

GENEVA VIKINGS CROSS COUNTRY *GENEVA HIGH SCHOOL*

Race Information for Saturday September 23rd
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		
McDonnell	Caskey	Belzer	Kredell	Fogel	Clancy
Christy	Nikolic	Cahill	Montgomery	Cordogan	Hall
Hasty	Trout	Moncrieff	Hoskins	Fioresi	Webster
Brolly	Belanger	Ruane	Bach	O'Connell	
Mozden			Cesarone	Walinder	
			Carr Clennon	Olenek	
F/S Girls 10:00 3.0 Miles			F/S Boys 10:30 3.0 Miles		
Laukaitis			Rodgers, T	Beck	DeMarco
Pratt			Archibald	Roeder	Styrna
McVey			Caballero	Coats	Zimmerman
			Calunsinski	Chadwell	Gomez
Bold names = Group Leaders					

Girls not competing: Larsen, Nusser, Zimny, Balc, Foley, McIlrath, Stolfe, Nowak

Boys not competing: Rodgers J, Slokenbergs, Dewey, Palmquist, Coronado, Branstad

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 22 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*

"Success is measured by your racing time, not your training mileage"

- *Unknown*