

## How to Join the Cross Country Team:

Please respond to [xcteams@empirerunners.org](mailto:xcteams@empirerunners.org) with your intention to run and which races you can make

### 1. Become a card-carrying Member of the USATF Membership

If you plan to run cross-country and have not already renewed your USATF membership, please do so ASAP. You cannot run without one. Please send me your number when/if you get one.

Verify you are on the list by going to <http://www.pausatf.org/data/members.php?club=143> to find your name - (www.pausatf.org | Members | Member List | Club List | Empire Runners | Roster).

Sign up on line at [www.pausatf.org](http://www.pausatf.org) | Join Now! We are club No. 143 (Empire Runners).

### 2. Have Active Empire Runners Club Membership

Please ensure your Club membership is up to date. To join or renew, see our website under [Membership](#).

### 3. Get Some Threads – you’ll need a uniform

Black shorts or running skirt and an Empire Runners official singlet are required to run as a team member. You can purchase your singlet from Jenn or Will Ortlinghaus ([apparel@empirerunners.org](mailto:apparel@empirerunners.org) or (415) 269-3935). See the club [apparel page](#) for further information.

## Team Captains

Division	Women	Men
Open (<40)	Karen Frindell-Teuscher	Nate Koch
Master (40-49)	Lisa Titus-Isabeau	Kenny Brown
Senior (50-59)	Lisa Titus-Isabeau	Larry Meredith
Super Senior (60-69)		Bill Browne
Veteran (70+)		

## Team Roster *(obtained PA/USATF Membership)*

[Click Here](#)

## Race Schedule

There are 11 races\*\* to choose from this year, starting with Santa Cruz on August 20st and ending with the PA Championship on November 21st.

**Our Club-sponsored race, The Phil Widener Empire Open, is August 27 at Spring Lake Park!**

\*\* We only need to run 6 races to fully score for the season.

Date	Race	Location
08/20/11	11th Annual UC Santa Cruz XC Challenge	Santa Cruz
08/27/11	19th Annual Phil Widener Empire Open	Santa Rosa
09/03/11	1st Annual Rebels XC Challenge	Sacramento
09/11/11 (Sunday)	26th Annual Golden Gate Park Open	San Francisco
09/24/11	7th Annual Garin Park XC Challenge	Hayward

10/01/11	13th Annual Presidio Challenge	San Francisco
10/08/11	3rd Annual Willow Hills XC Open	Folsom
10/22/11	14th Annual Shoreline Open	Mountain View
10/29/11	16th Annual John Lawson Tamalpa Challenge	Marin Headlands
11/05/11	2nd Annual Ancil Hoffman Challenge	Sacramento
11/20/11 (Sunday)	26th Annual PA Cross Country Championships (Also the USATF Regional Championships)	San Francisco

John Harmon, Empire Runners XC Director  
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