

GENEVA VIKINGS CROSS COUNTRY

Sterling Rock River Run – Saturday, Sept 25th

Woodlawn Art Academy – Sterling, IL on Woodlawn Rd near Rte 2

Bus leaves at 6:15. Plan to arrive earlier around 6:00.

Teams competing: Geneva, Sterling, Belvidere, Belvidere North, Dixon, Eastland, Freeport, Hinsdale South (boys), Geneseo (boys), Hampshire, Harlem, Kaneland, LeSalle-Peru, Moline, Ottawa, Princeton, Rochelle, Rock Falls, Sandwich, Sycamore, UTHS, and Yorkville.

Awards: Team trophies for places 1st – 5th

Individual medals for places 1st – 30th

Boys' Varsity	Boys' Varsity	Boys' F/S	Boys' F/S
9:30 am	9:30 am	10:30 am	10:30 am
3 miles	3 miles	3 miles	3 miles
Anthony Ross	James Mosciano	Ryan Kelly	Chris Davis
Andrew Warcup	Wyatt Gross	Noah Martin	Gaspar Estrada-Bravo
David Roeder	Nathan Beck	Luke Gaston	Marco Van Rensburg
Julian Hipp	Noah Fay	Patrick Waldchen	Aidan Cook
Dominic Ross	Ben Lutzow	Andrew Hosman	Alex Falco
Jack Kuehl	Charles Hatton ??	Matt Ortiz	Brandon Schmidt??
Evan Kirby	Quentin Yung	Dom Stolarik??	Ryan Welsh
Cam Lotspeich		Dominic Savarese	Jackson Fuhrmann
Jack Riviere		Mack Biesk	Brandon Beck
Jackson Avery		Lucas Oldham	Jackson Prindiville
		Tre McClose	Josh Avery

Bold names – Group Leader

Boys not competing – Owen Reid, Caleb Walton

We are fresh off a fantastic meet down at Peoria. While it might be hard to replicate the energy of a huge meet like we had last week, this is another great opportunity to compete and push yourself. The Sterling course is very similar to that of Detweiler Park. There are several big loops which allows for good spectating and consistency throughout the race. Given the smaller field (compared to last week) do your best to put yourself in a competitive position early while still pacing yourself and looking to move up later in the race.

My goal for all of you this week is to mentally prepare for **10 hard strides** at some point in the race when a coach calls it out. Simply doing 10 hard strides can help break you out of running rut and kick start your 2nd wind. It's a simple act that can make a big difference. Prepare yourself mentally for this, and no matter how you feel, be prepared to make it happen. If you can do this, then the mission of the race is accomplished.

Run Happy and Run Savage!!

- Coach Raak