

**GENEVA VIKINGS CROSS COUNTRY**  
**Royal/Cadet Invitational Saturday, Sept 10<sup>th</sup>**  
**Marmion Academy off Butterfield Rd.**  
**Bus leaves at 7:30. Attendance will be taken at 7:25**

Boys' Varsity		Boys' F/S	
9:30 am		10:30 am	
3 miles		3 miles	
Andrew Warcup	Owen Reid	Ryan Kelly	Chris Davis
Anthony Ross	James Mosciano	Luke Gaston	Mack Biesk
David Roeder	Ben Lutzow	Dom Stolarik	Lucas Oldham
Dominic Ross	Noah Fay	Patrick Waldchen	Marco Van Rensburg
Julian Hipp	Charles Hatton	Dominic Saverese	Ryan Welsh
Noah Martin	Nathan Beck	Matt Ortiz	Alex Falco
Evan Kirby??	Wyatt Gross	Tre McClose	Gaspar Estrada-Bravo
Jack Kuehl	Quentin Yung	Aidan Cook	Jackson Fuhrmann
Jack Riviere			Jackson Prindiville
Jackson Avery			Brandon Beck
Caleb Walton			
Cam Lotspeich			

**Bold names – Group Leader**

Boys not competing – Andrew Hosman, Brandon Schmidt, Josh Avery

This is a new course for many of you and it will be very important to get a good feel for the course layout. Please view GVXC.net for the course map. There is a big hill you run up twice and the downhill is very short and steep. There is also a big section out back where not many fans are. Find a landmark that will remind you to surge and keep up the pace even when tired. **Group leaders**, please ensure that your team follows the warmup plan and has the necessary course knowledge where the mile marks are and have seen the tough sections. This is your responsibility as a group leader.

For this meet, I want the team goal to be to **run as a pack**. Put away the watch and focus on the team. Team is very important to me, and I to continue to build this in practices and meets. This should also help take the pressure off an individual performance as you should be focused on competing with your teammates. I have highlighted the pack of people I want you to race with for this meet. You will need to communicate with your teammates before and during the race to check in and make sure that everyone is good with a pace to keep the pack together. This may mean you will have to adjust your racing strategy and possibly slow down to stay with your teammates. While this will feel like a personal sacrifice, it will benefit the team and give you another racing strategy. Often times, your first mile will not be that different than a teammate's, and you can also benefit from going out more conservatively and running with teammates. I want each of you to give each other a "Five" at the mile mark as you come across it together. The goal for this race will be to go through the first 2 miles together with teammates. Then, give you teammate another "Five" and if you are feeling good, you can really kick it in over the last mile of the race. See how fast some of you can go in that last mile. Together we can accomplish more than we can as individuals.

We have gained some experience so far with the first meet of the season, and let's use that this week as well. Let's keep things rolling as we get ready for another meet at a new course this weekend.

Run Together and Run Happy!

-Coach Raak