

Welcome to Cross-Country!

If you have not run with our team or in any team racing before, well you are in for some FUN! Every year, our objective is to increase participation. We who run Team XC know this is an addictive habit. We typically have a roster of about 70 souls.

Cross-country is a team sport. We train as a team, run as a team, score as a team and celebrate as a team. Each year we run races as a team against other clubs.

The common myth with team running at this level is you must be “good.” It’s nonsense. You will find all ages and abilities participating (including 80 year-olds). You will find someone at your level in each race just like you might in a road race. USATF rules only stipulate you must be at least 16 years old, in good standing with the USATF and an active member of your club.

Cross country is unlike track or road racing in that the course and the terrain, become the challenge. It’s not a Navy Seal training circuit, but it does have hills and varying surfaces (asphalt, gravel, dirt, sand, grass, mud, etc.). Our training runs can help prepare you for this sort of terrain.

Please see [How to Join the 2019 Cross Country Team](#). The singlet is free if you run a race as a qualified ER XC member (so that you can score points). And the race fees are all paid by the club!

The race schedule comprises 11 races including the Pacific Association Championship race at the end of the season. Traditionally our Phil Widener Empire Open is one of the first races. This year we host everyone on **August 24th** at the Spring Lake Boat Ramp.

I am asking that you, as participants, make a concerted effort to keep your TeamSnap profile and availability up to date, communicate your status if it changes, and to show up for races for which you have committed. This will make life better for all of us.

As you read through this guide and become interested in racing, please don’t hesitate to contact me. I am happy to answer any questions and guide you through what you need to do.

I hope to hear from you.

Good racing!



Stephen Starkweather
Director, Cross-Country Program
Empire Runners Club of Sonoma County
xcteams@empirerunners.org
707 542 9739