

*The High Desert Runners present...*



# The 2022 Antelope Valley Summer Cross-Country Series

After a two-year lapse due to restrictions on group activities imposed by health and government authorities in connection with the SARS-2 Covid-19 pandemic, the High Desert Runners club is pleased to again stage 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 only four (not seven) weekly meets on Thursday evenings in August – Aug. 4, 11, 18 and 25. The abbreviated schedule and delay of the series from the usual late June through early August is due in part to our hope that the persistent heat wave that we have been experiencing during late June and July will not extend through August. All four meets feature a 3-mile open race. The 1-mile preliminary fun run for children age 12 and under will NOT be held this year.

**LOCATION:** This year's meets will again be held at Pelona Vista Park, on Tierra Subida Road at Rayburn Road in Palmdale. The course will be identical to the course used in recent years, with the start, finish and staging area at the northwest corner of the north soccer fields complex. The 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 Aug. 4, 11, 18 and 25.

**TIME:** Mandatory registration starts at 5:45 p.m., with the race starting about 6:30 p.m. **Don't be late!**

**COED RELAY:** As of the date this flyer was prepared, we are considering staging the last meet on Aug. 25 as a single three-segment **COED RELAY**. If we go ahead with the coed relay, 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. If we do NOT hold the coed relay, the final meet will be staged in the usual format.

**AWARDS:** There will NOT be any awards presented after the final meet this year.

**DONATIONS ENCOURAGED:** There is **NO** entry fee! However, we ask a minimum \$1 donation per meet from all participants to defray series expenses and to pay for other activities and programs of the club. The High Desert Runners is a 501(c) 3 non-profit public benefit corporation; all donations are tax-deductible.

**MISCELLANEOUS:** Water and a sports drink will be available at the finish. We may have a watermelon feed at the final meet. More info: contact X-C series coordinators Alan Brown at 661-406-9804, email [dabrown1222@gmail.com](mailto:dabrown1222@gmail.com) or James Mitchell at 661-313-6349, email [jmitch85@gmail.com](mailto:jmitch85@gmail.com).

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