Itinerary for Yorkville: 8-25-18

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| **All** | **ALL** |  | |
| **Departure**: **3:30pm SHARP** | **Race time: 5:45pm** | **Boys Race time: 5:00pm** | |
| **Arrival**: approximately 4:15pm | Freshmen through Seniors run in the same race. | **Awards: 6:30pm** | |
|  |  | **Return Home: Approximately 7:45pm** | |
| **Camp**: We will set up along the road between the start and the finish line | 4:45 Warm-up jog the big lap of the course  5:20 – Leg Swings, Roll Out, light stretching, water  5:30 – Be at starting box, the box number will be assigned on the day of the meet  Complete drills and stride outs from the box in lines like we normally do  Depending on the size of the box—fastest runners must be near the front.  After you finish – You will wait at the finish line congratulating all other runners and waiting for your teammates. Stay there till Coach Bastsch-Haaker or Coach Almon addresses the entire time about a cooldown. | | |
| **Remember to put on the bus the following**:   * YOUR OWN WATER * ~~Coolers/Water bottles~~ * ~~Food~~ * ~~Tarps~~ * ~~Rollers/Sticks~~ * ~~Tent~~ | **Remember the following:**   * We will run this race in groups for the first two miles. * See how you stomach reacts to what you eat/drink before a race. * FINISH STRONG | **Quote of the day:**  “It’s hard to beat a person who NEVER gives up.” - Babe Ruth  “Now if you are going to win any battle you have to do one thing. You have to make the mind run the body. Never let the body tell the mind what to do. The body will always give up. It is always tired in the morning, noon, and night. But the body is never tired if the mind is not tired.” – George S. Patton | |
| **FYI for this race**:   * DO NOT BRING SPIKES * Hydrate and snack during school day * This is a workout more than a race. | LOCATION: Hoover Outdoor Education Center,  11285 Fox Road, Yorkville, IL  ON THE NORTH SIDE OF ROAD   * DISTANCE: 3 miles. * Because of the brick part of the trail, do not wear spikes. * You can wear a watch. | OTHER TEAMS:   * IMSA, Plainfield South, Rosary, Trinity, Wheaton Academy, Whitney Young, Yorkville | Every race is a chance to build up your running resume. |
| **Depart for Home:** We will probably leave around 6:55pm and return to West by approximately 7:45pm. | **PARENTS:** Parents are welcome to attend, but please allow your child to do their cooldown before talking with them. You must be signed out with a coach before leaving if you cannot take the bus | **Keys for This Week:** You get a chance to run a race again on Friday, this will be on campus with Joliet Central.  Tues: Recovery with hills, Wed: 4x4.5, 2x7, Thurs: 4x3, 2x75sec, Fri: Race (everyone) Sat/Sun: off, Mon: Long run | |
| **Not Racing:**  Lena, Emily, Crystal, Princeza, Maya, Nicolette, Jessica, Yasenia, Nadia, Liv, Samira |  | **Weather Report** as of Friday:  High of 80 with a chance of thunder showers | |

