

# *GENEVA VIKINGS CROSS COUNTRY*

## *GENEVA HIGH SCHOOL*

Race Information for Saturday September 26<sup>th</sup>  
 Rock River Run Invitational, Woodlawn School, Sterling, IL

Bus leaves at 6:30 am – Arrive at GHS by 6:15 am

Directions: I88 West to Exit 41 (Rt. 40 Sterling/Rockfalls) North over bridge (Rock River) get in right lane, North onto Rt. 2 to Woodlawn Rd in Sterling (Look for McDonalds, Subway, Prescott's Appliances, a Cemetery). Turn right on Woodlawn Rd. to Woodlawn School on the right. The course is behind the school.

We will not be stopping to eat after the meet. You may want to bring something to eat after you cool down from your race but you cannot eat on the buses.

Those that are not competing will load the buses and set up at the meet and will take everything down after the races, load the buses and put everything away when we return to GHS.

Varsity Girls 10:00 3.0 Miles			Varsity Boys 10:30 3.0 Miles		
<b>Nowak, M</b>	Allon	Koskiewicz	<b>Creger, Steve</b>	Doyle	Gonnerman
Andersen	Higgins	McCormick	Evans	Creger, D	Ryan
Zimny	Happold		Kredell	Reed	Glyzewski
Belzer	Laserna		Creger, Scott	Siegele	Moravec
Dudman	Donohue		Anderson	Dutton	Novy
F/S Girls 11:00 3.0 Miles			F/S Boys 11:30 3.0 Miles		
<b>Trout</b>	McIlrath		Cordogen	Hoskins	
Capatan	Ruane		<b>Montgomery</b>	Webster	
Stolfe	Mackowski		Bach	Fioresi	
Nowak, C	Kobleur		Carr-Clennon	Fogel	
Cahill			Clancy	Hall	
<b>Bold names = Group Leaders</b>					

**Girls not competing:** Altmayer, McDonnell, Christy, Belanger, Neville, McSpadden, McQueeny, Caskey, Thomson, Nikolic, Mozden, Laduzinsky, Clancy, Clohec, Ehrhardt, Nusser, Carbray, Mehren

**Boys not competing:** Dau, Caskey, Andrews, Rodgers, Kuehl, Desens, Tracey, Chaffee, Costabilo, Brennan, Veloz

Awards Ceremony: 12:00

Team trophies: 1-5 for each race Individual medals: 1-30 for each race

We are 1 of 18 schools participating in this meet. Let's have a GREAT day!

**\*\*Regional/Sectional Information:** The Regional location is at Leroy Oaks in St. Charles on October 24<sup>th</sup>. The West Aurora Sectional will be held at the Stuart Sports Complex in Aurora on October 31<sup>st</sup>. Remember that whether you are competing or not, as a member of the team, you are expected to ride the team bus and attend both of these meets to support your teammates.

**"To Give Anything Less Than Your Best is to Sacrifice the Gift."**

*- Steve Prefontaine*