



**GENEVA VIKINGS CROSS COUNTRY**  
**DuKane Conference Championships – Saturday, Oct 19<sup>th</sup>**  
**Lake Park HS East Campus – Roselle, IL – off of Medinah Rd**  
**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 the course map.*

*Spectators: Park in the Jubilee Church lot or the lots in front of the school. There will not be any parking available behind the school.*

*Competing teams: Geneva, Batavia, Glenbard North, Lake Park, St. Charles East, St. Charles North, Wheaton North, and Wheaton Warrenville South*

*Awards: Individual places 1-15 and Varsity team championship plaque.*

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

**Bold names – Group Leader**

Girls not competing – Caitlin Gallagher

Boys not competing – Jacob Caballero

This is it! The conference meet, which we have been building up all season for. For some this will be their last race of the season, and for others, it will be the springboard for the championship phase of the season. Regardless, we need to be ready mentally and physically to do our best.

Think about how you found a way through Tuesday's modeling workout and finished strong. **You can do this!**

Think about what makes you a BA, and how you can call on your inner strength to get through the middle of the race. **You can do this!**

Call upon all the experiences you have gained from your past races and use a strategy that has worked best for you. Compete with passion, compete with heart, and compete with the same determination you have had all season long. This matters in the middle of the race when the going gets tough. Remember that you are not alone in this goal, and that you have teammates to work with towards a common goal. Remember that you are running for more than just yourself; you are running for GVXC! And of course, Run Happy! If you can do all this, it is bound to be a great meet for you and GVXC!

- Coach Raak