

GENEVA VIKINGS CROSS COUNTRY
Kane County Invitational – Saturday, August 28th
Settler's Hill near the Ice Arena and Kane County Cougars Stadium
Bus leaves at 6:40. Plan to arrive earlier, around 6:30

Parents, please park in the Kane County Cougars parking area off of Kirk Rd. Allow for a ½ mile walk or so to the course, on top of the hill for best viewing. Although spectators are free, they are asking for \$3 and \$1 donations to help maintain the course. Meet t-shirts will also be available to buy.

Competing Teams: Geneva, Aurora Christian, Batavia, Burlington Central, Dundee-Crown, Elgin Academy, Elgin HS, Hampshire, Kaneland, Larkin, South Elgin, St. Charles East, St. Charles North

Girls' & Boys' Open	Girls' F/S & Varsity	Boys' F/S & Varsity	Boys' F/S & Varsity	Boys' F/S & Varsity	Boys' F/S & Varsity
8:00 am	8:30 am	9:00 am	9:00 am	9:00 am	9:00 am
2.4 miles	3 miles	3 miles	3 miles	3 miles	3 miles
Claire Jennings	Julianna Longo	Jackson Avery	Ben Fugman	Brady Ahern	John D'Andrea
Alondra Mathena	Andrea Ramirez	Nathan Beck	Luke Gaston	Ben DeMarco	Noah Fay
Elise Waldchen	Lily Ryan	Charlie Faith	Julian Hipp	Adam Drexler	Evan Kirby
Evelyn Gaytan	Grace Caskey	Gabe Hubbartt	Andrew Hosman	Owen Kroeyr	Jack Kuehl
Kady Ketzell	Caitlin Gallagher	Cam Lotspeich	Ryan Kelly	Nathan Lehman	David Roeder
	Yamilet Hernandez	Ben Lutzow	Noah Martin?	Luke Cerwin	Anthony Ross
	Mckenna Mertes	Owen Reid?	Dontre McClose	Matt Ratliff	Caleb Walton
	Agnes Bolender	Brady Stoermer	Matt Ortiz		Andrew Warcup
	Sarah Hahn	Quentin Yung	Dominic Ross		
	Corinne Stanuch	Josh Avery	Dominic Severese		
	Lila Storaasli	Brandon Beck	Ian Sofiak?		
	Lauren Verdecchia	Aidan Cook	Ben Wagner		
	Alana Cielo	Daniel Davis	Patrick Waldchen?		
	Mia Glasgow	Alex Falco	Robby Youngquist		
	Zoey Silha				

Bold names – Group Leader

Girls not competing – Becca Spezzano, Kelsey Olson, Sophie Coronado

Boys not competing – Thor Eysturlid, Wyatt Gross, James Mosciano, Marcio Parente Filho, Sami Saliby

This is the first meet ever on the new Settler's Hill course, and you are part of something special! This is also our first opportunity to compete in an actual invitational, and this is a quality meet to kick things off on a legit course! I'm sure everyone will be equally excited and nervous for this first event. This is a normal feeling and to be expected. Just know that everyone else on the line feels the same, and that now is the moment to trust in your training and to remember that you are not out there alone. You have teammates and coaches to encourage and support you in this effort.

With this being the first race of the season, let's make sure to set a positive tone for the season. **Group leaders**, make sure you live up to the responsibility of managing not only yourself, but all others in your race group as well. You will be expected to follow the planned warmup routine and to make sure that no one is left behind.

For your first race of the season and with the heat, make sure to **BE PATIENT** and to run within yourself for the first mile. Seriously, run the first mile easier than you think you should. It's very easy to get caught up in the excitement of the start and to go out too hard. Be patient and remember that it's a three mile race. For this race, I want it to be a goal to **NOT GET PASSED** after the first mile. I want us to run smart and do the passing. This course should be wide enough to allow for plenty of mid race passing. Even if that means you think you have too much left at the end, that's fine for the first race. There is plenty of time after the mile to make up ground on those who have gone out too hard early in the race. When you see a hill, smile a little to yourself, as you know that you are prepared for them. They are not going to be easy, but you have prepared and are ready for the challenge. Give it your best, and no matter what you can be satisfied with your effort.

Run Smart, Run Fast, Run HAPPY!

- Coach Raak