

GENEVA VIKINGS CROSS COUNTRY

Sterling Rock River Run – Saturday, Sept 28th

Woodlawn Art Academy – Sterling, IL on Woodlawn Rd near Rte 2

Bus leaves at 6:00. Plan to arrive earlier around 5:45.

Directions: Please see GVXC.net for directions and course map.

Click [HERE](#) for directions. Click [HERE](#) for a course map.

Teams competing: Geneva, Sterling, Rosary (girls), Belvidere, Belvidere North, Dixon, Freeport, Hinsdale South (boys), Geneseo (boys), Hampshire, Hononegah, Kaneland, LeSalle Peru, Ottawa, Princeton, Rochelle, Rock Falls, Freeport Aquin, Sandwich, Sycamore, Eastland, UTHS, and Yorkville.

Awards: Team trophies for places 1st – 5th

Individual medals for places 1st – 30th

Girls' Varsity	Boys' Varsity	Girls' F/S	Boys' F/S
9:00 am	9:30 am	10:00 am	10:30 am
3 miles	3 miles	3 miles	3 miles
Andrine Larsen	Eric Palmquist – Warming up	Caitlin Gallagher	Brady Ahern
Mckenna Mertes	Valdis Slokenbergs - TBD	Julianna Longo	Logan Keen
Elise Waldchen	Jacob Caballero	Andrea Ramirez	David Roeder
Grace Foley	Adam Coats	Becca Spezzano	Anthony Ross
	Xander Thomson	Grace Caskey	Jack Kuehl
	Aaron Beck	Yamilet Hernandez	Caleb Walton
	Connor Chadwell	Alondra Mathena	Adam Drexler
	Tyler Silverman	Claire Jennings	John D'Andrea
	Ryan DeMarco		Evan Kirby
	Noah Sparna		Matt Ratliff
	Josh Branstad		Tyler Gross
			Owen Kroyer
			Ben DeMarco

Bold names – Group Leader

Girls not competing – Lauren Hasty, Sarah Pratt, Lily Ryan, Kayla Stone, Abby McVey, Julie Ori, Tessa Balc

Boys not competing – Ben Calusinski, Nathan Lehman, Isaiah Roeder, Tim Archibald, Colby Coronado, Anthony Graskie, Justin Huynh

We are fresh off a fantastic meet down at Peoria. While it might be hard to replicate the energy of a huge meet like we had last week, this is another great opportunity to compete and push yourself. The course is very similar to that of Detweiller Park. There are several big loops which allows for good spectating and consistency throughout the race. Given the smaller field (compared to last week) do your best to put yourself in a competitive position early while still pacing yourself and looking to move up later in the race.

My goal for all of you this week is to mentally prepare for **10 hard strides** at some point in the race when I call it out. Simply doing 10 hard strides can help break you out of running rut and kick start your 2nd wind. It's a simple act that can make a big difference. Prepare yourself mentally for this, and no matter how you feel, be prepared to make it happen. If you can do this, then the mission of the race is accomplished.

Those not running, let's make sure to be a positive cheering force for those who are competing. I want to see all of you step up and help others out before, during, and after their race.

And of course, as always, Run Happy!

- Coach Raak