

Geneva High School
 2023 Girls Cross Country
 Richard Spring Peoria ND Invitational
 Saturday, September 16, 2023

Attendance: 5:00am Bus: 5:10am

*Location: Detweiller Park
 8327 N Galena Road, Peoria, IL 60615

*Race Schedule: Girls Open: 8:30am
 Boys Open: 9:10am
 Girls Varsity: 9:50am
 Boys Varsity: 10:30am



Open Girls

	Mile 1	Mile 2	Mile 3	Overall
Bolender, Agnes				
Chadwell, Anna				
Chrusciel, Lucy				
Cielo, Alana				
Hocevar, Elise				
Hoffman, Ella				
Keller, Anna				
Petrucci, Mia				
Reid, Emma				
Rios, Emmi				
Rogus, Nina				
Rosebrook, Audrey				
Stanuch, Corinne				
Storaasli, Lila				

*If you want to become the
 best runner you can be,
 start now.*

*Don't spend the rest of
 your life wondering if you
 can do it.*

-Priscilla Welch

British Olympic Marathoner

Varsity Girls

	Mile 1	Mile 2	Mile 3	Overall
Bellino, Emelia				
Borter, Sofia				
Drexler, Gretchen				
Lechtenberg, Lucina				
Meyers, Mira				
Peahl, Taylor				
Rudigier, Rachael				
Ulijasz, Raina				
Verdecchia, Lauren				
Whiston, Juliet				

Our Fearless Leader: Coronado
 Super Fans: Bradley, Cilio, Perez Gomez, Pohlman, Reynolds

Teams Competing: Last year there were 57 teams!

Team Awards: Varsity 1st-3rd place trophies

Individual Awards:

Open: 1st-10th place

Varsity: 1st-40th place

Warm-ups

Walk the first mile.

Run the second mile.

Know the course! Know the finish!

Be at the line 20 minutes before the start of your race.

Make sure to do at least a one-mile cooldown.



Our goals can only be reached through a vehicle of a plan, in which we must fervently believe, and upon which we must vigorously act. There is no other route to success.

Pablo Picasso

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My race strategy for Peoria (think about taking a risk this week!) is:

One way I will help my team is by:

My goal time for Peoria is:

My process goals for Peoria are:

I will consider Peoria a success if/when:

"Courage allows the successful woman to fail and learn powerful lessons from the failure. So that in the end, she didn't fail at all."

- Maya Angelou

