

Ojai Invite (1.9 mile, 3 mile)

Saturday, Sept. 15 2018

Lake Casitas Park

11311 Santa Ana Road, Ventura, CA 93001

Race Day:

- Bus drives away at 5:45am; be at school, dressed in your warmups no later than 5:40am
- Course map: <https://www.youtube.com/watch?v=PhloRftju8g>
- Spectator info: \$10 entry fee for vehicles; [directions](#)
- Warm up starts promptly 45min before event w/group leaders in bold (leaders: gather your group 1hr before): 15min EZ jog as group; plyos together; flats on (if you have them); over to start line; 6x strides at line (6/10 loosen, 7/10 perfect form, 8/10 slight push, 9/10 good push, 7/10 perfect form, 6/10 loosen); stretch
- After event, cheer on teammates together from your event until all finish, cool down together (group leader will have distance), stretch together, led by leader, water, food, dry clothes on, THEN cheer AS A GROUP
- The bus will likely return to Peninsula around 1-2pm.

Race Day Rules:

- We stick together as a team. If you haven't raced yet, you're under the tents, working on homework, resting, listening to music, hanging out with teammates. If you go to the restroom, go with a teammate and come right back. Before your event is not the time to run around and cheer, the best way to help your teammates is resting. Other teams may have individual runners wandering around, seeing friends from other teams, NOT US!
- If you're done racing, you are with all of the other Panthers who have finished, cheering on your teammates who are running AS A BIG GROUP! Not in pairs or by yourself. Find your group leader and stick with them.

Girls' Races	Runners
8:55am Girls 3mi	All female non-new runners, led by Kate Martino
10:00am Girls 1.9mi	All new female runners, led by Diana Kalantar

Boys' Races	Runners
9:30am Boys 3mi	All male non-new runners + Cody, Aiden, led by David Hindman
10:25am Girls Boys 1.9mi	All new male runners, led by Elijah Ding

Nutrition Plan:

- HYDRATE, HYDRATE, HYDRATE - ALL DAY FRIDAY, ALL DAY SATURDAY!
- FRIDAY NIGHT – EAT SOMETHING YOU USUALLY DO, BUT EAT A LOT (EVEN IF YOU'RE NOT HUNGRY)
- SATURDAY MORNING - EAT A GOOD BREAKFAST (OATMEAL, CEREAL, BAGEL, ETC)
- PACK A SNACK FOR LATER (EVEN IN YOU'RE NOT HUNGRY)
- EAT YOUR SNACK AROUND 2HRS. BEFORE YOUR EVENT
- IMMEDIATELY AFTER COOLDOWN, START RE-HYDRATING, EAT SOMETHING; THE LONGER YOU TAKE AFTER YOUR EVENT TO EAT AND DRINK, THE MORE DAMAGE YOU'RE DOING TO YOUR BODY