

GENEVA VIKINGS CROSS COUNTRY
Royal/Cadet Invitational Saturday, Sept 9th
Bus leaves at 7:30. Attendance will be taken at 7:25

Location: The course is on Marmion's campus, which is by the corner of Butterfield and Radant Rd in Batavia.

Competing teams: Geneva, East Aurora, Glenbard East, IMSA, Lincoln Way East, Marion Catholic, Marmion Academy, and West Aurora.

Top 10 varsity will receive medals and F/S will receive ribbons.

Boys' Varsity		Boys' F/S	
9:30 am		10:30 am	
3 miles		3 miles	
Hipp	Oldham	Biesk	
Ross	Ortiz	DeGuzman	
Martin	Schmidt	VanRensburg	
Lotspeich	Reid	Owens	
Bebe	Beck	Heller	
Avery	Salzman	Pittan	
Hosman	Falco	Stanuch??	
Savarese	Yung		
Cook			

Bold names – Group Leader

Boys not competing – Gaston, Gross, Riviere, McClose, Welsh, Waldchen, Tucker, Davis, and Prindiville

This is a new course for many of you and it will be very important to get a good feel for the course layout. Please view GVXC.net for the course map. 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**. Put away the watch and focus on the team. Team is very important to me, and I to continue to build this in practices and 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 last mile of the race. See how fast some of you can go in that last mile. Together we can accomplish more than we can as individuals.

We have gained some experience so far with the first meet of the season, and let's use that this week as well. 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