!**
- **PLEASE plan on being at the course at least 75 minutes before your race begins or at the latest 1:15pm, and stay to cheer for the varsity girls,**
- **DIRECTIONS:** 280 North, 92 West, Right on Main St., Right on Lewis Foster Drive.

**Notes**

- Have a healthy dinner, and get a good night’s sleep, on Friday night!
- Hydrate! Have a glass of water when you get up, drink consistently in the morning (if you are taking the SAT I think you can take water in to the test with you!), and sip from your water bottle in the afternoon while waiting to race. (Plan to drive as soon as SAT is done.)
- Eat a healthy breakfast – fruit (bananas!), breads/bagels with nut butter and honey, some protein, etc...our races are in the afternoon so you can eat a real breakfast, whatever feels good to you. Depending upon the time of your race you may want a medium or light lunch or reasonable snack however do not eat anything heavy within 2 hours of your race start (munching on a banana works for me as a snack). If you are taking the SAT, you probably want to have a snack planned and in a bag to eat in the car on the way to the race. You don’t want to feel like you have a brick in your stomach, but you don’t want to be hungry! Plan your eating for Saturday on Friday, think about your fuel strategically—don’t make it up as you go along. **WRITE DOWN WHAT YOU EAT** and make notes about how you felt, you might want to adjust in the future.
- Bring a snack for after your race; don’t wait until dinner to eat after your race.
- Don’t just hang around the camp after your race; warm down and **cheer on your teammates** in their races. It is great to see MV athletes cheering all over the course!
- Check the weather and dress appropriately. We are going to the beach afterwards so bring a sweatshirt that you can keep dry, and a dry shirt, or layers.
- Don’t forget your uniform!
- If you want to buy snacks or a meet T-shirt, (Artichoke has *nice* shirts) bring some \$\$\$.
- **Remember to thank the meet organizers and volunteers for supporting this event. The Half Moon Bay coach is a really cool guy, Coach Paul Farnsworth is usually running around in a cowboy hat; go say thanks to Coach for hosting a great race!**
- ***It’s a great day to race!***

**CAMP:** Look for coaches to set up camp and get your bib numbers.

**WARM-UP:** Find your warm-up leader(s) 1 hour before race time. Stick with them! Report to the starting line 15 minutes before the start of your race.



**Course:** 2.33 miles. Grass, asphalt, dirt paths, muddy areas, synthetic track, gravel road, down hills, flats, and a wee bump (this is their joke—it's a real hill!) a little past the halfway point.

**Two strategic things to think about:** 1. On hills: (pick it up a little before the hill, on the hill maintain a constant effort/don't strain to keep the same speed up the hill, at the top of the hill pick up your pace and lengthen your stride when everyone else is dogging it). 2. Before the race, find the finish line, then identify your 'sprint point' 1-2 minutes before the finish line. By the time you hit the track you should **already be pushing**, other people will wait until the track! Once you are on the track you are almost done, that is late; you can go earlier. Commit to **truly slam it** from your sprint point to finish, don't let anyone pass you and seek to pass anyone within striking distance!

<u>RACE:</u>	<u>TIME:</u>	<u>RUNNERS</u>
Frosh Boys	1:00 pm	
F/S Girls	1:25 pm	Vera, Aditi, Sudipti, Siran, Hemani, Raje, Manasi, Samhita
F/S Boys	1:55 pm	Brandon, Ethan Lu, Darren, Denny, Neal, Pararth, Seshanth, Aaron, Jayden, Vedant, Tanay, Ruhaan, William
JV Girls	2:20 pm	Meena, Jasmine, Sophia, Avani, Insiah, Karena, Joey, Valerie, Sandhya, Anika, Megan
JV Boys	2:55 pm	Nitin, Sean, Ethan Lam, Amogh
Varsity Girls	3:20 pm	Ellie, Vivian, Jannah, Nerea, Nikhita, Sydney, Agnes
Varsity Boys	3:50 pm	Andrew, Soti, Matthew, Justin, Alex, Ari, Max

***Anyone who wins a medal...you must wear the medal all day!***

*The Artichoke Invitational is where your coach won his first Varsity medal in an invitational, back in year mumble mumble.*

**“The most important thing I have learned from running is that there is only one runner in this race, and that is me.”**

*~ Dr. George Sheehan*