

GENEVA VIKINGS CROSS COUNTRY

Peoria ND - Richard Spring Memorial Invitational – Saturday, Sept 21st
Detweiller Park, Peoria, IL off of Rte 29
Bus leaves at 5:30 am – yes that early! Plan to arrive earlier around 5:15.

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

Girls' F/S	Girls' Varsity	Girls' Open	Boys' Varsity	Boys' F/S	Boys' Open
9:00 am	9:35 am	10:10 am	10:45 am	11:20 am	11:55 am
3 miles	3 miles	3 miles	3 miles	3 miles	3 miles
Mckenna Mertes	Andrine Larsen	Tessa Balc	Ben Calusinski	Brady Ahern	Aaron Beck
Elise Waldchen	Sarah Pratt	Abby McVey	Nathan Lehman	Logan Keen	Adam Drexler
Caitlin Gallagher	Lauren Hasty	Yamilet Hernandez	Isaiah Roeder	David Roeder	Evan Kirby
Julianna Longo	Kayla Stone	Alondra Mathena	Colby Coronado	Jack Kuehl	John D'Andrea
Andrea Ramirez	Lily Ryan	Claire Jennings	Adam Coats	Anthony Ross	Matt Ratliff
Grace Caskey			Tim Archibald	Anthony Graske	Tyler Gross
			Jacob Caballero	Caleb Walton	Tyler Silverman
					Ryan DeMarco
					Connor Chadwell
					Owen Kroyer
					Noah Sparns
					Josh Branstad
					Ben DeMarco

Bold names – Group Leader

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

Boys not competing – Xander Thomson, Valdis Slokenbergs, Eric Palmquist

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 excited for this opportunity. You all have had a great week of practice and are primed for a solid race. You all now have 2 meets of experience under our belts and have linked together days and weeks of solid training. Be prepared for a fast start and for crowded conditions, but make sure that you run your own race. While the race goes 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. Think of the middle 800's you ran in your workout and how you were able to maintain pace during that. Also think of how you finished the fartlek workout strong even with the longer reps. When you are in the middle of the race, you should feel confident that you can push through and maintain pace even when tired.

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

Run Happy!

Coach Raak