

# **GENEVA VIKINGS CROSS COUNTRY**

## **Girls and Boys @ Grace Church of DuPage in Wheaton**

Competing teams: Geneva, St. Charles North, Wheaton North, and Wheaton Warrenville South

Bus time: Boys: Bus leaves at 7am – plan on arriving 10 min earlier to check in.  
Girls: Bus leaves at 8am – plan on arriving 10 min earlier to check in.

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

1. Everyone must wear a mask
2. Non-family members must maintain 6' social distance, 30' from spectators from other schools' spectators and athletes, and 30' from the course.
3. Spectators should arrive no earlier than 10 minutes before the race and leave ASAP afterwards.
4. Spectators who travel to Wheaton must [CLICK HERE](#) for contact tracing purposes.

Boys' Race	Girls' Race
9:00am	10:00am
3.0 miles	3.0 miles
Ben Calusinski	Lauren Hasty
Brady Ahern	Lily Ryan
<b>Isaiah Roeder</b>	Mckenna Mertes
Colby Coronado	Sarah Hahn
Tim Archibald	Julianna Longo
Anthony Ross	<b>Tessa Balc</b>
Adam Coats	Agnes Bolender
David Roeder	Lauren Verdecchia

**Bold names – Group Leaders**

Please note the different bus times for the girls and boys, and each team should also plan to leave soon after their cooldown. We've all had our rust buster races, and now we are looking to shine this weekend. There will be some solid competition all around, and I'm eager and excited to see how we compete. We've had some good, focused weeks of training, and now it's time for the payoff. I know we are all excited for a Saturday morning meet and are ready to seize the day! As we prepare, think about your race strategy. How are you going to start off? How are you going to stay focused in the middle? Is there a place where you are going to put in a surge? Are there any teammates you plan to work with during the race? These are all important questions you should answer ahead of time and not need to worry about on race day. Getting yourself mentally ready is just as important as getting physically ready. Take some time on Friday to have a good dinner, get yourself mentally prepared, and then a full 8 hours sleep.

Run HAPPY!

Coach Raak