



OPEN XC RACE (3 MILES)

DATE: Saturday, August 29, 2009

LOCATION: Preston High School (Kingwood, WV)

TIME: 9:30 **p.m.** (following the high school races)

INFO: The open cross country race will follow the middle school and high school relay races. These scholastic races will involve four member teams racing 1.5 miles each.

The Open Race will be open to anyone in the general public. Instead of being relay in nature, the open race will involve athletes each running two 1.5 mile loops for a total of three miles.

The event will be staged at dark and the cross country course will be lit by the lights of Knights Stadium and the Dr. John Trenton Track & Field facility. In addition, supplemental lighting will be provided via portable light fixtures, tiki torches, glow sticks, fire trucks, and luminaries.

PROCEEDS: The \$10 entry fee for the open race will benefit the Mountain Maryland Marathon Club (Team M3). Team M3 will be providing financial assistance and coaching advice to [Blayne Hall](#) of Moorefield. Hall, who was an all-state cross country runner in 2007, is without a team this fall because the sport was eliminated at Moorefield High School. As a result, she will be competing in numerous non-scholastic events this fall as part of Team M3. For more information or to register for the open race, contact Coach Martin at prestonrun@gmail.com or (304) 290-3772.