

# **GENEVA VIKINGS CROSS COUNTRY**

**Sterling Rock River Run – Saturday, Sept 25<sup>th</sup>**

**Woodlawn Art Academy – Sterling, IL on Woodlawn Rd near Rte 2**

**Bus leaves at 6:15. Plan to arrive earlier around 6:00.**

*Teams competing: Geneva, Sterling, Belvidere, Belvidere North, Dixon, Eastland, Freeport, Hinsdale South (boys), Geneseo (boys), Hampshire, Harlem, Kaneland, LeSalle-Peru, Moline, Ottawa, Princeton, Rochelle, Rock Falls, Sandwich, Sycamore, UTHS, and Yorkville.*

*Awards: Team trophies for places 1<sup>st</sup> – 5<sup>th</sup>*

*Individual medals for places 1<sup>st</sup> – 30<sup>th</sup>*

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

## **Bold names – Group Leader**

Girls not competing – Sarah Hahn, Sophie Coronado, Isabelle Pietrucha, Lily Ryan

Boys not competing – Brady Ahern, Nathan Lehman, John D'Andrea, Noah Martin, Jackson Fuhrmann, Sami Saliby, Dan Davis, Andrew Hosman, Aidan Cook

We are fresh off a fantastic meet down at Peoria. While it might be hard to replicate the energy of a huge meet like we had last week, this is another great opportunity to compete and push yourself. The Sterling course is very similar to that of Detweiler Park. There are several big loops which allows for good spectating and consistency throughout the race. Given the smaller field (compared to last week) do your best to put yourself in a competitive position early while still pacing yourself and looking to move up later in the race.

My goal for all of you this week is to mentally prepare for **10 hard strides** at some point in the race when a coach calls it out. Simply doing 10 hard strides can help break you out of running rut and kick start your 2<sup>nd</sup> wind. It's a simple act that can make a big difference. Prepare yourself mentally for this, and no matter how you feel, be prepared to make it happen. If you can do this, then the mission of the race is accomplished. Think back to your workout this week with the challenge of doing core in between each rep. Think of how you overcame this challenge and stayed focused mentally with this. While difficult, you got through the workout, and you can get thorough tough spots in races as well.

Run Happy and Run Savage!!

- Coach Raak