



*The High Desert Runners present...*

# The 2010 Antelope Valley 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 from June 24 through Aug. 7. The first six preliminary meets will be on Thursday evenings, with the final meet on the morning of Saturday, Aug. 7. All meets feature a 3-mile race and a 1-mile non-competitive fun run except for the fourth meet July 15, which will be our annual coed relay fun run (details below). 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 north side of the north soccer field complex. The courses are essentially the same as last year.

**DATES:** Thursday June 24, July 1, 8, 15 (coed relay), 22 and 29, Saturday Aug. 7 (finals)

**TIME: Preliminary meets:** Registration starts at 6 p.m., the 1-mile run will begin at 6:30 p.m. with the 3-mile race starting about 6:45 p.m. **Final meet:** Registration begins at 7:30 a.m., 1-mile run at 8 a.m., 3-mile race at 8:30 a.m. **Don't be late!**

**COED RELAY:** By popular demand, we will run the fourth meet July 15 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. Traditionally held on the fifth or sixth meet in past years, the coed relay was scheduled earlier this year to allow high school runners who will be attending out-of-area running camps later in July to participate.

**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 a sports drink will be available at the finish. Watermelon at the finals!

For further details, contact X-C series coordinator Alan Brown at 661-949-8197.

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