

# **GENEVA VIKINGS CROSS COUNTRY**

**IHSA Regional hosted by St. Charles East**

**Settler's Hill, Geneva IL**

**Bus leaves at 6:25. Check in at 6:15**

*Competing teams: Geneva, Addison Trail, Bartlett, Elgin, Glenbard North, Glenbard West, Lake Park, St. Charles East, St. Charles North, West Chicago, Wheaton North, Wheaton Warrenville South, and York.*

*Awards: Team: 1<sup>st</sup> place plaque*

*Individual: 1-5 medals*

*Advancing to Sectionals – Top 6 teams and Top 5 individuals not on an advancing team.*

Boys' Varsity	Alternates
8:00 am	
3 miles	
<b>Mack Biesk</b>	Alex Hosman
<b>Connor McInerney</b>	Noah Yung
Liam Dwyer	Matt Bultmann
Griffin Poterek	Dylan Edling
Kurt Borter	Harper Thomas
Gabe Ochsenchlager	Murphy Hall
Ian DeGuzman	



This is the first step in the State Series, we are repping the Retro Red, White, and Blue jerseys, and racing a course we are very familiar with and against teams we know well. Several of the DuKane Conference teams are the key ones here to compete against, and we just saw them last week. We have continued to improve as individuals and as a team this season, and this is our next chance for growth. Let's make sure to have the right mindset to compete hard and give it our best. While PR's are nice, this race is all about place and lowering the team score. We need to focus on competing against and beating the individuals on other teams. Here are some goals we can look to accomplish this meet.

## **Goals:**

**Top 10 as a team**

**Run a best time on Settler's Hill (We have 3 other races to compare)**

**At least 5 guys under 17 – Let's get some under for the first time!!!**

**Move up during the race and pass 10 people after the mile**

For those not competing, let's be sure to encourage and support our teammates who are. Let's be spirited and bring some positive energy to the event. When the races are going on, our team tent should be empty, and we should all be out on the course cheering like crazy for our teammates. We all know that a little encouragement during a race goes a long way. Let's also make sure that we allow those who are competing the space they need to get ready and to not be a distraction.

Run Happy, Run with Inspired Emotion, and Run like Vikings!

Coach Raak