

Welcome to the Empire Runners Cross Country (XC) program.

(This was last updated 06.05.20)

As you're probably aware, there is uncertainty right now about group events such as our Fall Cross Country race season -- whether it will happen this year, or not, due to the **COVID situation**.

We hope all is well and the races happen, but safety comes first. We will be monitoring for the latest information.

Here is a description of our annual XC program:

Each fall for the past 30 years our running club has been taking part in a series of races around Northern California. These races are on courses between 3 and 6 miles in length, with a variety of running surfaces and they usually have some hills. Some are on trails, some are on lawns (such as in Golden Gate Park) and some have some pavement as part of the course.

There are often about 10 or 12 races each fall and they take place in the mornings. Our runners meet to carpool from the Santa Rosa area.

The races are hosted and directed by the various running clubs, including Empire Runners. Our local Empire-hosted race has been the Empire Open at Spring Lake Park which is usually held in late August.

The races are also under the direction of the PA USATF. This is the abbreviation for the Pacific Association of the U.S.A. Track & Field, an organization which governs running events.

Some runners are more competitive and they are really fast. Some of us are slower and more laid back. In XC you don't have to be a fast runner; just be fairly sure you can complete about 4 miles.

We encourage runners of any level to join us! That means YOU!

In our local Empire Runners of Sonoma County running club, we have teams based on gender and age groups as follows:

The *Open* teams are runners up to age 39, the *Masters* are runners from 40 to 49, *Seniors* are 50 to 59, *Super Seniors* are 60 to 69, and *Veterans* are 70 and over.

We try to get a volunteer Team Captain for each of our age groups to help encourage and sign up runners. The captains also help arrange carpools to the races.

Each age group team can score points against other club's teams which shows up on a ranking list after each race. The teams that score highest can win some money at the end of the season.

The Empire Runners XC program is to enjoy. You will have fun socializing with the others, carpooling to races, and sometimes going out to lunch afterwards.

Contact me for more information or you are thinking about joining us.

-Stephen Starkweather, XC Director 707-542-9739 xcteams@empirerunners.org