

GENEVA VIKINGS CROSS COUNTRY
Jeff Leavey Invitational – Saturday, Sept 7th
LeRoy Oakes Forest Preserve off of Dean St. in St. Charles
Bus leaves at 7:00. Plan to arrive earlier, around 6:45.

Directions: Please see GVXC.net for or click [HERE](#) for directions. Click [HERE](#) for a course map.

Parents, please be aware that you will not be able to park at LeRoy Oakes. St. Charles will provide a shuttle bus from the Kane County Clerk's office on Randall Rd. You can also park at the Riverside Community Church on Crane and Randall Rd. There is a bike path that leads you into LeRoy Oakes. These are really the only two options to park, so plan accordingly.

Boys' Varsity	Girls' Varsity	Boys' F/S	Boys' F/S	Girls' F/S	Boys' Open
9:00 am	9:30 am	10:00 am	10:00 am	10:30 am	11:00 am
3 miles	3 miles	3 miles	3 miles	3 miles	3 miles
Tim Archibald	Tessa Balc	Brady Ahern	David Roeder	Grace Caskey	Josh Branstad
Aaron Beck	Grace Foley	John D'Andrea	Anthony Ross	Caitlin Gallagher	Ryan DeMarco
Ben Calusinski	Lauren Hasty	Ben DeMarco	Caleb Walton	Yamilet Hernandez	Tyler Silverman
Connor Chadwell?	Andrine Larsen	Anthony Graske		Claire Jennings	Noah Sparna
Adam Coats	Abby McVey	Tyler Gross		Julianna Longo	
Colby Coronado	Sarah Pratt	Evan Kirby		Mckenna Mertes	
Eric Palmquist	Lily Ryan	Owen Kroyer		Andrea Ramirez	
Isaiah Roeder	Kayla Stone	Jack Kuehl		Rebecca Spezzano	
Xander Thomson		Nathan Lehman		Elise Waldchen	
		Matt Ratliff			

Bold names – Group Leader

Girls not competing – Alondra Mathena, Julie Ori

Boys not competing – Jacob Caballero, Adam Drexler, Valdis Slokenbergs, Logan Keen

This is our first opportunity to compete in an actual invitational, and this is a quality meet to kick things off on a legit course! I'm sure everyone will be equally excited and nervous for this first event. This is a normal feeling and to be expected. Just know that everyone else on the line feels the same, and that now is the moment to trust in your training and to remember that you are not out there alone. You have teammates and coaches to encourage and support you in this effort.

With this being the first race of the season, let's make sure to set a positive tone for the season. **Group leaders**, make sure you live up to the responsibility of managing not only yourself, but all others in your race group as well. You need to ensure that everyone knows the course and is well prepared for the race. Others in the group, make sure that you communicate and coordinate with the group leaders, as they are responsible for you. Everyone needs to allow for plenty of time to get a good warmup in. The warmup should include key parts of the course, especially the last mile. Everyone should be at the start line 20 min early to do their drills, strides, any other last minute stretches, and team cheer. When you finish, make sure you stay in the finish area to cheer on and support your teammates when they finish. Once everyone has finished, and caught their breath, a team cooldown and stretch is expected.

For your first race of the season, make sure to be patient and to run within yourself for the first mile. It's very easy to get caught up in the excitement of the start and to go out too hard. Be patient and remember that it's a three mile race. There is plenty of time after the mile to make up ground on those who have gone out too hard early in the race. When you see a hill, smile a little to yourself, as you know that you are prepared for them. They are not going to be easy, but you have prepared and are ready for the challenge. Give it your best, and no matter what you can be satisfied with your effort.