

**GENEVA VIKINGS CROSS COUNTRY  
GENEVA HIGH SCHOOL**

**Race Information for Saturday, August 18<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 Blue</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>
<b>McDonnell</b>	<b>Larsen</b>		Nowak
Belanger	Hasty		Stolfe
Pratt	Ryan		
Ramirez	Stone		
McVey	Longo		
Mehren	Laukkaitis		
Balc	Foley		
Cahill	Zimny		
	Nikolic		
<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>
<b>Kredell</b>	Calusinski	Slokenbergs	Keen
Roeder	Palmquist	<b>Cesarone</b>	
Thomson	Coats	Ahern	
Coronado	<b>Olenek</b>	Beck	
Caballero	Archibald	Webster	
Chadwell	Branstad	Walinder	
Drexler	Zimmerman	DeMarco, R	
Ratliff	Lehman	Kroeyr	
DeMarco, B		Wesely	

**Bold Name = Team Leader**

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  $\frac{3}{4}$  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 team will need to be ready to help where needed 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 lunch/pool party at the Branstad's following the Big Heart 5K at 12:30.**

**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