

# **GENEVA VIKINGS CROSS COUNTRY**

**Settler's Hill near the Ice Arena and Kane County Cougars Stadium**

**Bus leaves at 7:00. Plan to arrive earlier, at 6:50**

*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.*

*Competing teams: Geneva, Batavia, Barrington (G), Bartlett, Bennett Academy (G), Crystal Lake Prairie Ridge, Downers Grove North (B), Glenbard North (B), Huntley, Jacobs, Marmion (B), Rosary (G), St. Charles East, St. Charles North, Waubonsie Valley, Wheaton North (G), and York (G).*

Girls' Open	Boys' Open	Girls' F/S	Boys' F/S	Boys' Varsity	Girls' Varsity
8:30 am	8:30 am	9:00 am	9:00 am	9:30 am	10:00 am
2.4 miles	2.4 miles	3 miles	3 miles	3 miles	3 miles
Elise Waldchen	<b>Matt Ratliff</b>	Alana Cielo	Julian Hipp	<b>Nathan Lehman</b>	Mckenna Mertes
<b>Andrea Ramirez</b>	Noah Fay	Mia Glasgow	<b>Brady Stoermer</b>	<b>Brady Ahern</b>	<b>Lily Ryan</b>
Yamilet Hernandez	Dontre McClose	Kady Ketzal	Dominic Ross	Andrew Warcup	Lauren Verdecchia
Grace Caskey	Charlie Faith	Zoey Silha	<b>Jackson Avery</b>	Jack Kuehl	Agnes Bolender
Claire Jennings	Nathan Beck		Luke Gaston	Anthony Ross	Becca Spezzano
<b>Alondra Mathena</b>	Ben Fugman		Gabe Hubbartt	David Roeder	<b>Kelsey Olson</b>
Evelyn Gaytan	Aidan Cook		Dominic Savarese	Adam Drexler	<b>Julianna Longo</b>
	Ben Wagner		Ben Lutzow	Evan Kirby	
	Patrick Waldchen		Cam Lotspeich	<b>Owen Kroeyr</b>	
	Luke Cerwin		Matt Ortiz	Caleb Walton	
	Quentin Yung		Andrew Hosman		
	Brandon Beck		Ryan Kelly		
	Marcio Parente		James Mosciano		
	Thor Eysturlid				
	<b>Ben DeMarco</b>				
	Alex Falco				
	Josh Avery				

**Bold names – Group Leader**

Girls not competing – Corinne Stanuch, Lila Storaasli, Sophie Coronado, Sarah Hahn

Boys not competing – Sami Saliby, Noah Martin, Ian Sofiak, Daniel Davis, John D'Andrea, Robby Youngquist, Jackson Fuhrmann, Wyatt Gross, Owen Reid

Now we all have some meet experience to draw upon as we get ready for this 2<sup>nd</sup> invite of the season. We know what a race feels like, and we know how this course runs. Let's use that to our advantage. Think about how your race went last week, and what you want to try differently. Think about also what you want to do the same. All of these early season races are mini experiments so we can have things figured out for the final few races of the season that matter the most. Although I am not giving a specific race goal, I still want you to go in with a plan to implement this weekend. This week you can run free as you wish, as next week, we will have another racing goal to implement.

Also, let's remember that when we are racing we are not alone. We have teammates out there to run with, support, and encourage. Help out by encouraging others when you can, talk to each other during the race. Some races you might feel good and can encourage others, other races, someone else might help you out.

Group leaders, let's continue to get a good team warmup in following the outlined time schedule. We need to get to the start 15 min before the race to get checked in as well.

**If you run smart and run happy, you will run fast!**

- Coach Raak