

GENEVA VIKINGS CROSS COUNTRY
Royal Cadet Invitational – Saturday, Sept 14th
Marmion Academy off Butterfield Rd.
Bus leaves at 7:30. Plan to arrive earlier around 7:15.

Directions: Click [HERE](#) for a map to Marmion Academy. Click [HERE](#) for a course map.

Boys' Varsity	Girls' Varsity	Boys' F/S	Girls' F/S
9:00 am	9:40 am	10:20 am	11:05 am
3 miles	3 miles	3 miles	3 miles
Nathan Lehman	Andrine Larsen	Brady Ahern	Mckenna Mertes
Isaiah Roeder	Sarah Pratt	Anthony Ross	Elise Waldchen
Ben Calusinski	Lauren Hasty	David Roeder	Caitlin Gallagher
Colby Coronado	Lily Ryan	Jack Kuehl	Julianna Longo
Tim Archibald	Kayla Stone	Anthony Graske	Andrea Ramirez
Adam Coats	Abby McVey	Caleb Walton	Yamilet Hernandez
		Adam Drexler	
Aaron Beck	Tessa Balc	Tyler Gross	Claire Jennings
Jacob Caballero	Grace Foley	Evan Kirby	Alondra Mathena
Tyler Silverman		Matt Ratliff	
Josh Branstad		John D'Andrea	
Ryan DeMarco		Owen Kroyer	
		Ben De'Marco	

Bold names – Group Leader

Girls not competing – Julie Ori, Grace Caskey, Becca Spezzano

Boys not competing – Connor Chadwell, Eric Palmquist, Valdis Slokenbergs, Xander Thompson, Noah Sparna, Logan Keen.

This is a new course for many of you and it will be very important to get a good feel for the layout of the course. 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 has the necessary course knowledge where the mile marks are and have seen the tough sections. If you were rushing to the start line last week, make an adjustment and allow for more time to warmup completely.

For this meet, I want the team goal to be to run as a pack. Team is very important to me, and I to continue to build this in practices and meets. This is one of those 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 2 or 3 people with a similar PR 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 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 1.5 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 half of the race. Together we can accomplish more than we can as individuals.

I thought we got off to a good start last week with the first invite of the season. Let's keep the ball rolling. I have been very impressed with everyone's enthusiasm, commitment, and work ethic so far. I am proud of you all and excited to see how things go for this second meet of the season. Think about what went well last week and try to replicate that again. Think about what didn't go so well last week and make the necessary adjustments needed to change the outcome.

Run Happy!

-Coach Raak