

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	7:03	8:03	8:49	23:55.7
Chadwell, Anna	8:14	8:48	8:54	25:56.3
Chrusciel, Lucy	7:41	8:46	8:53	25:20.8
Hocevar, Elise	7:38	7:56	7:59	23:33.5
Hoffman, Ella	8:35	11:00	11:10	30:45.6
Petrucci, Mia	7:29	8:01	7:36	23:06.8
Reid, Emma	7:37	8:14	8:15	24:06.9
Rios, Emmi	7:32	7:54	8:00	23:26.0
Rogus, Nina	8:02	9:03	9:21	26:26.2
Stanuch, Corinne	7:28	8:01	7:47	23:16.9
Storaasli, Lila	7:03	7:18	7:15	21:37.8

21 out of 31 teams, 603 points

Varsity Girls

	Mile 1	Mile 2	Mile 3	Overall
Bellino, Emelia	7:06	7:35	7:15	21:56.0
Borter, Sofia	5:45	6:01	5:46	17:32.6
Drexler, Gretchen	6:30	7:09	7:05	20:44.6
Lichtenberg, Lucina	6:28	6:40	6:41	19:49.9
Meyers, Mira	6:06	6:53	6:55	19:54.1
Peahl, Taylor	6:03	6:50	6:53	19:46.7
Rudigier, Rachael	6:41	7:08	7:32	21:21.1
Ulijasz, Raina	6:42	7:01	6:54	20:37.0
Verdecchia, Lauren	6:29	7:20	7:47	21:36.2
Whiston, Juliet	6:22	7:01	7:02	20:25.0

26 out of 61 teams, 800 points

*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*

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

Teams Competing: 61 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

