

# TIPS FOR THE RACE SPECTATORS

Attending races or “invitationals” as they’re often called, can be overwhelming for new fans. Here are some tips for how to survive and enjoy watching and cheering on your favorite runners.

1. Invitational Websites: Most invitationals have websites which provide useful information for spectators. On our team website under the “Schedule and Meet Info” tab, there will be a link to each invitational website if one is available. From there you can find such information as a course map, race schedule for the day, and parking information. Sometimes there is a parking fee and this is good to know ahead of time especially, for example, if only cash is accepted.
2. Parking: Parking at invitationals is always tough because of the large number of participating schools. You may have to park quite a distance away from the entrance, so plan on arriving early. Races generally start on time.
3. Look for our Los Al EZ Up: Once you park and find your way into the race area, look for our large red EZ Up which we use as a homebase among the sea of numerous other team EZ Ups spread out around the starting line. This is where you are likely to find your runner if he/she is not warming up or racing. The Boosters set out food and water under the EZ Up and coaches use this as a homebase for runners to meet and catch some shade.
4. Wear Comfortable Shoes: You will probably do a lot of walking. First, you may need to walk from your car to the entrance of the race area and you may need to park far away. Then you may walk to various parts of the course to cheer as our runners go by. Lastly, you will need to walk back to your car.
5. Be Prepared to be in the Sun: Because of the time of year and locations, invitationals are mostly hot and sunny. Hats, visors, sunglasses and sunscreen are good to have on hand.
6. Food: Sometimes the invitational host brings in food vendors, but not all the time. So, it’s a good idea to bring your own snacks and drinks. Athletes always have access to healthy snacks and water that we have available for them at the team EZ Up.
7. Leaving with your Athlete: Your athlete will always have a ride back to LAHS on the team buses after the race, but you may also take your athlete home directly from the invitational. Your athlete needs to check out with a coach before leaving.