

GENEVA VIKINGS CROSS COUNTRY
IHSA Sectional Championships
@ Lyons Township HS

Competing teams: Batavia, Rockford Auburn, St. Charles North, St. Charles East, Maine South, Huntley, York, Lyons Township, Rockton Honnegah, Dundee Crown, Wheaton Warrenville South, South Elgin, Jacobs, Glenbard West, DeKalb, and Taft

*Bus time: Girls Bus – 6:50am – please plan to arrive 10 minutes earlier to get checked in.
Boys Bus – 10:20am – please plan to arrive 10 minutes earlier to get checked in.*

*Spectators will NOT be allowed at this meet. Only the listed coaches and 8 athletes from the Regional meet will be allowed on the course and in the team camp.
The race will be streamed live, and they will also have live race results.*

Girls' Race Flight 4	Boys' Race Flight 4
9:00am	12:30pm
3 miles	3 miles
Agnes Bolender	Adam Coats
Becca Spezzano	Anthony Ross
Girls' Race Flight 3	Boys' Race Flight 3
9:45am	1:15pm
3 miles	3 miles
Lily Ryan	Tim Archibald
Lauren Verdecchia	Brady Ahern
Girls' Race Flight 2	Boys' Race Flight 2
10:30am	2:00pm
3 miles	3 miles
Sarah Hahn	Colby Coronado
Mckenna Mertes	Isaiah Roeder
Girls' Race Flight 1	Boys' Race Flight 1
11:15am	2:45pm
3 miles	3 miles
Lauren Hasty	Ben Calusinski

Bold names – Group Leaders

This is an interesting scenario where we know that no matter what, this will be our last race of the season. No matter how we do, this is it, and while disappointing, this can also be freeing at the same time. With this race, we can truly compete with no fear and free from the pressure of qualifying for next week. Even though this race officially ends the season, it is not the end of all the friendships and memories we've created this season.

As we have learned to race in flights these past two weeks, we need to continue to adapt to these smaller, more unique races. There will certainly be some top-notch competition at this Sectional meet, and we must be ready to get into good position early, hold strong in the middle, and finish with gusto at the end.

Even though there is no State meet this year, we must not forget that **it's all in the STATE of mind**. The mind truly is a powerful thing that can push your body farther than it thinks is possible. When that source of mental acuity is tapped into, that's when big breakthroughs happen. Find and tap into The Source that makes you run a just a little faster a little farther.

Run Fast, Run Free, and Run Happy!

- Coach Raak