

GENEVA VIKINGS CROSS COUNTRY

**Settler's Hill near the Ice Arena and Kane County Cougars Stadium
Bus leaves at 6:30am. Attendance will be taken at 6:25am**

Parents, please park in the Kane County Cougars parking area B and C off Kirk Rd. Allow for a ½ mile walk or so to the course, on top of the hill for best viewing.

Competing teams: Geneva, Bartlett, Batavia, Huntley, Marmion, Prairie Ridge, Naperville North, Leyden, Streamwood, Grayslake Central, and St. Charles East

Top 10 medals and ribbons 11-15

Boys' Open	Boys' Open Ctd	Boys' Varsity Boys'	Boys' F/S
8:00 am	8:00 am	8:45 am	9:20 am
2.4 miles	3 miles	3 miles	3 miles
Riviere	Beck	Hipp	Biesk
Hosman	Salzman	Gaston	Davis
Cook	Falco	Ross	Van Rensburg
Oldham	Waldchen	Martin	Owens
Ortiz	Yung	Lotspeich	Heller
Schmidt		Gross	Pittan
Reid		Bebe	Welsh?
			Tucker
			Stanuch

Bold names – Group Leader – As a group leader, you have the responsibility of organizing everyone in your group for the warmup and cooldown.

Boys not competing – Avery, McClose, Savarese, DeGuzman, and Prindiville.

Boys, this is our first invitational of the season and time to put all that training to the test. This is our first chance to **Rise To The Occasion!** You have all done a great job preparing yourselves for this moment. Think of all you have done these past few days, weeks, and months. Know that there will be challenges during the race, but nothing you haven't prepared for. Embrace the excitement know that a race brings the best out of you.

Go into the race with a plan, be smart, and be patient early on. It's easy to get caught up with all the excitement of the race and go out too fast. Remember you should feel pretty good at the mile mark, SMILE at the MILE! Remember that the 2nd half of our race is our time. We have trained to pick up the pace during workouts and to finish fast. This is when we move up in the race and run people down.

Also, remember that you are not alone on the racecourse. You have a team of brothers out there with you. Work with each other. Talk with and support each other. Cheer for each other.

If you race smart and run happy, you will run fast!

- Coach Raak

