

## ED SIAS INVITATIONAL

<http://www.mdusd.k12.ca.us/collegepark/Track/edsias/edsiasfrontPAGE.html>  
SATURDAY SEPTEMBER 10, 2005 HIDDEN LAKES PARK, MARTINEZ  
ALL RACES 2 MILES

**\*\*BE AT THE COURSE 1 HOUR BEFORE YOUR RACE OR YOU WILL MISS  
YOUR CAMPO TEAM WARM UP—VERY IMPORTANT!!**

9:00	Boys Freshman	unlimited entrees
9:20	Boys Junior Varsity	7 runner limit
9:40	Boys Frosh/Soph	7 runner limit
10:00	Boys JV & Frosh/Soph	unlimited entrees
10:20	Boys Varsity (Small school)	7 runner limit
11:00	Girls Junior Varsity	7 runner limit
11:20	Girls Frosh/Soph	7 runner limit
11:40	Girls JV & Frosh/Soph	unlimited entrees
12:00	Girls Varsity	7 runner limit

Warm up: Start warming up 1 hour before your race **WITH YOUR TEAM!** Jog/walk the course checking for footing, strategic turns etc. Stretch & hydrate well, it will be hot.  
\*Get your RunnerCard sticker from coaches **BEFORE YOU GO TO THE STARTING LINE**

**\*\*Wear your nametag on the front of your JERSEY...DO NOT PEEL OFF THE STICKY TAB!!**

\*Double lace your shoes

\*Report to the starting line 10 minutes before your race.

**DO NOT JUST STAND THERE.** Run 4-5 x 50 meter strides at 85-90% effort and jog lightly near your starting line space. Other teams will try to fill in where Campo is lined up so protect your space!!

- Get out fast for the first 100-150 yards then settle in. Remember the medals are rewarded at the end of the race, not the start! But it is important to get out of the "crowd".
- \*After you cross the finish line **WALK THROUGH THE CHUTE...DO NOT STOP OR EXIT THE CHUTE!**
- Warm down: Drink lots of water. Gather your teammates and jog the course again slowly cheering on your team mates who will be running their race and talk with your team about the race, the course, how you felt etc.
- **REMEMBER: Compete well; compete with Campo pride and HAVE FUN!!**

## PRE!

Directions to Hidden Lakes Park: Take 24 to 680 north (towards Sun Valley Mall).

Exit at Willow Pass Rd

Turn left onto Willow Pass...turn right on Contra Costa Blvd

Travel down Contra Costa Blvd for about 2-3 miles.

Turn left on Center St...follow Center St for about 1 mile...park is on your left.