

# GENEVA VIKINGS CROSS COUNTRY

**Peoria ND - Richard Spring Memorial Invitational – Saturday, Sept 16<sup>th</sup>**  
**Detweiller Park, Peoria, IL off of Rte 29**  
**Boys Bus leaves at 5:15am. Attendance will be taken at 5:10am.**

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!** This is a mandate by the starters of this invitational

Varsity awards: 1-40

Open awards: 1-10

Boys' Open	Boys' Open Ctd	Boys' Varsity
9:10 am	9:10 am	10:30 am
3 miles	3 miles	3 miles
Dominic Savarese	<b>Mack Biesk</b>	Julian Hipp
Aidan Cook	Ian DeGuzman	Dominic Ross
Lucas Oldham	Chris Davis??	Noah Martin
Brandon Schmidt	Marco Van Resnburg	<b>Cam Lotspeich</b>
<b>Jackson Avery</b>	Thomas Owens	Wyatt Gross
Matt Ortiz	Kyle Heller	Ernie Bebe
Owen Reid	James Pittan	Drew Hosman
Quentin Yung	Beckett Tucker??	
Patrick Waldchen	Jake Stanuch	

## Bold names – Group Leader

Boys not competing – Luke Gaston, Jack Riviere, Nathan Beck, Tre McClose, Alex Falco, Matt Salzman, Jackson Prindiville,

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. Even though the table is set for a fast race this weekend, it doesn't just magically take place. You need to make it happen. The race will still hurt, and you will need to find a way to push through. How bad do you want it? What is your higher motivation? This is the time we RISE TO THE OCCASION!!!

Going into this meet, be thinking: What has gone well in your first 2 races? What do you want to change? What is going to be your focus for this meet? What will keep you pushing in the middle when the going gets tough?

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 Confident, and Run Happy!

Coach Raak

