

2006
College of the Canyons
33rd

CROSS COUNTRY SUMMER SERIES

7pm Thursday Evenings in July and August
3 Mile Run over rolling hills

July 6, July 13, July 20, July 27, August 3, August 10, August 17

*Course will start on upper football field and finish on the track.

Course and Distance:

A 3 mile cross country course beginning on the upper football practice field then winds through the oak studded hills overlooking the Santa Clarita Valley, and finishing in the Cougar stadium.

Age Divisions:

Male & Female: 10 & under,
11-13, 14-17 18-24, 25-29, 30-34, 35-39,
40-44, 45-49, 50-54, 55-59, 60-69, & 70+

Entry Fee:

\$3.00 per race- \$10.00 for final -includes Dinner. A series card can be purchased for \$20 which covers fees for all of the races & dinner.

Awards:

Awards to the top three men and women in each age division. **Awards are given at the final race.** Awards ceremony will be held in the Cougar Den, located in the stadium. Must compete in 3 races to qualify for final race awards, August 17th.

Directions:

In the Santa Clarita Valley, exit Interstate 5 Valencia Blvd. College of the Canyons is immediately on the right as you travel East on Valencia Blvd. Park at the football Stadium and walk up the access road to the Cross country course.

Start Times:

Series races begin at 7P.M.

Kids race for \$2.00:

Children's race @ 6:45pm each race night. 1 lap around the track, and receive a participation ribbon.

T-shirts:

T-Shirts are available to purchase at the race

Registration:

Registration is at the race start. No pre-registration is necessary.

Results:

First three finishers and times for each division will be announced at the end of each race. Printed results from the previous week will be available the following week. Results will also be available on the web.

Information:

For more information contact Lindie Kane, College of the Canyons head cross country and track coach at (661) 362-3205.

*Final race August 17 includes dinner for all participants at conclusion of race.