

GENEVA VIKINGS CROSS COUNTRY

Peoria ND - Richard Spring Memorial Invitational – Saturday, Sept 17th
Detweiller Park, Peoria, IL off of Rte 29
Boys Bus leaves at 6:45. Attendance will be taken at 6:40.

There will be over 75 teams competing and this is the state course, so it should be an exciting and fast meet to be part of. **You need to be to the start line 20-30 min prior to race start!** This is a mandate by the starters of this invitational

Varsity awards: 1-40 F/S awards: 1-25 Open awards: 1-10

Boys' Varsity	Boys' F/S	Boys' Open
10:50 am	11:25 am	12:00 pm
3 miles	3 miles	3 miles
Andrew Warcup	Noah Martin	Jack Riviere
Anthony Ross	Ryan Kelly	Jackson Avery
David Roeder	Luke Gaston	Cam Lotspeich
Dominic Ross	Dom Stolarik	Caleb Walton
Julian Hipp	Patrick Waldchen	Tre McClose
Jack Kuehl	Dominic Saverese	Andrew Hosman
Evan Kirby	Matt Ortiz	Mack Biesk
		James Mosciano
	Boys Open	Chris Davis
	Alex Falco	Lucas Oldham
	Quentin Yung	Owen Reid
	Ryan Welsh	Aidan Cook
	Jackson Fuhrmann	Marco Van Rensburg
	Brandon Beck	Ben Lutzow
	Jackson Prindiville	Noah Fay
	Josh Avery	Nathan Beck
		Gaspar Estrada-Bravo

Bold names – Group Leader

Boys not competing – Wyatt Gross, Brandon Schmidt, Charles Hatton

This is an exciting meet to be a part of with lots of quality teams and on the famous state course with lots of tradition and history. Each of you should be eager for this opportunity. You all have had a great week of practice and are primed for a solid race. You all have meet experience under your belts and have linked together days and weeks of solid training. After the long bus ride, be sure to get a good warmup in to shake the legs out. Be prepared for a fast start and for crowded conditions, but make sure that you run your own race. The race may go out fast, but the 2nd mile is where the cream rises to the top. Be prepared to make a push after the mile and continue to race strong. Even though the table is set for a fast race this weekend, it doesn't just magically take place. You need to make it happen. The race will still hurt, and you will need to find a way to push through. How bad do you want it? What is your higher motivation? Like Doc Holiday, have that attitude where you are ready to take on anyone and anything.

Going into this meet, be thinking: What has gone well in your first 2 races? What do you want to change? What is going to be your focus for this meet? What will keep you pushing in the middle when the going gets tough?

I look forward to seeing all of you compete, cheer on your teammates, and show the state what GVXC is all about.

Run Fast, Run Confident, and Run Happy!

Coach Raak