

GENEVA VIKINGS CROSS COUNTRY GENEVA HIGH SCHOOL

Race Information for Saturday September 24th Rock River Run Invitational, Woodlawn School, Sterling, IL

Bus leaves at 5:30 am – Arrive at GHS by 5:15 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 and the F/S teams will load the buses and set up at the meet. Those not competing and the Varsity teams will take everything down after the races, load the buses and put everything away when we return to GHS.

Varsity Girls 9:00 3.0 Miles			Varsity Boys 9:30 3.0 Miles		
Eharhardt	Mozden		Dau	Bach	Davis
McDonnell	Dudman		Rodgers	D Creger	Siegele
Larsen	Allon		Kredell	Cordogan	Clancy
Trout	Thomson		Kuehl	Hoskins	Moravec
Belanger	Moncrieff		Montgomery	Fioresi	Chaffee
Neville	Koskiewicz		S Creger	Mitchel Dutton	
Caskey			Carr-Clennon	Fogel	
F/S Girls 10:00 3.0 Miles			F/S Boys 10:30 3.0 Miles		
Calabrese	Belzer	Ruane	Slokenbergs	Thomson	Schwardt
Stolfe	Mcllrath	Goers	Tegge	Hall, M	Chadwell
McVey	Nitschke		Cesarone	Dutton, Matt	Webster
Foley	Nowak		Palmquist	Dewey	
Bold names = Group Leaders					

Girls not competing: Brolly, Christy, Nusser, Zimny, Cahill, Higgins

Boys not competing: DeMarco, Ryan, C Hall, Legenski, Evans, Beck

Awards Ceremony: 11:00 or after results from the F/S Boys race are complete

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

We are 1 of 20 schools participating in this meet. Let's have a GREAT day!

“To Give Anything Less Than Your Best is to Sacrifice the Gift.”

“A race is a work of art that people can look at and be affected in as many ways as they're capable of understanding”

Both quotes by: - *Steve Prefontaine*