

Geneva High School
 2023 Girls Cross Country
 Rock River Run Sterling Invitational
 Saturday, September 23, 2023
 Attendance: 6:00am Bus: 6:15am
 *Location: Hoover Park
 3807 Woodlawn Road, Sterling, IL 61081



*Race Schedule: Varsity Girls: 9:00am
 Varsity Boys: 9:30am
 F/S Girls: 10:00am
 F/S Boys: 10:30am
 Awards to Follow

Varsity Girls

	Mile 1	Mile 2	Mile 3	Overall
Bolender, Agnes				
Borter, Sofia				
Bradley, Mia				
Chadwell, Anna				
Cielo, Alana				
Drexler, Gretchen				
Lechtenberg, Lucina				
Peahl, Taylor				
Rudigier, Rachael				
Verdecchia, Lauren				

F/S Girls

	Mile 1	Mile 2	Mile 3	Overall
Bellino, Emelia				
Chrusciel, Lucy				
Hocevar, Elise				
Hoffman, Ella				
Meyers, Mira				
Petrucci, Mia				
Reid, Emma				
Reynolds, Talía				
Rios, Emmi				
Rogus, Nina				
Rosebrook, Audrey				
Ulijasz, Raina				
Whiston, Juliet				

Much Regarded Director: Coronado
 Super Fans: Cilio, Keller, Pohlman, Stanuch, Storaasli

Teams Competing: Belvidere, Belvidere North, Dixon, Durand/Pecatonica, Eastland, Freeport, Geneseo, Geneva, Hampshire, Harlem, Hindsdale South, Kaneland, LaSalle-Peru, Moline, Newman, Ottawa, Polo, Princeton, Rochelle, Rock Falls, Rock Island, Rockford Auburn, Sandwich, Sterling, Sycamore, United Township, Unity Christian, Yorkville

Team Awards: 1st place plaque (Varsity and F/S)

Individual Awards:

Varsity: 1st-15th medals

F/S: 1st-15th medals

Warm-ups

Walk the first mile.

Run the second mile.

Know the course! Know the finish!

Be at the line 15 minutes before the start of your race.

Racing is the fun part. It's the reward of all the hard work.

-Kara Goucher, American Olympic long-distance runner

The body achieves what the mind believes!