

GENEVA VIKINGS CROSS COUNTRY

Peoria ND - Richard Spring Memorial Invitational – Saturday, Sept 21st
Detweiller Park, Peoria, IL off of Rte 29
Boys Bus leaves at 5:15am. Attendance will be taken at 5:10am.

There will be over 75 teams competing and this is the state course, so it should be an exciting and fast meet to be part of. **You need to be to the start line 20-30 min prior to race start!** This is a mandate by the starters of this invitational

Varsity awards: 1-40

Open awards: 1-10

Boys' Open	Boys' Open Ctd	Boys' Varsity
9:10 am	9:10 am	10:30 am
3 miles	3 miles	3 miles
Griffin Poterek	Matt Salzman	Julian Hipp
Kurt Borter??	Thomas Owens	Dominic Ross
Connor McInerney	Beckett Tucker	Ernie Bebe
Matt Bultmann	Jack Dempsey	Noah Martin
Brandon Schmidt	Gaspar Estrada-Bravo	Drew Hosman
Liam Dwyer	Matt Ortiz	Mack Biesk
Noah Yung	James Pittan	Domic Savarese
Gabe Ochsenchlager	Will Lange	
Jack Hagge	Jonah Lotz	
Dylan Edling	Jasper Huynh	
Levi Tucker	Logan Vogt	
Alex Falco	Jake Stanuch??	

Bold names – Group Leader

Boys not competing – Luke Gaston, Ian DeGuzman, Kyle Heller, Eli Bebe, Max Evans, John Moravek, Nathan Mathias, Aidan Cook, Tre McClose, Amari Woods, Aidan Mandel

This is an exciting meet to be a part of with lots of quality teams and on the famous state course with lots of tradition and history. Each of you should be eager for this opportunity. You all have had a great week of practice and are primed for a solid race. You all have meet experience under your belts and have linked together days and weeks of solid training. After the long bus ride, be sure to get a good warmup in to shake the legs out. Be prepared for a fast start and for crowded conditions, but make sure that you run your own race. The race may go out fast, but the 2nd mile is where the cream rises to the top. Be prepared to make a push after the mile and continue to race strong. Even though the table is set for a fast race this weekend, it doesn't just magically take place. You need to make it happen. The race will still hurt, and you will need to find a way to push through. How bad do you want it? What is your higher motivation? This is the time WE START FORMING DIAMONDS!!!

Going into this meet, be thinking: What has gone well in your first 2 races? What do you want to continue? What do you want to change? What is going to be your focus for this meet? What will keep you pushing in the middle when the going gets tough?

I look forward to seeing all of you compete, cheer on your teammates, and show the state what GVXC is all about.

Run Fast, Run Confident, and Run Happy!

Coach Raak

