

# **GENEVA VIKINGS CROSS COUNTRY**

**Peoria ND - Richard Spring Memorial Invitational – Saturday, Sept 18<sup>th</sup>  
Detweiller Park, Peoria, IL off of Rte 29**

**Girls Bus leaves at 5:20 am – yes that early! Plan to arrive earlier around 5:10.  
Boys Bus leaves at 6:45. Plan to arrive at 6:35.**

There will be over 75 teams competing and this is the state course, so it should be an exciting and fast meet to be part of. **You need to be to the start line 20-30 min prior to race start!**

Girls' Open 9:30 am – 3 miles	Girls' F/S 10:05 am 3 miles	Girls' Varsity 10:40 am 3 miles	Boys' Varsity 11:15 am 3 miles	Boys' F/S 11:50 am 3 miles	Boys' Open 12:25 pm 3 miles
Elise Waldchen	<b>Agnes Bolender</b>	Mckenna Mertes	<b>Brady Ahern</b>	Julian Hipp	Evan Kirby
<b>Drea Ramirez</b>	<b>Corinne Stanuch</b>	<b>Lily Ryan</b>	<b>Nathan Lehman</b>	Dominic Ross	John D'Andrea
Grace Caskey	Mia Glasgow	Lauren Verdecchia	Jack Kuehl	<b>Brady Stoermer</b>	<b>Owen Kroeyr</b>
Yamilet Hernandez	Alana Cielo	Becca Spezzano	Anthony Ross	<b>Jackson Avery</b>	<b>Luke Cerwin</b>
<b>Alondra Mathena</b>	Zoey Silha	Lila Storaasli	Andrew Warcup	Ben Lutzow	Ian Sofiak
Claire Jennings	Evelyn Gaytan	<b>Julianna Longo</b>	David Roeder	Luke Gaston	Cam Lotspeich
		<b>Kelsey Olson</b>	Adam Drexler	Robby Youngquist	Dominic Savarese
					Noah Fay
				<b>Boys Open</b>	Gabe Hubbartt
				Daniel Davis	Matt Ortiz
				Owen Reid	Andrew Hosman
				Charlie Faith	Ryan Kelly
				Ben Fugman	<b>James Mosciano</b>
				Aidan Cook	Dontre McClose
				Nathan Beck	Ben Wagner
				Patrick Waldchen	Brandon Beck
				Marcio Parente	<b>Ben DeMarco</b>
				Alex Falco	Josh Avery
				Sami Saliby	Thor Esturlid

**Bold names – Group Leader**

Girls not competing – Sarah Hahn, Sophie Coronado, Kady Ketzal

Boys not competing – Wyatt Gross, Caleb Walton, Jackson Fuhrmann, Quentin Yung, and Matt Ratliff

This is an exciting meet to be a part of with lots of quality teams and on the famous state course with lots of tradition and history. Each of you should be eager for this opportunity. You all have had a great week of practice and are primed for a solid race. You all have meet experience under your belts and have linked together days and weeks of solid training. After the long bus ride, be sure to get a good warmup in to shake the legs out. Be prepared for a fast start and for crowded conditions, but make sure that you run your own race. The race may go out fast, but the 2<sup>nd</sup> mile is where the cream rises to the top. Be prepared to make a push after the mile and continue to race strong. Think of the middle 800's you ran in your workout and how you were able to maintain pace during that. When you are in the middle of the race, you should feel confident that you can push through and maintain pace even when tired.

I look forward to seeing all of you compete, cheer on your teammates, and show the state what GVXC is all about.

Run Fast, Run Strong, Run Happy!

Coach Raak