



GENEVA VIKINGS CROSS COUNTRY
DuKane Conference Championships – Saturday, Oct 14th
Lake Park HS East Campus – Roselle, IL – off of Medinah Rd
Bus leaves at 7:10. Arrive to check in at 7:00



Spectators: Park in the Jubilee Church lot or the lots in front of the school. There will not be any parking available behind the school.

Competing teams: Geneva, Batavia, Glenbard North, Lake Park, St. Charles East, St. Charles North, Wheaton North, and Wheaton Warrenville South

Awards: Individual places 1-15 and Varsity team championship plaque.

Boys' Open	Boys' Varsity	Boys' FS
9:00 am	10:00 am	11:00 am
3 miles	3 miles	3 miles
Ernie Bebe	Julian Hipp	Mack Beisk
Brandon Schmidt	Luke Gaston	Ian DeGuzman
Lucas Oldham	Dominic Ross	Marco Van Rensburg
Aidan Cook?	Noah Martin	Thomas Owens
Jackson Avery	Cam Lotspeich	Chris Davis??
Owen Reid	Wyatt Gross	Kyle Heller
Matt Ortiz	Dominic Savarese	James Pittan
Alex Falco		Beckett Tucker
Nathan Beck		Jackson Prindiville
Matt Salzman		Jake Stanuch
Quentin Yung		
Chris Davis??		
Patrick Waldchen		



Bold names – Group Leader

Boys not competing – Jack Riviere, Tre McClose, Drew Hosman

This is it! The conference meet, which we have been building up all season for. For some this will be their last race of the season, and for others, it will be the springboard for the championship phase of the season. Regardless, we need to be ready mentally and physically to do our best.

Compete with passion, compete with heart, and compete with the same determination you have had all season long. This matters in the middle of the race when the going gets tough. Let's run like VIKINGS! Remember that you are not alone in this goal, and that you have teammates to work with towards a common goal. Remember that you are running for more than just yourself; you are running for GVXC! And of course, Run Happy! If you can do all this, it is bound to be a great meet for you and GVXC!

“The first virtue in a soldier is endurance of fatigue; courage is only the second virtue.” Napoleon Bonaparte

Today you will be courageous! Tomorrow you can rest! Know that you will experience fatigue and discomfort during the race. Expect this. Prepare for this. Welcome this. Know that this means you are pushing your limits and racing. This is what we have trained for and have experience before in races. It won't get any easier but know that you can continue to persevere through this and break through. Make this a race you know you gave your all and are proud of.

“A race is a work of art that people can look at and be affected in as many ways they're capable of understanding.”
 - Steve Prefontaine

Run Fast! Run Strong! Run Happy!
 - Coach Raak