

GENEVA VIKINGS CROSS COUNTRY GENEVA HIGH SCHOOL

Race Information for Saturday October 27th Waubonsie Valley High School State Sectional Waubonsie Valley HS, 2590 Ogden Ave., Aurora, IL

Buses leave at 8:15 am – Arrive at GHS by 8:00 am. Non runners load, unload, etc.

Directions: Kirk Rd. south to Butterfield Rd. (Rt. 56), east to Eola Rd., south to Stadium Dr.
Waubonsie Valley HS is on the northwest corner of Ogden Ave. and Eola Rd.

Parking: Spectators will park in the parking lot next to the tennis courts and soccer field off of Eola Rd. All overflow spectators parking will be directed to an off-site parking location.

| Varsity Girls - Box 14 | Varsity Boys - Box 5 |
|--------------------------|---------------------------|
| 10:30 - check in 10:15 | 11:30 - check in 11:15 |
| 3.0 Miles | 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>Emily Belanger</i> | <i>Kellen Cesarone</i> |
| <i>Sarah Pratt</i> | <i>Eric Palmquist</i> |
| <i>Kayla Stone</i> | <i>Colby Coronado</i> |
| <i>Lily Ryan</i> | <i>Xander Thomson</i> |
| Alternates | |
| <i>Andrea Ramirez</i> | <i>Logan Keen</i> |
| <i>Julianna Longo</i> | <i>Isaiah Roeder</i> |
| <i>Shannon Laukaitis</i> | <i>Aaron Beck</i> |
| <i>Skylar Zimny</i> | <i>Nathan Lehman</i> |
| <i>Grace Foley</i> | <i>Jacob Caballero</i> |
| <i>Abby McVey</i> | <i>Adam Coats</i> |
| | <i>Ryan DeMarco</i> |

Award Ceremony: 12:30 in the field house following the conclusion of the Boy's race.

Team: 1st Place Championship Plaque Individual: 1-10 Medals in each race

Teams placing 1-5 qualify to the State meet on Saturday, November 3rd at Detweiller Park, Peoria, IL.

The top 7 individuals not on the 5 qualifying teams or any individuals finishing in the top 10 overall will also qualify to State meet.

It's All In A STATE Of Mind

If you think you are beaten, you are;
If you think you dare not, you won't;
If you like to win, but don't think you can,
It's almost a cinch you won't.

If you think you'll lose, you're lost;
For out in the world you'll find
Success begins with a fellow's will;
It's all in a STATE of mind.

For many a race is lost
Before even a step is run,
And many a coward falls
Before even his work is begun.

Think big and your deeds will grow
Think small and you'll fall behind;
Think that you can and you will;
It's all in a STATE of mind.

If you think that you are out-classed, you are;
You've got to think high to rise;
You've got to be sure of yourself before
You can ever win a prize.

LIFE'S BATTLES DON'T ALWAYS GO
TO THE STRONGEST OR FASTEST
BUT SOONER OR LATER, THE ONE WHO WINS
IS THE ONE WHO THINKS HE CAN.