

The High Desert Runners present...



The 2008 A.V. Summer Cross- Country Series

The High Desert Runners club is again sponsoring its annual summer series of all-comers cross-country meets for Antelope Valley area runners. This year's series will run for seven weeks on Thursday evenings beginning June 26 through July 31, with the final meet either on Thursday Aug. 7 or the morning of Saturday, Aug. 9. Meets feature a 3-mile race and a 1-mile non-competitive fun run. Although primarily oriented towards conditioning and training for youth runners who plan to compete with their school cross-country teams this fall, these are **ALL-COMERS** meets, and children and adults of all ages and abilities are welcome. Participants may run both the one and three-mile races if they wish. Parents are encouraged to run with their children.

LOCATION: This year's meets will again be held at Pelona Vista Park, on Tierra Subida Road at Rayburn Road in Palmdale. Each course is accurately measured, and will be clearly marked. Restrooms, paved parking and grassy staging areas should make for a pleasant experience. Start and finish is on the west side of the north (lower) soccer field complex. **NOTE** – Due to a large amount of dirt that was deposited in the undeveloped area of the park from the nearby hospital construction project last winter, both courses will be revised this year.

DATES: June 26, July 3, July 10, July 17, July 24, July 31 (coed relay), Aug. 7 or 9 (finals)

TIME: The 1-mile run will begin at 6:30 p.m. with the 3-mile race starting about 6:45 p.m. Registration starts at 6 p.m. and closes at 6:25. **Be there early!**

COED RELAY: By popular demand, we will run the sixth meet July 31 as a single three-leg **COED RELAY** on the three-mile course (no one-mile run). At least one male and female must be on each two- or three-person team. Each segment is roughly one mile long.

AWARDS: We anticipate awarding medals by age group at the finals. Winners must have run in a minimum of three preliminary meets (coed relay also counts) to be eligible for awards at the finals, and must place in their age group. Age groups are 12 & under, 13-15, 16-18, 19-29, 30-39, 40-49, 50-59, 60-69 and 70-up male and female, as applicable. At least one medal will be awarded in each age group, with most going two or three deep.

DONATIONS ENCOURAGED: We ask a minimum \$1 donation per meet (includes both races) from all participants to defray expenses and to support the HDR "AAA" awards. These awards are presented annually at the end of the fall X-C season to cross-country runners at local high schools who demonstrate outstanding accomplishment in academics, athletics and attitude. The High Desert Runners is a 501(c) 3 non-profit corporation, all donations are tax-deductible.

MISCELLANEOUS: Water and Gatorade will be available at the finish. Watermelon at the finals!

For further details, contact X-C series coordinators Alan Brown at 661-949-8197 or Bob Haugen at 256-9190.

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