

GENEVA VIKINGS CROSS COUNTRY

Settler's Hill near the Ice Arena and Kane County Cougars Stadium

Bus leaves at 6:30am. Attendance will be taken at 6:20am

Parents, please park in the Kane County Cougars parking area B and C off Kirk Rd. Allow for a ½ mile walk or so to the course, on top of the hill for best viewing.

Admission - \$4 for adults \$1 for kids. You can pay with an E-Ticket early for \$3 at this site below.

<https://www.chicagotrack.org/>

Competing teams: Geneva, Batavia, Benet Academy, Burlington Central, Dundee-Crown, Hampshire, Kaneland, Marmion, Oswego, St. Charles East, Wheaton St. Francis, and Yorkville

Top 15 medals

Boys' Open	Boys' FS	Boys' FS Ctd	Boys' Varsity	Boys' Varsity Ctd
8:00 am	8:45 am	8:45 am	9:30	9:30
2.4 miles	3 miles	3 miles	3 miles	3 miles
Parker Bell?	Jacob Calvario	Aaron Heine	Cam Schmidt	Jake Stanuch
Logan Vogt?	Johnny Lando	Brenan Malmgren	Connor McInerney	Rohit Pallavajjala??
	Grayson Ott	Tyler Wall	Gabe Ochenschlager	Kyle Heller??
	Christopher Tee	Theo Riensche	Kurt Borter	Beckett Tucker
	Evan Best	Lucas Osmondson	Liam Dwyer	Amari Woods
	Harper Thomas	Max Juhazy	Griffin Poterek	Nathan Mathias
	Bennett Gilchrist	Ryker Peterson	Dylan Edling	
	Evan McGowan	Harrison Pierce	Noah Yung	
	Brogan Greif	Sam Lechtenberg	Matt Bultmann	
	Brian White	Elija Newcomb		

Bold names – Group Leader – As a group leader, you have the responsibility of organizing everyone in your group for the warmup and cooldown.

Boys not competing – Will Lange

Boys, this is our first invitational of the season and time to put all that training to the test. You have all done a great job preparing yourselves for this moment. Think of all you have done these past few days, weeks, and months. Know that there will be challenges during the race, but nothing you haven't prepared for. Embrace the excitement know that a race brings the best out of you.

Warmup together. Run your race. Wait for and cheer for your teammates. Cooldown together. This is the expectation.

Go into the race with a plan, be smart, and be patient early on. It's easy to get caught up with all the excitement of the race and go out too fast. Remember you should feel pretty good at the mile mark, SMILE at the MILE! Remember that the 2nd half of our race is our time. We have trained to pick up the pace during workouts and to finish fast. This is when we move up in the race and run people down.

Also, remember that you are not alone on the racecourse. You have a team of brothers out there with you. Work with each other. Talk with and support each other. Cheer for each other.

If you race smart and run happy, you will run fast! This is the first step in the season journey!

- Coach Raak

