

It's Time to Step up to Cross Country

If you are on this E-mail thread, it is because you have run in the past or expressed interest in running this season.

Please respond to John Harmon at xcteams@empirerunners.org with your intention to run. Log into your [TeamSnap](#) to indicate in which races you can participate.

Don't have a TeamSnap log-in? Contact John to get invited.

XC Meet & Greet Tuesday, July 30 @ 5:30 pm – Lawn Relays on SRJC Front Lawn

[How to Join the ER Cross Country Team:](#)

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. Your number will show on the USATF Pacific Association website.

Verify you are on the list by going to <http://pausatf.x10host.com/data/members.php?club=143> to find your name - (www.pausatf.org | Members | Member List | Club List | Empire Runners | Roster).

Not a USATF Member? Sign up on line at <https://www.usatf.org/membership/application/index.asp>

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 <http://www.empirerunners.org/join>

3. Sign a Waiver

Go to the Club XC webpage and download the blank form:
Print out, fill out, sign & date, rescan and email to xcteams@empirerunners.org

or

Download to your phone, use Adobe Fill & Sign app to open. Fill it out and sign & date, email to xcteams@empirerunners.org

4. Get Some Threads – you'll need a uniform

Singlets run larger than normal, so we recommend one size smaller than usual, but it's best to try them on.



The XC program provides these new singlets **free** if you run at least 3 races.

Contact John for your singlet.

Black shorts or running skirt with an Empire Runners official singlet are required to run as a team member.

5. Want to be a Team Captain?

Contact John to learn what is involved.

John Harmon is stepping down as XC Director. We are currently working to name a new director.

John Harmon
Director, XC Program 2010-2017
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