

# *GENEVA VIKINGS CROSS COUNTRY*

## *GENEVA HIGH SCHOOL*

### Race Information for Saturday September 16<sup>th</sup> Peoria Notre Dame Invitational - Richard Spring Memorial

Arrive at GHS by 5:00 am - Buses will leave as soon as possible when everyone arrives

**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 not be stopping on the way home for food. Please bring something to eat. Please do not eat on the buses. This is a bus company rule.

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
Hasty	McDonnell	Moncrieff	Rodgers, J	Dewey	Cordogan
Pratt	Larsen	Ruane	Kredell	Palmquist	<b>Fioresi</b>
Laukaitis	<b>Christy</b>		<b>Montgomery</b>	<b>Slokenbergs</b>	Walinder
	Brolly		Hoskins	Archibald	O'Connell
	Caskey		Carr Clennon	Rodgers, T	Beck
			Cesarone	Caballero	Olenek
			Bach	Roeder	Clancy
					Coronado
					Chadwell
					Webster
					Coats
					DeMarco
					Styrna
		<b>Bold = Group Leader</b>			Hall
					Branstad
					Gomez

There will not be an awards ceremony.

**Girls not competing:** Nusser, Belanger, Zimny, Mozden, Nikolic, Trout, Foley, Belzer, McVey, Balc, Stolfe, McIlrath, Nowak, Cahill, Calabrese

**Boys not competing:** Fogel, Zimmerman, Calusinski

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.

Those that provided notes to ride home with their parents may not leave until the conclusion of the meet and after the bus has been loaded. Please sign out with a coach prior to leaving.

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.