

# **GENEVA VIKINGS CROSS COUNTRY**

**Boys home @ Burgess Field against Batavia**

**Girls away @ Rotolo MS**

*Competing teams: Geneva vs Batavia*

*Bus time: Girls Bus leaves at 3:45 – Please arrive 10 min earlier to check in.*

*Boys meet at the water tower at 3:15*

*Spectators will be allowed, but all COVID protocols must be followed. Below is the spectator information for those traveling to Rotolo MS.*

**Batavia will allow spectators (prefer parents only) to attend this meet under the following guidelines: Please park in the activities parking lot on the North side of the building. Spectators must wear masks at all times and maintain social distancing at all times. Spectators will not be allowed to gather at or near the finish line. We ask that spectators please vacate the premises immediately following each race. Thank you for your cooperation with these guidelines.**

| Girls' Race       | Boys' "A" Race      | Boys' "B" Race          |
|-------------------|---------------------|-------------------------|
| 5:15pm            | 4:30pm              | 5:00pm                  |
| 3 miles           | 3 miles             | 3 miles                 |
| <b>Tessa Balc</b> | <b>Skylar Simon</b> | Wyatt Gross             |
| Lila Storaasli    | John D'Andrea       | Jack Riviere            |
| Sophie Coronado   | Andrew Warcup       | Jackson Avery           |
| <b>Julie Ori</b>  | Nathan Branstad     | Luke Cerwin             |
| Corinne Stanuch   | Evan Kirby          | Ben Lutzow              |
| Grace Caskey      | Jack Kuehl          | <b>Quinlan Bobeczko</b> |
| Piper Rapinchuck  | Jacob Caballero     | Matt Ratliff            |
| Alondra Mathena   | Caleb Walton        | Landon Zimny            |
| Claire Jennings   | Adam Drexler        | Cameron Lotspeich       |
|                   | Gabriel Hubbartt    | Anthony Graske          |
|                   | Tyler Gross         | Nathan Beck             |
|                   | Josh Branstad       | Owen Reid               |
|                   | <b>Owen Keoryr</b>  | Charlie Faith           |
|                   | Noah Fay            | James Mosciano          |
|                   | Brady Stoermer      | Ben DeMarco             |
|                   | Tyler Silverman     | <b>Cameron Myatt</b>    |

**Bold names – Group Leaders**

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

**Boys: None**

For this race, I'd like for everyone to focus on the **10 HARD STRIDES** effort goal. At some point in the race a coach will ask for you to do **10 HARD STRIDES** to move out of the pace you are in. No matter where you are in the race or how you are feeling, let's make the decision and commitment now to make this surge no matter what. If you can do this in the race, then mission accomplished. I've been really impressed over the years with the efforts of so many to do this in the middle of the race, and I look forward to seeing your efforts on Wednesday.

Run HAPPY!

Coach Raak