

GENEVA VIKINGS CROSS COUNTRY

Sterling Rock River Run – Saturday, Sept 28th

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

Bus leaves at 6:15. Attendance check in is 6:05.

Teams competing: Geneva, Sterling, Belvidere, Belevidere North, Dixon, Durnnad, Eastland, Freeport, Hinsdale South, Geneseo, 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	Boys' F/S
9:30 am	9:30 am	10:30 am	10:30am
5K	5K	5K	5K
Julian Hipp	Alex Falco	Griffin Poterek	Beckett Tucker
Dominic Ross	Matt Salzman	Kurt Borter	Jonah Lotz
Noah Martin	Aidan Cook	Connor McInerney	James Pittan
Drew Hosman	Thomas Owens	Matt Bultmann	Jack Dempsey
Mack Biesk	Gaspar Estrada-Bravo	Noah Yung	Will Lange
Dominic Savarese	Matt Ortiz	Gabe Ochsenchlager	Max Evans
Brandon Schmidt	Tre McClose	Liam Dwyer	Eli Bebe
		Dylan Edling	Jasper Huynh
		Levi Tucker	Logan Vogt
		Jack Hagge??	Jake Stanuch
			Nathan Mathias
			Kyle Heller??
			Amari Woods??
			Aidan Mandel??

Boys not competing – Gaston, Bebe, DeGuzman, Moravek

We are fresh off a huge 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 allow 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 prepare to surge mid-race

- Coach Raak

