

GENEVA VIKINGS CROSS COUNTRY

St. Charles North North Star Invitational

LeRoy Oakes, St. Charles, IL off Dean St.

Bus leaves at 7:00am – Attendance check at 6:50

****PARKING** - Parents, there is NO parking at LeRoy Oakes. Parking and shuttles will be at Christ Community Church, 820 South Randall Road, South Elgin, IL 60177. Please plan ahead and build in extra time to accommodate for the shuttles. Shuttles will run from 7:30 AM until 12:30 PM. DO NOT PARK ALONG DEAN ST**

Teams Competing: Geneva, Addison Trail, Bartlett, Batavia, Belvidere North, Bolingbrook, Cary Grove, Crystal Lake Central, Elk Grove, Glenbard North, Glenbard West, Hampshire, Hinsdale Central, Huntley, Jacobs, Lyons, Marmion, Metea Valley, Plainfield South, Rockford Auburn, South Elgin, St. Charles North, Streamwood, Waubonsie Valley, West Aurora, and WWS.

Team Awards: Varsity – 1st, 2nd, and 3^d

F/S – 1st and 2nd

Open 1st only.

Individual Awards: Varsity 1st – 25th Medals

F/S and Open 1st – 10th medals 11th – 25th ribbons.

Boys' Varsity	Boys' F/S	Boys' F/S	Boys' Open
8:30 am	9:30 am	9:30 am	10:00 or 10:30 am
3 miles	3 miles	3 miles	3 miles
Mack Biesk	Alex Hosman	Tyler Wall	Thomas Owens
Connor McInerney	Noah Yung	Amari Woods	Charlie Marsh
Griffin Poterek	Murphy Hall	Jasper Huynh	Jonah Lotz
Kurt Borter	Dylan Edling	Lucas Osmondson	Kyle Heller
Liam Dwyer	Noah Rosser	Leo Trch	Chris Davis
Gabe Ochenschlager	Harper Thomas	Ryker Petersen	Beckett Tucker
Matt Bultmann	Brogan Greif	Logan Vogt	Jake Stanuch
	Christopher Tee	Nathan Mathias	
	John Smyth	Harrison Pierce	
	Will Lange	Aiden Mandel???	
	Brian White		

Boys not competing – Jack Hagge and Ian DeGuzman

Boys not attending –

We've had another great week of training. So proud to see all of you take ownership of your training and get after it in the workout. You have all worked so hard physically and are mentally prepared for a great race. The early fall scenery will make for a great backdrop at LeRoy Oakes and there will be a lot of great teams to compete against. LeRoy is one of my favorite courses, and it will provide some terrain challenges that we're ready for. There will be a big hill to conquer twice. Be mentally prepared to tackle this obstacle. Given the challenges of the course, let's focus more on place and other strategic goals not connected to a time. Because of this, I want you to race without watches! Free yourself from the shackles of time and race by feel!

You have all come a long way so far this season, and we still have some of the biggest races to go.

Run smart, run strong, run fast, and run happy!

- Coach Raak

