

The High Desert Runners present...



The 2019 Antelope Valley Summer Cross-Country Series

The High Desert Runners club is again sponsoring its annual series of all-comers cross-country meets this summer for Antelope Valley area distance runners. Although primarily oriented toward conditioning and training for youth who plan to run with their school cross-country teams this fall, these are **ALL-COMERS** meets, and runners of all ages and abilities are welcome. This year's series will include six (not seven) weekly meets on Thursday evenings from June 27 through Aug. 8. (**No meet on July 4 due to the Independence Day holiday.**) All meets feature a 3-mile open race and a 1-mile preliminary fun run for children age 12 and under except for the fifth meet Aug. 1, which will be our annual coed relay fun run. Parents of children running the kids' fun run 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. Both courses will be identical to the last year's courses, with the start, finish and staging areas at the northwest corner of the north soccer fields area below the restrooms. Each course is accurately measured and will be clearly marked. Restrooms and parking are adjacent to the soccer fields. Runners are asked to do their warm-ups on the jogging path around the soccer fields, not on the course itself.

DATES: Thursday June 27, July 11, 18, 25, Aug. 1 (coed relay), 8 (finals). **No meet on July 4.**

TIME: Mandatory registration (a legal requirement) starts at 5:45 p.m., the preliminary kids run will begin about 6:20 p.m. with the main race starting about 6:45 p.m. **Don't be late!**

COED RELAY: The fifth meet Aug. 1 will be run as a single three-segment **COED RELAY** on the long course (no preliminary run). At least one male and one female must be on each two- or three-person team. Each segment will be about a mile long. Runners should recruit their partners well in advance.

AWARDS: We anticipate awarding medals to the overall male and female winners and at least three deep in age groups for the main race at the finals, depending on participation at the prelims. Winners must have run in a minimum of three preliminary meets (coed relay also counts) to be eligible for potential awards at the finals. Age groups in the main race are 12 & under, 13-15, 16-18, 19-29, 30-39, 40-49, 50-59, 60-69 and 70-up male and female. Additional awards may be given in age groups with large participation. Age groups in the short-course kids' run are 9 and under and 10-12, male and female.

DONATIONS ENCOURAGED: There is **NO** entry fee! However, we ask a minimum \$1 donation per meet (includes both races) from all participants to defray series expenses and to support the HDR "AAA" awards. These awards are presented annually at the end of the fall X-C season to local high school cross-country runners 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! More info: contact X-C series coordinator Alan Brown at 661-406-9804, email dabrown1222@gmail.com.

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