

GENEVA VIKINGS CROSS COUNTRY

Girls home @ Burgess Field against Lake Park

Boys away @ Lake Park HS – East Campus

Competing teams: Geneva vs Lake Park

Bus time: Boys Buses – 2 leave at 3:05 and one around 3:15 or as soon as it arrives.

Girls meet at the water tower at 3:15

Spectator Policies for Lake Park

- All spectators must complete a certification on site and will be issued a wristband to identify them as a spectator.
- All spectators must wear a mask at all times and maintain appropriate social distance at all times.
- Spectators must stand in areas designated for spectators and are asked not to come into areas **designated for athletes and coaches.**

*****There will just be 1 boys' race – different colors are for the different buses we will be taking. The race will begin as soon as we are ready depending on when the buses arrive and traffic.**

Girls' Race	Boys' "A" Race	Boys' "A" Race
4:30pm	4:30pm	4:30pm
3 miles	3 miles	3 miles
Lila Storaasli	Andrew Warcup	Tyler Silverman
Tessa Balc	Skylar Simon	Jack Riviere
Julie Ori	Evan Kirby	Owen Kroeyr
Sophie Coronado	Jack Kuehl	Jackson Avery
Grace Caskey	Caleb Walton	Anthony Graske
Piper Rapinchuck	John D'Andrea	Cameron Lotspeich
??Alondra Mathena??	Adam Drexler	Quinlan Bobeczko
Claire Jennings	Luke Cerwin	Ben Lutzow
	Gabriel Hubbartt	Landon Zimny
	Jacob Caballero	Matt Ratliff
	Josh Branstad	James Mosciano
	Brady Stoermer	Ben DeMarco
	Noah Fay	Owen Reid
	Tyler Gross	Charlie Faith
		Cameron Myatt

Bold names – Group Leaders

Non-runners: Girls: Chloe Daly, Elise Waldchen, and Drea Ramirez

Boys: Nathan Beck

For some this race marks the end of a season. For all this race marks another opportunity to test your limits and see what your body can do. No matter what, be sure to race with abandon and to not hold anything back. Although you have been pushing yourself to the max every race, every week, I'm going to ask you to look inside yourself and dig a little deeper a little longer. You never know how far you can go until you risk going too far. Take that risk this week and go for it. Win or lose, you can always look back and be proud that you risked failure for a chance at greatness! If you need a little more motivation, check this [VIDEO](#) of American distance running icon Steve Prefontaine running in the 1972 Olympic 5k. Although he may not have come home with a medal, his effort made the race what it was as the top guys were throwing sprint after sprint after each other in the last 2 laps.

"To give anything less than your best is to sacrifice the gift." - Steve Prefontaine

Seize the Day, Seize the Run, and Run HAPPY!

Coach Raak