

GENEVA VIKINGS CROSS COUNTRY

Royal/Cadet Invitational Saturday, Sept 11th

Marmion Academy off Butterfield Rd.

Bus leaves at 7:30. Plan to arrive 10 min early at 7:20.

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	
Mckenna Mertes	Brady Ahern	Agnes Bolender	Julian Hipp	Owen Reid
Lily Ryan	Nathan Lehman	Lauren Verdecchia	Dominic Ross	Dan Davis
Becca Spezzano	Jack Kuehl	Lila Storaasli	Brady Stoermer	Dontre McClose
Julianna Longo	Andrew Warcup	Corinne Stanuch	Jackson Avery	Charlie Faith
Kelsey Olson	David Roeder	Mia Glasgow	Ben Lutzow	Nathan Beck
Andrea Ramirez	Adam Drexler	Alana Cielo	Luke Gaston	Ben Fugman
Yamilet Hernandez	Evan Kirby	Zoey Silha	Ian Sofiak	Aidan Cook
Grace Caskey	John D'Andrea	Kady Ketzel	Cam Lotspeich	Patrick Waldchen
	Owen Kroeyr	Evelyn Gaytan	Dominic Severese	Quentin Yung
	Luke Cerwin		Robby Youngquist	Brandon Beck
	Matt Rattliff		Gabe Hubbartt	Alex Falco
	Noah Fay		Matt Ortiz	Josh Avery
	Marcio Parente		Andrew Hosman	Thor Eysturlið
	Ben DeMarco		James Mosciano	
	Sami Saliby??		Ryan Kelly	

Bold names – Group Leader

Girls not competing – Sarah Hahn, Sophie Coronado, Elise Waldchen, Alondra Mathena, Claire Jennings

Boys not competing – Noah Martin, Caleb Walton, Anthony Ross, Wyatt Gross, Jackson Fuhrmann, Ben Wagner

This is a new course for many of you and it will be very important to get a good feel for the course layout. I think they have even made some slight changes from previous years as well. There is a big hill you run up twice and the downhill is very short and steep. There is also a big section out back where not many fans are. Find a landmark that will remind you to surge and keep up the pace even when tired. **Group leaders**, please ensure that your team follows the warmup plan and has the necessary course knowledge where the mile marks are and have seen the tough sections. This is your responsibility as a group leader.

For this meet, I want the team goal to be to run as a pack. Team is very important to me, and I to continue to build this in practices and meets. This is one of those meets. This should also help take the pressure off an individual performance as you should be focused on competing with your teammates. I have highlighted the pack of people I want you to race with for this meet. You will need to communicate with your teammates before and during the race to check in and make sure that everyone is good with a pace to keep the pack together. This may mean you will have to adjust your racing strategy and possibly slow down to stay with your teammates. While this will feel like a personal sacrifice, it will benefit the team and give you another racing strategy. Often times, your first mile will not be that different than a teammate's, and you can also benefit from going out more conservatively and running with teammates. I want each of you to give each other a "Five" at the mile mark as you come across it together. The goal for this race will be to go through the first 2 miles together with teammates. Then, give you teammate another "Five" and if you are feeling good, you can really kick it in over the mile of the race. Together we can accomplish more than we can as individuals.

We have gained some experience so far with the first two meets and seen some improvement. Let's keep things rolling as we get ready for another meet at a new course this weekend.

Run Together and Run Happy!

-Coach Raak