

**GENEVA VIKINGS CROSS COUNTRY**  
**Girls home @ Burgess Field against St. Charles East**  
**Boys away @ St. Charles East HS**

*Competing teams: Geneva vs St. Charles East*

*Bus time: Boys Bus leaves at 3:05 – Please arrive 10 min earlier to check in.  
 Girls meet at the water tower at 3:15*

*Spectators are NOT allowed at St. Charles East.*

*Spectators will be allowed at our home location, but all COVID protocols must be followed.*

- 1. Everyone must wear a mask*
- 2. Spectators should not be in team headquarters.*
- 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.*

| Girls' Race         | Boys' "B" Race          | Boys' "A" Race         |
|---------------------|-------------------------|------------------------|
| 4:30pm              | 4:30pm                  | 5:00pm                 |
| 3 miles             | 3 miles                 | 3 miles                |
| <b>Kelsey Olson</b> | Ben Lutzow              | <b>Jacob Caballero</b> |
| Lila Storaasli      | <b>Quinlan Bobeczko</b> | Caleb Walton           |
| Sophie Coronado     | Matt Ratliff            | Adam Drexler           |
| Julie Ori           | <b>Landon Zimny</b>     | Gabriel Hubbartt       |
| Corine Stanuch      | Cameron Lotspeich       | Tyler Gross            |
| <b>Grace Caskey</b> | Anthony Graske          | Andrew Warcup          |
| Piper Rapinchuck    | Nathan Beck             | Josh Branstad          |
| Alondra Mathena     | Owen Reid??             | Owen Kroeyr            |
| Claire Jennings     | Charlie Faith           | Noah Fay               |
|                     | James Mosciano          | <b>Tyler Silverman</b> |
|                     | Ben DeMarco             | Jack Riviere           |
|                     | Cameron Myatt           | Brady Stoermer         |
|                     |                         | Jackson Avery          |
|                     |                         | Luke Cerwin            |
|                     |                         | Wyatt Gross            |
|                     |                         |                        |

**Bold names – Group Leaders**

**Non-runners: Girls: Chloe Daly, Elise Waldchen, and Drea Ramirez**  
**Boys: Thor Eysturliid**

Last Wednesday was an epic day of PR's for almost everyone. Let's continue to bring that fire to this week's meet. PR's don't just fall into your lap; you have to make them happen. You made the PR's happen last week, and let's be sure to keep that same focus this race. The races don't get any easier, you can just run a little faster and tolerate the discomfort a little longer on your way to a faster time. Most of you have also done a great job pacing yourselves during the race and have consistently moved up and picked off other runners in mile 2 and 3. Keep this up and make the 2<sup>nd</sup> and 3<sup>rd</sup> miles ours! I have been super impressed with your efforts and consistency at practice this past week, and now's the time for the pay off. Let's go get those PR's! Seize the Day! Seize the Race!

Run HAPPY!

Coach Raak