

GENEVA VIKINGS CROSS COUNTRY

Sterling Rock River Run – Saturday, Sept 27th

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, Cambridge, Dixon, Eastland, Freeport, Geneseo, Kaneland, LeSalle-Peru, Morrison, Newman, Ottawa, Princeton, Peoria Richwoods, Rochelle, Rock Falls, Rock Island, Sandwich, Sycamore, and Yorkville.

*Awards: 1st place team plaque
Individual medals for places 1st – 30th
Box Number 9*

Boys' Varsity	Boys' F/S	Boys' F/S
9:35 am	10:45 am	10:45am
5K	5K	5K
Ian DeGuzman	Griffin Poterek	Tyler Wall
Mack Biesk	Connor McInerney	Amari Woods
Thomas Owens	Kurt Borter	Jasper Huynh
Charlie Marsh	Liam Dwyer	Lucas Osmondson
Jonah Lotz	Matt Bultmann	Leo Trch
Kyle Heller	Gabe Ochenschlager	Ryker Petersen
Chris Davis	Noah Yung	Nathan Mathias
Beckett Tucker	Murphy Hall	Aiden Mandel
Jake Stanuch	Dylan Edling	Logan Vogt
	Noah Rosser	
	Harper Thomas	
	Brogan Greif	
	John Smyth	
	Will Lange	
	Brian White	
	Christopher Tee	



Boys not competing – Jack Hagge, Alex Hosman

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 Detweiller 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. With 20 teams and only 2 races, there will still be plenty of runners to compete with.

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