**Nike Pre-Nationals 3000m 9/27/14**

7:00 – Arrive at the course and find check-in. Pick up packet and any other info you need. The course will be open for walking and warming up until 8:00. As I am writing this the forecast says rain Tues. – Thur. and not Saturday, but that could change. Temperature at time of race should be around 60 degrees.

7:45 – 1. 10 minute warm up run, with sweats on, on solid ground (not muddy or squishy if possible).

2. Get your racing shoes on with timing chip tied into laces and tape around mid-foot.

3. Drills, take your time, keep your sweats on.

4. Head to start 15 minutes before the start (8:15) with sweats on if possible. Starting line is first come first serve. See if you can keep sweats on for strides, then hand them off to your mom.

8:30 – Middle School Girls Race 3000m

**Quotes By Prefontaine**

"Somebody may beat me, but they are going to have to bleed to do it."

"Don't let fatigue make a coward of you."

"Don't be afraid to give up the good to go for the great."

"Something inside of me just said, 'Hey, wait a minute, I want to beat him,' and I just took off."

"I don't just go out there and run. I like to give people watching something exciting."

"To give anything less than your best is to sacrifice the gift."