

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

(This was last updated 01.19.20)

Each fall our running club takes 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 is 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 have a Team Captain for each of our age groups to help encourage and sign up runners. They 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.

Please contact me if you have questions or you are thinking about joining us!

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