

# Meet Sheet: De La Salle/Nike Cross Country Invitational

September 21, 2024

**Grit is living life like a marathon, not a sprint.**—*Angela Duckworth*

## TRANSPORTATION

- ❖ Most of us are planning to travel together on a bus. Please be in the bus circle by 5:30am on Saturday morning. The bus will leave at 5:45am EXACTLY. Arriving at 5:30am is on time, 5:45 is late. If you are late, plan on having your parents drive you—we can't wait for stragglers, we don't know if you are 30 seconds or 30 minutes away. Wheels up at 5:45!
- ❖ If you do not have a spot on the bus, then your parents are driving you. The race is held at Newhall Park in Concord, California. The directions from the meet organizer are to take 680 North to Ygnacio Valley Road and head East; turn left at Ayers Road and the park will be on your left. Parking will be very limited so they suggest parking at Cal State East Bay on the opposite site of Ygnacio Valley Road and walking 15 minutes to the park.

❖

### Three Things to Think About at De La Salle

1. **Preparation:** Think about what went well at Lagoon Valley and what you want to improve (fueling, meals, sleep, warm-up, race strategy, mental approach). Commit to ongoing improvement. Day-by-day incremental progress in everything that is important to you (study habits, test prep, your music, debate team...not only running) can make a significant difference in your life. Challenge yourself: What went right, and what can I do better?
2. **Focus, be present:** When we arrive, scout the course, identifying where to push and where to kick (run backwards from the finish line to choose and commit to a take-off point!) Allow ample time for a thorough warm-up. At the starting line, take a few moments to close your eyes and visualize all the great workouts you have had and how much stronger you feel than a month ago. Then, high-five your teammates and encourage each other: "It's a great day to race—let's do this!" Consider wishing luck to neighboring teams; we're all part of the running community. Embracing these connections can enhance both your performance and happiness. You can do this! The competition is not the other runners, the true competition is against the little voice in your head that wants you to quit. Measure your success first and foremost by your effort.
3. **Gratitude and Respect:** Volunteers are essential for races. Take a moment to thank at least one volunteer sincerely. Express genuine gratitude by being specific: "This was a well-organized race," or "My team had so much fun today." In the finish chute, acknowledge fellow athletes with a "Well done" or "I would not have kicked that hard without you there!" Your competitors help you find your best self. Before the pandemic, our JV boys used to form a high-five line and cheer for everyone finishing behind them; maybe we want to do that again. That's the spirit that makes Monta Vista proud! While you can't control everything in your race, you can always show gratitude and respect—a guaranteed success on race day.

“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 (This is good advice for anything hard—Coach Flatow)

## SOME OVERALL THOUGHTS--PLANNING

- ❖ **Remember what you did before Lagoon Valley...repeat what worked, and think of things you would like to improve.** Build upon your experiences.
- ❖ Plan your weekly school commitments so you can get plenty of sleep on **Thursday** night. If you get a full night's sleep on Thursday, you will have a head start on sleep for Saturday. Try to get ahead on your homework in the front half of the week, so Thursday and Friday are good sleep nights.
- ❖ **Do you want to eat the same things on race day morning and after the race, or would you like to try something different?** If it worked, maybe don't change it, but if you think you can feel better, then change it up. Let your parents know in advance what you would like to eat on Saturday morning for breakfast and what you want to pack for lunch. It's not fair to your parents to get home on Friday night and say 'I want a whole wheat bagel and a banana in the morning' if you didn't give them time to shop. Let them know how they can help you and give them plenty of time to execute.
- ❖ Pack your race bag on Thursday night so you don't lose sleep running around on Friday night (see below about what you should have in your bag). This also lets you know if your lucky post-race shirt is in the dirty clothes hamper—you have time to run that baby through the wash!

## NOTES

- ❖ Things you need: Pack your uniform, a dry **MVXC** shirt for before and after your race (didn't we look good in the photo after Lagoon Valley, almost everyone in MVXC gear?!?!), breakfast, snacks and lunch, some money for a meet t-shirt, race shoes if you run in flats, dry socks, a roll of toilet paper, water bottle...whatever else you need.
- ❖ 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 will probably 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. Before a morning race, I like to have an almond butter and honey sandwich, a banana, and maybe some orange juice two to three hours before race time, but that's me—you might copy what I do, or else figure out what works well for you!
- ❖ Assume that we will have a warm morning but check the weather. As I write this, Accuweather is projecting an overnight of 51 and a high of 85, that should feel good. In any case, don't let up on hydration, treat this race just like at Lagoon Valley. Have a glass of water when you wake up and sip water during the morning (but **please** use the toilet before you are on the bus, we will be driving without stopping for almost two hours!).
- ❖ You may want to buy a t-shirt, these meet shirts are usually pretty good...the shirts were \$20 each last year...**THEY WILL RUN OUT OF SMALL SHIRTS** so buy early!
- ❖ **Before the race:** Warm up as teams. Check out the finish and **find your sprint point!** There are course maps at the end of this meet sheet; don't worry if the map is confusing, usually the course makes sense once you are there and can look around and see the trails.
- ❖ **After the 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.
  - Fair warning: Your coaches will be annoyed if you just hang around camp after.
- ❖ You can bring some homework for the ride back or down time at the race too. **HOWEVER we do not want to see anyone hanging around the camp while your teammates are racing.** If you have finished racing, please go cheer for your teammates!
- ❖ **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

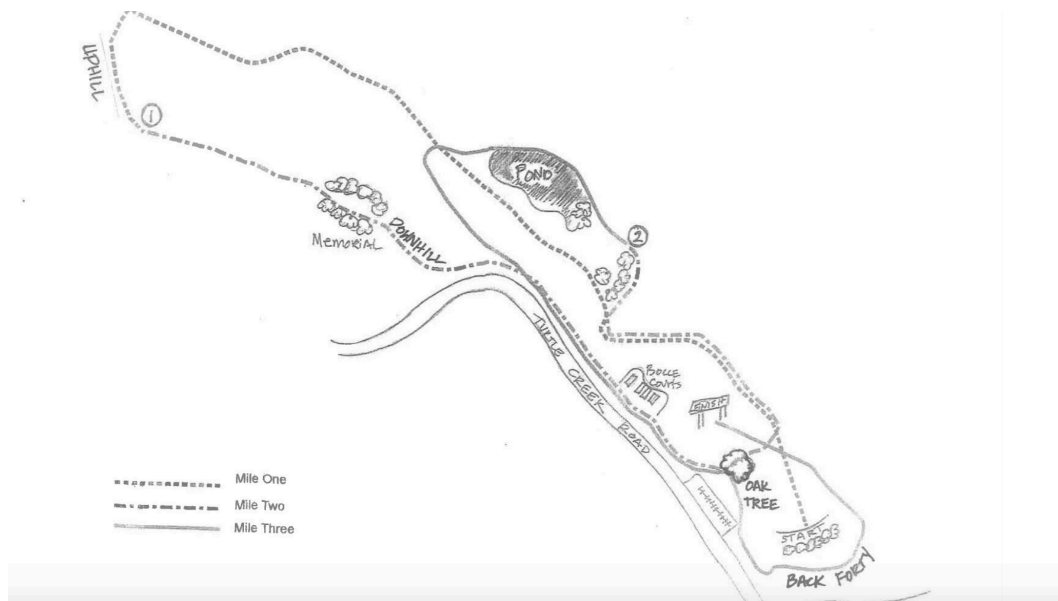
Race assignments can still be modified to some extent; see me before the 14<sup>th</sup> if you have questions.

Race	Distance	Start	MV Runners
JV Girls	3 mile	8:30	Juliana, Anna, Siran, Naomi, Elina, Aletheia, Hemani, Medha, Melinda, Vishakha
JV Boys 1	3 mile	9:05	Constantine, Aidan C-K, Tarun, Sam, Ritik, Ashwanth, Riu
Varsity Girls	3 mile	9:35	Anika, Miranda, Katie, Suhani, Manasi
Varsity Boys	3 mile	10:05	Soham, Andrew, Ryan, Kento, Tanay, Rishi, Ethan
JV Boys 2	<b>3 mile</b>	10:35	Jonah, Jeffrey, Oliver, Darren, Aaron, Abhi, Derek, Vikram, Simha, Sridhar, Calvin, James, Booker, Brandon, Yibo, Aiden W, <b>Justin</b>
FS Girls	2 mile	11:05	Nick, Myra (Vishakha?)
FS Boys	2 mile	11:30	none
Other Girls	2 mile	11:55	none
Other Boys	2 mile	12:20	none

## Course Tour and Map

OK this is pretty cool...they have posted a video running the entire course. The video is taken from a GoPro camera mounted on bicycle rider following three runners. So you can see three runners cover the entire course! Cool for parents to see what their children will run, too.

<https://www.flotrack.org/video/5466846-newhall-park-3-mile-course-tour-with-gps-measurement>



**Two and Three Mile Course Previews:**

<https://www.dlsinvitational.com/course-previews>