

**Hello Coaches:**

**PLEASE READ THIS ENTIRE EMAIL: WE HAVE TWEAKED THE COURSE, THE TIME SCHEDULE, AND THE RACE ORDER FOR THIS SATURDAY!**

**NONE OF THESE CHANGES WILL CAUSE YOU TO ALTER YOUR TRANSPORTATION PLANS—EXCEPT YOU WILL BE GETTING HOME A BIT EARLIER!**

**COME PREPARED--WE KNOW THIS IS STATING THE OBVIOUS, BUT WE WILL STATE IT ANY WAY. MAKE SURE YOUR KIDS ARE WELL HYDRATED BEFORE THEY RACE AND BRING PLENTY OF WATER AND LIQUIDS FOR THEM TO CONSUME FOLLOWING THE RACE.**

**ALSO, PLEASE SHARE THIS INFORMATION WITH YOUR PARENTS.**

-----  
Temperatures for this Saturday could approach 100 degrees, and even though our final race of the day should be over by about 10:30 AM, that means it will be warm for most races, and we may have temperatures approaching the 90s for our senior races.

So, we are going to make the following changes. None of this should change your transportation plans—except you will be getting home a bit earlier.

We are going to start five minutes earlier—the Novice Race will go at 7:15 AM instead of 7:20 AM.

We are also going to change the course to eliminate Poop-out hill completely this year. Instead, we will be running a slightly shorter course, which will have the added benefit of allowing us to tighten up the time schedule a bit and have our final race of the day starting 45 minutes earlier than originally planned.

Our new course for this Saturday will still give your kids a great “feel” for running at Mt SAC. The kids will run the first 1.5 miles of the traditional Mt SAC course: two loops of the valley, up the Switchbacks, and down to the crossover. Instead of making a left at the crossover and heading to Poop-out, runners will make a right and finish along the traditional final 300 meters of the traditional course into the Gauntlet and up to the finish line. This course will be about 1.8 miles.

By running this new course, we not only take out the second hill but we also keep all the runners near our team camps area for their entire race. This should help us better monitor all our athletes.

In order to make this work, we will have to modify the Time schedule just a bit—everyone should still be pretty close to their original start time, but please notify all of your parents of the slight changes.

We will still have two divisions: Large schools for teams that are DI and 2 in CIF, and Small Schools for teams that are in Divisions 3, 4 or 5. We will also be giving 50 medals in EACH race in EACH division.

For this schedule to work, we must alternate boys and girls races, and the boys must go first.

Each girls race will start 8 minutes after the preceding boys race—this will get the girls through the crossover before the leaders of the boys race come down off Switchbacks, and we also shouldn't have to worry about the girls “lapping” the boys at the finish line.

The boys races will start 15 minutes after the preceding girls race, so the girls will have passed the crossover by the time the boys start.

Here is the new “Revised” schedule: PLEASE SHARE THIS WITH YOUR PARENTS

### **\*7:15 AM Novice 1 mile Race**

7:25 AM	Large School - Freshman Boys	7:33 AM	Large School - Freshman Girls
7:48 AM	Small School - Freshman Boys	7:56 AM	Small School - Freshman Girls
8:11 AM	Large School - Soph Boys	8:19 AM	Large School - Soph Girls
8:34 AM	Small School - Soph Boys	8:42 AM	Small School - Soph Girls
8:57 AM	Large School - Junior Boys	9:05 AM	Large School - Junior Girls
9:20 AM	Small School - Junior Boys	9:28 AM	Small School - Junior Girls
9:43 AM	Large School - Senior Boys	9:51 AM	Large School - Senior Girls
10:06 AM	Small School - Senior Boys	10:14 AM	Small School - Senior Girls

***The key to ensuring all our runners are safe, it is imperative that you not race runners who are not in shape and will have a tough time on the Switchbacks under warm conditions. You may race any runners who fall into that category in the free Novice 1 mile race at 7:15 AM.***

### **Special Novice Race For New Team Members or Runners Who Are Not Ready For Mt SAC Hills:**

They will run the traditional first ½ mile of the Mt SAC Course--just the first valley loop, then at the beginning of the second valley loop instead of making a left and running the second loop, they will make a right and head back on the airstrip and follow the traditional Mt. SAC finish. The entire distance will be one mile; however, the runners will get to experience both the traditional Mt SAC start and traditional Mt SAC finish—just no hills.

**THERE WILL BE NO ENTRY FEE FOR THIS NOVICE RACE; THERE WILL BE NO AWARDS, AND THERE WILL BE NO CHIP TIMING.** We will start all the novice runners at 7:15 AM. We will have a running clock at the finish line, so you and your athletes will know their finish time.

Please take advantage of this “Novice” race for your runners who are not ready for the “Switchbacks”. There is nothing worse for a young runner than to have a bad initial experience at Mt SAC because they simply were not ready for the challenge of the hills.

### **Parking:**

There is a parking fee of \$10 for ALL vehicles, **except for school buses**. All other vehicles will have to purchase a one-day parking pass from one of the self-serve parking kiosks.

All vehicles will use Parking Lot “F”—which is directly north across Temple Ave from the stadium—***again, all vehicles except for buses must purchase and display on their dashboard the one-day parking sticker***

Buses may drop athletes off at the entrance to the pedestrian tunnel and the east end of Parking Lot “F” and then drive north into the campus to Parking Lot “H” to park until the team is ready to be picked up.

### **Spectator and Athlete Entrance:**

The final stages of construction of the pool and gym areas are being completed surrounding the official entrance of the stadium. All athletes, teams and spectators will enter by using the pedestrian tunnel that goes under Temple Ave. at the East end of Parking Lot F. This is the only entrance available to get you access to the course.

Once at the front of the stadium, everyone will be directed to walk through the East side of the stadium bleachers (Opposite side of the press box side). This will take you to the course area—it is the only way to get to the course.

**Team Camp:** Teams may camp in the grass area immediately behind the new video screen. There will be no team camps inside the new practice track.

**Warm up Area:** All athletes will warm up on the new practice track. There will be no warm-up permitted on the regular stadium track.

**Clerk of the Course:** All athletes will enter to the course start line through the Clerk of the Course Gate at the Northwest corner of the practice track.

**Restrooms:** The new restrooms will be available at the stadium entrance and on both sides of the stadium at the south end of the stadium.

If you have any questions, please feel free to contact me at any time.  
Email: [torourke@mtsac.edu](mailto:torourke@mtsac.edu) Phone: 626-253-0693

Thank you,

Tim O'Rourke