

GENEVA VIKINGS CROSS COUNTRY

Peoria ND - Richard Spring Memorial Invitational – Saturday, Sept 20th
Detweiller Park, Peoria, IL off of Rte 29
1st bus (Varsity Boys) leaves at 4:30am. Just be there at 4:25am.
2nd bus (FS and Open Boys) leaves at 6:00. Check in at 5:50am.

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' Varsity	Boys' F/S	Boys' Open	Boys' Open Cntd
8:40 am	10:00 am	11:20 am	11:20 am
3 miles	3 miles	3 miles	3 miles
Ian DeGuzman	Alex Hosman	Christopher Tee	Chris Davis
Connor McInerney	Dylan Edling	John Smyth	Beckett Tucker
Mack Biesk	Murphy Hall	Thomas Owens	Nathan Mathias
Kurt Borter	Noah Yung	Jonah Lotz	Jake Stanuch
Gabe O.	Noah Rosser	Amari Woods	Aiden Mandel
Liam Dwyer	Will Lange	Lucas Osmondson	Logan Vogt
Matt Bultmann	Harper Thomas	Tyler Wall	Ryker Peterson
Griffin Poterek	Brogan Greif	Kyle Heller	
	Brian White	Jasper Huynh	
		Charlie Marsh	

Bold names – Group Leader

Boys not competing – Harrison Pierce, Leo Trch, Jack Hagge

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? Let's race with the passion and strength of Vikings!!! To Valhalla!!!

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

