

GENEVA VIKINGS CROSS COUNTRY

IHSA Regional hosted by DeKalb

North 40 XC Course, DeKalb, IL

Bus leaves at 8:00. Check in at 7:50

Competing teams: Geneva, Burlington Central, DeKalb, Hampshire, Harlem, Larkin, Rockford Auburn, Rockford East, Rockford Guilford, Rockford Jefferson, Rockton Hononegah, South Elgin, and St. Charles North.

Awards: Team: 1st place plaque

Individual: 1-5 medals

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

Boys' Varsity	Alternates
11:00 am	
3 miles	
Cam Schmidt	Johnny Lando
Gabe Ochsenhlager	Noah Yung
Jacob Calvario	Evan Best
Grayson Ott	Jake Stanuch
Griffin Poterek	Christopher Tee
Liam Dwyer	Brogan Greif
Connor McInerney	Kurt Borter

This is the first step in the State Series, we are repping the Retro Red, White, and Blue jerseys which has lots of tradition that you are now part of. This is a new course to us with many new teams, but I know that we are ready for the challenge. You have been running extremely well of late with many PR's within the last 2 meets. The race will have its challenges, but you are ready. Look to meet such challenges with an equal amount of determination and focus. 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.

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.

Compete Hard, Run Happy, and Run like Vikings!

Coach Raak

