

GENEVA VIKINGS CROSS COUNTRY

**Kristoffer Larsen Memorial Intrasquad Race – Saturday, August 14th
Burgess Field**

Boys and girls to arrive & check-in at 6:00pm

Boys Blue Team	Boys Blue Team	Boys White Team	Boys White Team
7:00 pm	7:00 pm	7:00 pm	7:00 pm
3 miles	3 miles	3 miles	3 miles
Brady Ahern	Jack Kuehl	Nathan Lehman	David Roeder
Evan Kirby	Adam Drexler	Andrew Warcup	Brady Stoermer
John D'Andrea	Noah Fay	Gabe Hubbartt	Caleb Walton
Jackson Avery	Ben Lutzow	Owen Kroeyr	Cam Lotspeich
Ben DeMarco	Owen Reid	Matt Ratliff	Nathan Beck
Josh Avery	Brandon Beck	Quentin Yung	Aidan Cook
Alex Falco	Ben Fugman	Daniel Davis	Jackson Furhman
Julian Hipp	Andrew Hosman	Luke Gaston	Ryan Kelly
Dontre McClose	Matthew Ortiz	Noah Martin	Dominic Ross
Ian Sofiak	Ben Wagner	Dominic Severse	Charlie Faith
Marcio Parente Filho			

Boys not competing – Antony Ross, Wyatt Gross, Patrick Waldchen, Luke Cerwin, James Mosciano, & Thor Eysturliid

Girls Blue	Girls Red
7:30 pm	7:30 pm
3 miles	3 miles
Mckenna Mertes	Lily Ryan
Becca Spezzano	Kelsey Olson
Lauren Verdecchia	Sarah Hahn
Agnes Bolender	Corinne Stanuch
Lila Storaasli	Grace Caskey
Yamilet Hernandez	Sophie Coronado
Kady Ketzell	Alana Cielo
Zoey Silha	Claire Jennings
	Mia Glasgow

Girls not competing – Drea Ramirez, Julianna Longo, Alondra Mathena, Caitlin Gallagher

Bold Name = Team Leader

It is important to make sure you get a good and full warmup before your race. Your group leaders should be organizing things and preparing you all for the race according to the warmup schedule. You should all be knowledgeable of the course and warmup on part of it to get your bearings. It's always good to know where the mile, 2 mile, and other challenging aspects (hills, terrain, etc) of the course may be. For this race, we will have a clock at the mile and 2 mile marks. You should note the time as you pass by so that we can record these and analyze how your pacing was during the race. **You are to warmup with your teams. After you finish, you should remain at the finish line to cheer on your teammates.**

Parents are welcome and encouraged to cheer and support your child and the team. The benefit of competing on our home campus, is that we get to be involved with all the action. The course begins and finishes on the football field in the stadium and is mainly 3 big loops. Please see the course map to get a feel for the layout and where to maximize places to see and cheer your child.

This should be an exciting (and also a little nerve wracking) experience to kick off the racing part of the season. But remember this is what we train for and are prepared to do. This will just be the starting point of the season, and we can track our progress from this point on.

RUN HAPPY!

