GENEVA VIKINGS CROSS COUNTRY
GENEVA HIGH SCHOOL

Race Information for Saturday September 19th
Peoria Notre Dame Invitational
Richard Spring Memorial

Bus leaves at 5:15 am – Arrive at GHS by 5:00 am

Directions: Rt. 47 south to Rt. 71, Rt. 71 south to I 80, I 80 west to I 39, I 39 south to Rt. 17, Rt. 17 west to Rt. 29, Rt. 29 south to Detweiller Park. Detweiller Park is on the west side of Rt. 29. There is parking north and south of the park.

This is about a 3 hour bus ride. You might want to bring a pillow or blanket so you can sleep on the ride there.

We will be stopping somewhere on the way home to stop for something to eat. Please bring some money if you want to purchase something or other food if you don't want to.

F/S Girls	Varsity Girls	Open Girls	Varsity Boys	F/S Boys	Open Boys
9:00	9:40	10:20	11:00	11:40	12:20
3.0 miles	3.0 miles	3.0 miles	3.0 miles	3.0 miles	3.0 miles
Nikolic	**Altmayer**	**Andersen**	Dau	Kredell	**Creger, Scott**
Zimny	McDonnell	Allon	**Caskey**	**Montgomery**	Doyle
Belzer	Belanger	Carbray	Andrews	Cordogan	Creger, D
Capatan	Christy	Happold	Tracey	Bach	Reed
Trout	McSpadden	Laserna	Creger, Steve	Hoskins	Siegele
Chahill	Nowak, M	Koskiewicz	Rodgers	Clancy	Dutton
McIlrath	McQueeny	Kobleur	Desens	Webster	Gonnerman
Mackowski	Neville	Nowak, C	Evans	Fioresi	Chaffee
Mehren	Higgins	Stolfe	Kuehl	Fogel	Ralston
Ruane	Dudman		Anderson	Hall	Brennan
					Moravec
					Veloz
		Bold = Group Leader			

All boys teams along with those not competing will load the buses at GHS and set up at the meet. All girls teams along with those not competing will take everything down after the meet, load the buses and put everything away at GHS.

There will not be an awards ceremony.
Girls not competing: Thomson, Caskey, Mozden, Laduzinsky, McCormick, Clancy, Clohecy, Nusser, Ehrhardt, Donohue
Boys not competing: Costabilo, Carr-Clennon, Ryan, Glyzewski, Hall, Novy

Remember to choose your battles and make your workouts count. The payoff will come!

It's not the hours you put in . . . . It's what you put into the hours

You can't make positive gains by doing less

Our greatest glory is not in never failing but in rising up every time we fail.