

GENEVA VIKINGS CROSS COUNTRY GENEVA HIGH SCHOOL

Race Information for Saturday September 22nd
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		
McDonell	McVey	Cahill	Calusinski	Roeder	Chadwell
Larsen	Foley		Slokenbergs	Beck	Delescaut
Hasty	Mehren		Cesarone	R. DeMarco	
Pratt	Nikolic		Palmquist	Olenek	
Belanger	Nowak		Walinder	Webster	
F/S Girls 10:00 3.0 Miles			F/S Boys 10:30 3.0 Miles		
Stone	Ryan		Keen	Drexler	Kroeyr
Ramirez	Balc		Archibald	Branstad	
Laukaitis			Coats	Wesely	
Longo			Coronado	Ratliff	
Bold names = Group Leaders					

Girls not competing: Mathena, Zimny

Boys not competing: Ahern, B.DeMarco, Zimmerman, Lehman, Thomson, Kredell, Caballero

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*