

**GENEVA VIKINGS CROSS COUNTRY  
GENEVA HIGH SCHOOL**

**Race Information for Saturday, August 19<sup>th</sup>  
Kristoffer Larson Memorial Intra-Squad Meet  
Leroy Oaks Forest Preserve, Dean St., St. Charles**

**Provide your own transportation – Meet by the Barn by 6:30 am**

<b>Girls Red</b>	<b>Girls White</b>		<b>Girls</b>
<b>8:15 am</b>	<b>8:15 am</b>		<b>Not</b>
<b>3.0 Miles</b>	<b>3.0 Miles</b>		<b>Competing</b>
Larsen	Brolly		McDonnell
Belanger	Christy		McVey
Nusser	Hasty		Nowak
Nikolic	Laukaitis		Balc
Caskey	Pratt		
Mozden	Zimny		
Trout	Foley		
Stolfe	Belzer		
McIlrath	Cahill		
Moncrieff	Ruane		
<b>Boys Red</b>	<b>Boys White</b>	<b>Boys Blue</b>	<b>Boys</b>
<b>7:30 am</b>	<b>7:30 am</b>	<b>7:30 am</b>	<b>Not</b>
<b>3.0 Miles</b>	<b>3.0 Miles</b>	<b>3.0 Miles</b>	<b>Competing</b>
Rodgers, J	Kredell	Hoskins	Calusinski
Fogel	Slokenbergs	Montgomery	Fioresi
Cordogen	Carr Clennon	Cesarone	Chadwell
Dewey	Rodgers, T	Bach	
Walinder	Archibald	Roeder	
Caballero	OConnell	Clancy	
Beck	Palmquist	Olenek	
DeMarco	Coats	Webster	
Hall	Styrna	Zimmerman	
Branstad		Coronado	
Gomez			

**Teams need to select a Team Leader and let Coach Thomson know**

Directions: Leroy Oaks Forest Preserve, St. Charles

Randall Rd. north to Dean St. turn east (left, up hill) to Forest Preserve entrance on the right about ¾ of a mile. You may not park in the Nature Center parking lot. Park by the barn or lower lot.

**Following the races, we will cool down (1/2 the course) and stretch as a team.**

**The boy's team will need to be ready and on the course at your marshal assignments for the Big Heart 5K that begins at 9:00 am.**

**We will need some parental help in running this meet so please feel free to volunteer.**

**Have Fun and try to dress in team colors! Don't forget the team breakfast at the pavilion following the Big Heart 5K.**

**Everyone has done a great job in preparing for this, our first test. Best of luck and don't be afraid to test your limits. GO VIKINGS!**

"Every morning in Africa a gazelle wakes up. It knows it must move faster than the lion or it will not survive. Every morning a lion wakes up and it knows it must move faster than the slowest gazelle or it will starve. It doesn't matter if you are the lion or the gazelle, when the sun comes up, you better be moving."  
– Maurice Greene