

SCVAL Baylands 5km League Opener Tuesday, September 24, 2024

“The achievement does not change your life.
It is the journey that changes your life.”
– *Angela Duckworth*

Baylands Regional Park:

999 East Caribbean Drive, Sunnyvale, CA 94089

Parents: note there is \$6 parking per car ☹️

General: The City of Sunnyvale is very picky about its park! Please be conscious of trash, and keep everything clean; if you see a piece of plastic or debris on the ground, pick it up, even if you didn't drop the garbage! There will be trash and recycling bags near our camp. There are many porta-potties out for your use.

SCORE KARMA POINTS: SHOW APPRECIATION!

In 2024, Palo Alto and Los Altos are jointly hosting the meet. Organizing this event requires significant effort! Take a moment to express your gratitude:

- 1. Look for:**
 - **Michael Davidson (Palo Alto head coach)**
 - **Stephanie MacKenzie (Los Altos coach)**
- 2. Approach them and say something like: "Hey coach! Thanks for organizing this meet. It's fantastic!"**
- 3. Share your genuine thoughts and feelings about the event; include some details.**

Remember: Your appreciation matters and will be rewarding for both you and the organizers.

People genuinely notice and appreciate gratitude and sincere thanks.

“Because gratitude is a renewable resource, it stands to reason that even in our darkest moments, there will always be hope for humankind.” –Angela Duckworth.

Release Time and Transportation:

Everyone on the team has been released from school at 1:30 pm. HOWEVER, most of you should be able to leave a little later. To allow everyone to optimize their own schedule, we will not have a ride pool or a bus, so people can leave at different times depending on their schedule. I recommend that you plan your departure from class and your ride to have you miss as little class as possible, while arriving at Baylands no later

than one hour and fifteen minutes before your race starts. Please let your teachers know as soon as you can when you will be leaving for the race.

No matter what race you are running in, we expect everyone to stay and cheer your teammates to the end of the competition, so please plan to have your ride leave Baylands Park at 6:00-6:15 pm.

Notes:

- Start the day with a glass of water and stay hydrated! And an excellent breakfast.
- Eat a healthy lunch. You do not want a stuffed-full stomach, but you do not want to be empty, either. Hopefully, by this point in the season, you have a good idea of what kind of breakfast and lunch prepares you for a good practice--**or race**--in the afternoon! Keep your focus on these pre-race details.
- We will set up camp in the same place as in prior years. There are no tents allowed.
- Bring a snack for after your race.
- Don't forget your uniform. (All of it!) Wear your uniform or other purple or MV gear at all times!
- As I type this, the weather forecast says a high of 77 degrees would be good; it will also start cooling off a bit for the later races. Be well-hydrated, as always!!!
- Always be prepared, keep **three large trash bags in your track bag**: 1-for your dirty, sweaty, smelly, wet, muddy clothes after your race; 2-for your track bag if it is rainy or muddy; 3-emergency rain poncho (OK, this is unlikely on Tuesday but keep these in your bag!)
- Find your 'sprint point' 60 seconds to two minutes from the finish line and commit to yourself that you will make a fast finish. **BEFORE** the tree.

Warm-Up:

Find your warm-up leaders an hour before the race and stick with them! Be at the starting line at least 15 minutes before the start. On the Baylands course, getting to the starting line is a good idea because it's a long way from camp, and you can cheer for the people in the race before you—the course loops by the start, and the finish crosses the start line area.

Course:

5 km Miles of dirt and grass. This is a solid 5K race. The course has multiple loops, each slightly different, so pay attention to where you are. No one made a wrong turn last year, but a wrong turn is possible. There should be people everywhere to help you around the course, but ultimately, it is the runner's responsibility to stay on course.

Who Runs What (we can adjust this):

- 3:15 PM Varsity Boys (up to 10): Tanay, Ryan, Kento, Ethan, Soham, Rishi, Andrew
- 3:40 PM Varsity Girls (up[to 10): Anika, Miranda, Suhani, Katie, Manasi, Naomi
- 4:10 PM Varsity B Boys: All the junior-senior boys not in the varsity race.
- 4:40 PM Varsity B Girls: All girls not in the varsity race.
- 5:10 PM Frosh-Soph Boys: All freshman-sophomore boys in the varsity race.

“It’s OK to struggle. It’s not OK to give up.”- Gabrielle Grunewald.



This will make more sense when you are at the racecourse...don't stress too much now if you are confused!