

**GENEVA VIKINGS CROSS COUNTRY
GENEVA HIGH SCHOOL**

Race Information for Saturday October 20th
State Regional – Hosted by Hampshire H.S.
Hampshire High School, Hampshire, IL

Buses leave at 12:00 noon – Arrive at GHS by 11:045 am. Non runners load, unload, etc.

Directions: 1600 Big Timber Rd., Hampshire. Rt 64 west to Burlington Rd., right to Rt 47 north, to US 20 W, to Big Timber, left on Big Timber to Hampshire HS.

Parking: Ample parking is available on the HS campus and on the adjacent elementary school campus.

Varsity Girls	Varsity Boys
2:00 3.0 Miles	3:00 3.0 Miles
<i>Sophia McDonnell</i>	<i>Ryan Kredell</i>
<i>Andrine Larsen</i>	<i>Ben Calusinski</i>
<i>Lauren Hasty</i>	<i>Valdis Slokenbergs</i>
<i>Sarah Pratt</i>	<i>Kellen Cesarone</i>
<i>Kayla Stone</i>	<i>Eric Palmquist</i>
<i>Emily Belanger</i>	<i>Colby Coronado</i>
<i>Lily Ryan</i>	<i>Logan Keen</i>
Alternates	
<i>Andrea Ramirez</i>	<i>Xander Thomson</i>
<i>Skylar Zimny</i>	<i>Isaiah Roeder</i>
<i>Julianna Longo</i>	<i>Aaron Beck</i>
<i>Shannon Laukaitis</i>	<i>Nathan Lehman</i>
<i>Grace Foley</i>	<i>Jacob Caballero</i>
<i>Vivi Mehren</i>	<i>Adam Coats</i>
<i>Abby McVey</i>	<i>Ryan DeMarco</i>

Awards

Ceremony: Approximately 3:45

Team: 1st Place Championship Plaque Individual: 1-5 Medals in each race

Teams placing 1-6 advance to the State Sectional meet on Saturday, October 27th at Waubonsie Valley HS in Aurora.

The top 5 individuals not on the 6 qualifying teams will also advance to State Sectional meet.

Source of quotes are unknown:

"There will always be a point in the race where you have to decide if you really want it."

"When you finally think, say, feel, and decide you can, strange miracles start to happen."

"Let us run with endurance the race that is set before us."

"It's rude to count the people you pass. Out loud."

"Your biggest challenge isn't someone else. It's the ache in your lungs and the burning in your legs, and the voice inside you that yells "can't", but you don't listen. You just push harder, and then you hear the voice whisper "can" and you discover that the person you thought you were is no match for the one you really are."