

September 15, 2014

TO: Cross Country Parents

FROM: Coach Ehlert, Coach Schauland, Coach Schmidt

RE: Geneseo Invitational Results, Tuesday Practice, Wednesday Meet,
Thursday Practice, and Saturday's Meet

Thanks to Helpers and Geneseo Invite Results

A big Thank you to all parents who helped out at Thursday's Geneseo Invitational. Things ran very smoothly as a result of all the great assistance we received. There were thirteen teams for both the boys and girls divisions with over 500 athletes participating. It looked like there were 1,000 fans at the meet. Our runners were incredible and won as a team. The 7th grade girls and 7th grade boys placed second in their divisions. The 8th grade girls and boys placed 1st in their divisions. The 7th and 8th grade girls won in their combined division. The 7th and 8th grade boys placed second. Hannah Soria, Josie Brown, Caitlin Gorge, Lauren Belvel, Ava Bieneman, Kaden Rink, Andrew Rizzo, Peter Rizzo, Kaleb Decker, Nathan Carroll, Neo Colter, and Mason Cooper all were medalists. Josie Brown and Kaden Rink were individual champions. It was an awesome meet for the Leafs. Results are on the web page. <http://gcsdblogs.org/ehlert/>

Tuesday Practice

Practice will be done at 4:30 tomorrow (September 16th). Sorry for the late notice.

Wednesday's Meet

The Moline Invitational listed for this Wednesday (9/17) is at Coal Valley Municipal Park in Coal Valley. The 7th and 8th grade girl's race will begin at 4:15 and the 7th and 8th grade boy's race will follow around 5:00 pm. Directions are on back.

Driving Directions From Geneseo to Galesburg:

- Take Highway 6 west to Coal Valley
- Turn Left on 1st Street
- Coal Valley Municipal Park will be on the right at the top of the hill.
- The park is located on the right next to Bicentennial School

Thursday Practice

We will be practicing before school on Thursday. There is an early out. Practice will begin at 6:30. Come a few minutes early to be ready to go at 6:30. The coaches will be there at 6:15 to let you in.

Friday Practice

Practice will be done at 4:30.

Galesburg Bus & Race Times

Saturday morning (Sept. 20th) the bus will leave at 7:00am, from the Middle School, to get to the Galesburg Invitational. Please come a few minutes early that day so we can load and be on the road on time. There is a change this year to the meet schedule. There are 4 races. The Girls Open Race will go off at 9:00 am followed by the Boys Open Race at 9:30 am. There will be a Girls Top 7 race at 10:00 am, followed by a Boys top 7 Race at 10:30 am. Awards will be shortly after the Boys top 7 race. We will stop to eat lunch in Galesburg on our way home so bring enough money for a fast food stop. With the new format we expect to get back to Geneseo around 2:00. Students planning on riding home with parents should turn in their note at school Friday. Please sign your athlete out, before leaving. Directions to the meet site at Lake Story are as follows - 1) head south on Interstate 74, 2) exit west on Route 34 (Exit 46A), 3) continue west to Route 150 (toward Alpha), 4) exit north, pass the stoplight and take the 2nd exit into the park.