

# GENEVA VIKINGS CROSS COUNTRY GENEVA HIGH SCHOOL

Race Information for Saturday October 31<sup>st</sup>  
West Aurora State Sectional

Stuart Sports Complex, 38W585 Jericho Road, Aurora, IL

Buses leave at 7:30 am – Arrive at GHS by 7:15 am. Non runners load, unload, etc.

Directions: Randall Road south to Orchard Rd, Right (south) to Rt. 30, Right to park entrance by Montgomery Police Station and follow the roads to the north end of the park. Jericho Rd is closed to the north entrance of the park.

Parking: Is available throughout the Stuart Sports Complex in any lot.

Varsity Girls	Varsity Boys
10:00 - check in by 9:45	11:00 – check in by 10:45
3.0 Miles	3.0 Miles
<i>McKenzie Altmayer</i>	<i>Boon Andrews</i>
<i>Emily Belanger</i>	<i>Brian Caskey</i>
<i>Taryn Christy</i>	<i>Steve Creger</i>
<i>Emma Ehrhardt</i>	<i>Tyler Dau</i>
<i>Sophia McDonnell</i>	<i>Brian Kuehl</i>
<i>Emma McSpadden</i>	<i>Josh Rodgers</i>
<i>Mary Grace Neville</i>	<i>Jake Tracey</i>
Not competing but will run a time trial	Not competing but will run a time trial
<i>Paige Belzer</i>	<i>Scott Creger</i>
<i>Ally Dudman</i>	<i>Julian Desens</i>
<i>Molly McQueeny</i>	<i>Jordan Evans</i>
<i>Madeleine Nowak</i>	<i>Ryan Kredell</i>
<i>Holly Nusser</i>	<i>Cole Montgomery</i>

**Awards:** 11:45 or following the boy's race

Team: 1<sup>st</sup> Place Championship Plaque      Individual: 1-10 Medals in each race

Teams placing 1-5 qualify to the State meet on Saturday, November 7<sup>th</sup> at Detweiller Park, Peoria, IL.

The top 7 individuals not on the 5 qualifying teams or any individuals finishing in the top 10 overall will also qualify to State meet.

## It's All In A STATE Of Mind

If you think you are beaten, you are;  
If you think you dare not, you won't;  
If you like to win, but don't think you can,  
It's almost a cinch you won't.

If you think you'll lose, you're lost;  
For out in the world you'll find  
Success begins with a fellow's will;  
It's all in a STATE of mind.

For many a race is lost  
Before even a step is run,  
And many a coward falls  
Before even his work is begun.

Think big and your deeds will grow  
Think small and you'll fall behind;  
Think that you can and you will;  
It's all in a STATE of mind.

If you think that you are out-classed, you are;  
You've got to think high to rise;  
You've got to be sure of yourself before  
You can ever win a prize.

LIFE'S BATTLES DON'T ALWAYS GO  
TO THE STRONGEST OR FASTEST  
BUT SOONER OR LATER, THE ONE WHO WINS  
IS THE ONE WHO THINKS HE CAN