

**GENEVA VIKINGS CROSS COUNTRY**  
**IHSA Regional hosted by St. Charles East – Saturday, Oct 22<sup>nd</sup>**  
**Northwestern Medicine XC Course at Settler's Hill**  
**Bus leaves at 11:30. Check in at 11:20.**

*Competing teams: Geneva, Bartlett, Glenbard North, Lake Park, South Elgin, St. Charles East, St. Charles North, Streamwood, West Chicago, Wheaton North, and Wheaton Warrenville South.*

*Awards: Team: 1<sup>st</sup> place plaque  
 Individual: 1-5 medals*

*Advancing to Sectionals – Top 6 teams and Top 5 individuals not on an advancing team.*

*Spectators: Admission is \$3 for adults and \$1 for students. Please park behind the Ice Arena or in the Cougar lots B and C.*

Boys' Varsity	Alternates
2:00 pm	
3 miles	
Andrew Warcup	Evan Kirby
Anthony Ross	Noah Martin
Julian Hipp	Jack Riviere
Dominic Ross	Jackson Avery
Jack Kuehl	Caleb Walton
David Roeder	Andrew Hosman
Luke Gaston	Patrick Waldchen

This is the first step in the State Series, we are repping the Retro Red, White, and Blue jerseys, and racing a challenging but familiar course at Settler's Hill. Things are lining up for a great meet to test ourselves against some good regional competition. Several of the DuKane Conference are the key ones here to compete against, and we just saw them last week. We have continued to improve as individuals and as a team this season, and this is our next chance for growth. Let's make sure to have the right mindset to compete hard and give it our best. While PR's are nice, this race is all about place and lowering the team score. We need to focus on competing against and beating the individuals on other teams. Every point matters! Let's all remember that although we might be nervous before the race that the race is the release of all this energy. Turn that nervous energy into excitement.

For those not competing, let's be sure to encourage and support our teammates who are. Let's be spirited and bring some positive energy to the event. When the races are going on, our team tent should be empty, and we should all be out on the course cheering like crazy for our teammates. We all know that a little encouragement during a race goes a long way. Let's also make sure that we allow those who are competing the space they need to get ready and to not be a distraction.

Compete Hard and Run Happy!

Coach Raak