

GENEVA VIKINGS CROSS COUNTRY
Girls home @ Burgess Field against Wheaton Warrenville South
Boys away @ Grace Lutheran Church in Wheaton

Competing teams: Geneva vs Wheaton Warrenville South

Bus time: Boys Bus leaves at 3:05 – Please arrive ASAP after school
 Girls meet at the water tower at 3:15 for check in

Spectators: Spectators will be allowed at each location, but all COVID protocols must be followed.

1. Everyone must wear a mask
3. Non-family members must maintain 6' social distance, 30' from spectators from other schools' spectators and athletes, and 30' from the course.
4. Spectators should arrive no earlier than 10 minutes before the race and leave ASAP afterwards.
5. Spectators should respect the team camp area and not enter.
6. Spectators traveling to Wheaton need to [CLICK HERE](#) to fill out this COVID info survey.

Girls' Race	Girls' Race	Boys' "A" Race	Boys' "B" Race
4:30pm	5:00pm	4:30pm	5:00pm
3 miles	2 miles	3 miles	3 miles
Becca Spezzano		Colin Opdyke	Noah Fay
Kelsey Olson		Nathan Branstad	Quinlan Bobeczko
Lila Storaasli		Skylar Simon	Landon Zimny
Sophie Coronado		Evan Kirby	Jack Riviere
Julie Ori		Adam Drexler	Jackson Avery
Grace Caskey		Josh Branstad	Ben Lutzow
Piper Rapinchuck		Brady Stoermer	Cameron Lotspeich
Corine Stanuch		John D'Andrea	Nathan Beck
Alondra Mathena ??		Caleb Walton	Charlie Faith
Claire Jennings		Gabriel Hubbartt	James Mosciano
Chloe Daly		Owen Kroeyr	Matt Ratliff
		Andrew Warcup	Ben DeMarco
		Tyler Gross	Cameron Myatt
		Tyler Silverman	Thor Eysturid ??
		Luke Cerwin	Owen Reid
		Jack Kuehl ??	Anthony Graske ??

Bold names – Group Leaders ** There will be an option for a 2 mile race instead of 3 for those in these races

Non runners: Girls: Elise Waldchen, Drea Ramirez

Boys: Wyatt Gross, Jack Kuehl??, Anthony Graske??, Thor Eysturid??

This will be our second race of the season, and hopefully we will have some cooler weather to compete in. WWS is a strong program, and I'm excited to see how we compete against them. As we gain meet experience, keep making minor adjustments to your race strategy that you think might help your performance. While we've been patient with our pacing during the heat of Intrasquad and the GBN meet last week, I think this week, we can focus on running ASSERTIVELY. Don't be afraid to go after it and push your limit; you just might surprise yourself. Let's see what we can do! Your body is capable of amazing things as long as the mind can will it. Know that when you do go out hard, that you will certainly feel the discomfort earlier than usual. Be prepared for this, embrace it, dig down deep, and find a way through it. You can do it and can celebrate this accomplishment when the race is over.

Run HAPPY!

Coach Raak