

GENEVA VIKINGS CROSS COUNTRY

St. Charles North North Star Invitational – Saturday, Oct 5th

LeRoy Oakes, St. Charles, IL off of Dean St.

Bus leaves at 7:15 am – Plan to arrive earlier around 7:00

Directions: Please see GVXC.net for or click [HERE](#) for directions. Click [HERE](#) for course map.

Teams Competing: Geneva, Addison Trail, Batavia, Belvidere North, Bolingbrook (girls), Cary Grove, Downers Grove North (girls), Elgin (girls), Glenbard North (boys), Hersey (girls), Huntley, Jacobs, Jones College Prep, Lincolnway Central (girls), Lyons, Marmion (boys), Metea Valley, Naperville Central (boys), New Trier (boys), Prairie Ridge (boys), Sandburg (boys), South Elgin, St. Charles East (boys), Streamwood, Waubonsie Valley (boys), West Aurora, WWS (boys), and Winnebago (girls).

Team Awards: Varsity – 1st, 2nd, and 3^d F/S – 1st and 2nd Open 1st only.

Individual Awards: Varsity 1st – 25th Medals F/S and Open 1st – 10th medals 11th – 25th ribbons.

Girls' Varsity	Boys' Varsity	Girls' F/S	Boys' F/S	Girls' Open	Boys' Open
9:00 am	9:30 am	10:00 am	10:30 am	11:00 am	11:30 am
3 miles	3 miles	3 miles	3 miles	3 miles	3 miles
Lauren Hasty	Isaiah Roeder	Julianna Longo	Brady Ahern	Tessa Balc	Eric Palmquist
Sarah Pratt	Tim Archibald	Andrea Ramirez	David Roeder	Abby McVey	Aaron Beck
Lily Ryan	Colby Coronado	Becca Spezzano	Anthony Ross	Grace Foley	Xander Thomson
Kayla Stone	Valdis Slokenbergs	Yamilet Hernandez	Jack Kuehl	Julie Ori	Josh Branstad
Mckenna Mertes	Adam Coats	Grace Caskey	Caleb Walton		
Elise Waldchen	Jacob Caballero	Alondra Mathena	Anthony Graske		
		Claire Jennings	Adam Drexler		
			Ben DeMarco		
			John D'Andrea		
			Evan Kirby		
			Matt Ratliff		
			Tyler Gross		
			Justin Huynh		

Bold names – Group Leader

Girls not competing – Andrine Larsen (SAT), Caitlin Gallagher (split sheets),

Boys not competing – Tyler Silverman (SAT), Connor Chadwell (SAT), Logan Keen (Safety course), Ryan DeMarco (equip bag), Noah Sparna (equip bag), Nathan Lehman (split sheets), Ben Calusinski (split sheets).

Once again due to rain and mud, the invite this week will not be on times as much but rather about racing the competition and pushing your own personal limits. They have even changed the course to allow for better running conditions, and I'm sure to also save the course from getting too torn up by hundreds of runners. The first mile is basically the same, and there are now two 1.5 mile loops to run. Please see the linked map for the mile markers.

I thought we did a great job embracing the muddy challenge last week, and I know we can continue to do that again this week. We are very familiar with LeRoy Oakes, and that should also help. I expect this meet to be very competitive as there are a lot of quality teams here as well, but if we bring the same mentality as last week, we will do very well.

A lot about racing, training, and life in general is dealing with setbacks, obstacles, or imperfect situations that we can't control. While these imperfections are often the same for many people, how we deal with them is the difference. You may not be able to control the conditions, but you can control your response. Don't let these obstacles be your limitations, instead let them fuel your fire to do your best and give it 10 hard strides!

Run Happy!

- Coach Raak