

GENEVA VIKINGS CROSS COUNTRY
IHSA Regional hosted by St. Charles North – Saturday, Oct 26th
LeRoy Oakes, St. Charles, IL off of Dean St.
Bus leaves at 8:30. Plan to arrive earlier around 8:15.

Directions: Click [HERE](#) directions and click [HERE](#) course map. It will be the modified 2 loop course.

Competing teams: Geneva (Box 8), Bartlett, Batavia, Elgin, South Elgin, St. Charles East, St. Charles North, Streamwood, and West Chicago.

*Awards: Team: 1st place plaque for Boys' and Girls' Varsity
 Individual: 1-5 medals*

Advancing to Sectionals – Top 6 teams and Top 5 individuals not on an advancing team.

Spectators: There will NOT be any parking at LeRoy Oakes. NO parking at the New Covenant, Riverside, Hosanna Church, or on Dean St. Parking IS available at the small lot of the Great Western Trail. There will also be a shuttle bus from the Christ Community Church on 37W100 Bolcum Rd.

Girls' Varsity	Boys' Varsity	Alternates	
10:00 am	11:00 am		
3 miles	3 miles	Girls	Boys
Andrine Larsen	Ben Calusinski TBD	Julianna Longo	Tim Archibald
Sarah Pratt	Nathan Lehman	Becca Spezzano	Brady Ahern
Lauren Hasty	Eric Palmquist	Tessa Balc	Adam Coats
Lily Ryan	Isaiah Roeder	Abby McVey	Jack Kuehl
Mckenna Mertes	Valdis Slokenbergs	Yamilet Hernandez	Anthony Ross
Kayla Stone	Colby Coronado	Grace Caskey	David Roeder
Elise Waldchen	Logan Keen	Andrea Ramirez	
	Xander Thomson TBD	Grace Foley	

Bold names – Group Leader

This is the first step in the State Series, we are repping the Retro Red, White, and Blue jerseys, and racing at our favorite course, LeRoy Oakes! Things are lining up for a great meet to test ourselves against some good regional competition. The Tri-City schools are the key ones here to compete against, and we have just seen them at the DuKane Conference meet. We have continued to improve as individuals and as a team this season, and this is our next chance for growth. Let's make sure to have the right mindset to compete hard and give it our best. Let's all remember that although we might be nervous before the race that the race is the release of all this energy. Turn that nervous energy into excitement.

For those not competing, let's be sure to encourage and support our teammates who are. Let's be spirited and bring some positive energy to the event. When the races are going on, our team tent should be empty, and we should all be out on the course cheering like crazy for our teammates. We all know that a little encouragement during a race goes a long way. Let's also make sure that we allow those who are competing the space they need to get ready and to not be a distraction.

Run Happy!

Coach Raak