|  |  |  |  |
| --- | --- | --- | --- |
| **Loaded in truck:**   * Tent, tarps * Equipment bags * Water Coolers * Water Bottles * Chairs/Benches * Table | **Everyone**  Make sure you have ALL black shorts  Arrive at course 7:45  Set up tent, put away person things by 8:00  **8:00 TEAM walks course**  We warm-up, walk to the start and from the finish as a **TEAM**. | **Teams** –  Stagg  Calumet  TF-North  Bloom  Crown Point  Evergreen Park  Hammond Gavit  HF  TF-South  Lincoln Way Central  Marian Catholic  Merrillville  Bremen  Rich South  Southland College Prep  Thornridge  Valparaiso | **FYI about this race:**   * 1st race at 9:00, each race after that starts 5 minutes following the completion of the previous race * Open will start 5 minutes after boys start * Weather Report: High 75, Low 58 partly cloudy |
| **Fresh/Soph – 9:00**  Avery, Bella, Kelsey, Julietta, Viviana, Julia, Tori  Times: Brittney, Yasenia, Faith, Maya, Kate, Marlie | **Varsity – 10:00 (approx.)**  Joslyn, Alexis, Tracey, Ashley, Yesenia, Lili, Jubrisa  Times: Those not racing | **Open – 11:00 (approx.)**  5 minutes after the start of the boy’s race  Open leaders:  Times: F/S runners | * Awards:   + Fr/So: 1-25   + Var: 1-50   + Open: 1-25   + Team: 1-5 |
| **Warm – Up: 8:00**  Jog miles 1 and 2 of course and back to tent  8:25 put spikes on  8:30 Leg swings, hydrant series, roll out  Leave for start 8:40  **Be at the start by 8:45**  Dynamic stretches  2-4 long strides  **Post-race:**  Wait at finish line till all 7 are done, walk back as group with **a coach**  Change shoes, go on cool down, hydrate, cheer on varsity/open | **Warm – Up: start of f/s**  10 min jog, 5 min tempo, 5 min jog  9:20 put spikes on  9:25 leg swings, hydrant series, roll out  Leave for start 9:40  **Be at the start by 9:45**  Dynamic stretches  4-6 long strides  **Post-race:**  Wait at finish line till all 7 are done, walk back as group with **a coach**  Change shoes, go on cool down, hydrate, cheer on open | **Warm – Up: start of var**  15 min jog (10:00 approx.)  10:20 put on spikes  10:25 leg swings, hydrant series, roll out  10:40 Dynamic stretches  Head to start as soon as boys race starts  Do 2-4 long strides  **Cool-down:**  Wait at finish line till everyone is finished, walk back as group with **a coach**  Change shoes, go on cool down, hydrate, head to awards | **Next of week:**  Sun: 30-minute run  Mon: long run  Tues: 6x4.5 minutes  Wed: Recovery Run  Thurs: 6x3 minutes  Fri: Recovery Run  Sat: Steelmen Invite |
| **Fresh/Soph runners.** At the start of the open race please report to the tent.  **Location:**  North Creek Meadow Forest Preserve, corner of Glenwood-Lansing Rd and Torrence Ave |
| **Quote of the Day:** “It’s very hard to understand in the beginning that the whole idea is not to beat the other runners. Eventurally you learn that the competition is against the little voice inside you that want to quit.” | | |  |

