

GENEVA VIKINGS CROSS COUNTRY

Sterling Rock River Run – Saturday, Sept 23rd

Woodlawn Art Academy – Sterling, IL on Woodlawn Rd near Rte 2

Bus leaves at 6:15. Attendance check in is 6:10.

Teams competing: Geneva, Sterling, Belvidere, Belvidere North, Dixon, Eastland, Freeport, Hinsdale South (boys), Geneseo (boys), Hampshire, Harlem, Kaneland, LeSalle-Peru, Moline, Ottawa, Princeton, Rochelle, Rock Falls, Sandwich, Sycamore, UTHS, and Yorkville.

*Awards: 1st place team plaque
Individual medals for places 1st – 15th*

Boys' Varsity	Boys' Varsity	Boys' F/S
9:30 am	9:30 am	10:30 am
3 miles	3 miles	3 miles
Julian Hipp	Owen Reid	Ian DeGuzman
Dominic Ross	Matt Ortiz	Marco Van Rensburg
Noah Martin	Nathan Beck	Kyle Heller
Cam Lotspeich	Quentin Yung	Thomas Owens
Luke Gaston	Matt Salzman	Jake Stanuch
Dominic Savarese	Alex Falco	James Pittan??
Brandon Schmidt		Beckett Tucker??
Lucas Oldham		

Boys not competing – Jack Riviere, Jackson Avery, Ernie Bebe, Mack Biesk, Andrew Hosman, Wyatt Gross, Aidan Cook, Tre McClose, Jackson Prindiville, Patrick Waldchen, Chris Davis

We are fresh off a fantastic meet down at Peoria. While it might be hard to replicate the energy of a huge meet like we had last week, this is another great opportunity to compete and push yourself. The Sterling course is very similar to that of Detweiler Park. There are several big loops which allows for good spectating and consistency throughout the race. Given the smaller field (compared to last week) do your best to put yourself in a competitive position early while still pacing yourself and looking to move up later in the race.

My goal for all of you this week is to mentally prepare for **10 hard strides** at some point in the race when a coach calls it out. Simply doing 10 hard strides can help break you out of running rut and kick start your 2nd wind. It's a simple act that can make a big difference. Prepare yourself mentally for this, and no matter how you feel, be prepared to make it happen. If you can do this, then the mission of the race is accomplished.

Run Happy and Rise To The Occasion!

- Coach Raak

