

GENEVA VIKINGS CROSS COUNTRY

Girls and Boys @ Grace Church of DuPage in Wheaton

Competing teams: Geneva, Lake Park, Wheaton North, and Wheaton Warrenville South

*Bus time: Boys: Bus leaves at 2:00pm – plan on arriving 10 min earlier to check in.
Girls: Bus leaves at 2:45pm – 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 Register for contact tracing purposes.*

Boys' Race	Girls' Race
3:45pm	4:30pm
3.0 miles	3.0 miles
Colby Coronado	Lauren Hasty
Isaiah Roeder	Lily Ryan
Brady Ahern	Mckenna Mertes
Adam Coats	Lauren Verdecchia
Nathan Branstad	Agnes Bolender
Tim Archibald	Julianna Longo
Colin Opdyke	Becca Spezzano
David Roeder	Kelsey Olson

Bold names – Group Leaders

Please note the later and different bus times for the girls and boys, and each team should also plan to leave soon after their cooldown.

With another race at Grace Church, we should know this course inside and out. We know where its challenges are and where to stay strong and focused. For this race, I also want the focus to be on competing. Although we like to focus on time and pace, it is also a good reminder to compete against the other runners in the race. Sometimes we need to shift our mindset from pacing to racing. Find the group of competitors near your ability level and work like mad to beat them to the finish line. If you do this, you just might be surprised with your time. As we begin to gear up for the big championship races at the end of the season, it is places, not times that matter the most.

Run HAPPY!

Coach Raak