

GENEVA VIKINGS CROSS COUNTRY

Kristoffer Larsen Memorial Intrasquad Race – Saturday, August 24th
LeRoy Oakes Forest Preserve off of Dean St. in St. Charles

Directions: Take either Randall Rd or Peck Rd north to Dean St. LeRoy Oakes is West of Randall Rd and East of Peck Rd. Take the main entrance road as it winds back to the Red Barn. Provide your own transportation and meet by the barn and ready to warm up by 7am. Arrive earlier to be on time!

Boys Red	Boys Blue
8:00 am	8:00 am
3 miles	3 miles
Ryan DeMarco	Aaron Beck
Eric Palmquist	Connor Chadwell
Noah Sparna	Xander Thomson
Josh Branstad	Tim Archibald
Isaiah Roeder	Adam Coats
Brady Ahern	Colby Coronado
Tyler Gross	Tyler Silverman
Logan Keen	Adam Drexler
Matt Ratliff	Owen Kroyer
John D'Andrea	Nathan Lehman
Evan Kirby	Anthony Graske
David Roeder	Jack Kuehl
Anthony Ross	Caleb Walton

Boys not competing – Valdis Slokenbergs, Jacob Caballero
 Ben Calusinski, Ben DeMarco

Girls Red	Girls Blue
8:30 am	8:30 am
3 miles	3 miles
Abby McVey	Sarah Pratt
Lauren Hasty	Tessa Balc
Alondra Mathena	Julianna Longo
Andrea Ramirez	Kayla Stone
Lily Ryan	Grace Caskey
Caitlin Gallagher	Yamilet Hernandez
Claire Jennings	Becca Spezzano
Mckenna Mertes	Elise Waldchen

Girls not competing – Andrine Larsen and Grace Foley
Bold Name = Team Leader

It is important to make sure you get a good and full warmup before your race. You should all be knowledgeable of the course and warmup on part of it to get your bearings. It's always good to know where the mile, 2 mile, and other challenging aspects (hills, terrain, etc) of the course may be. You are to warmup with your teammates. After the race, be sure to congratulate your teammates and competitors and when rested get a team cooldown and stretch.

This is our first opportunity to monitor our progress this season and see where our fitness stands. This is also a course we race on 2 other times during the season, so take note of how it runs, and gain some experience for future meets. Prepare yourself mentally for this challenge. Remember that competing is the culmination of a lot of hard work. Don't race for results or rewards, race for the joy of pushing your self and seeing where your limits are today. If you can do this, the results will come. Don't forget to dress in team colors and to support them in their journey as well.

We will need help from parent volunteers to monitor the course and finish line.

