



## 2018 USATF San Diego-Imperial/Road Runner Sports Dirt Dogs Cross Country Series

<u>Date</u>	<u>Event/Time</u>	<u>Location / Contact</u>
Sat. Aug 18:	13 <sup>th</sup> Annual Wild Duck 5K (Masters) 7:45am; (Open) 8:30am	Guajome Park Joe Crosswhite: (760) 723-3257 <a href="mailto:joecrosswhite983@roadrunner.com">joecrosswhite983@roadrunner.com</a>
Sat. Sept 1:	54 <sup>th</sup> Annual Balboa 4-Miler (Masters) 7:30am; (Open) 8:20am	Balboa Park Paul Baumhoefner: (619) 200-4792 <a href="mailto:paulbaumhoefner@gmail.com">paulbaumhoefner@gmail.com</a>
Sat. Sept 15:	1 <sup>st</sup> Annual Perros Bravos 10K (Open and Masters), 8:00am	Sweetwater Regional Park Andrea Guzman & Juan Castro: (310) 612-2811 <a href="mailto:yodrea301@yahoo.com">yodrea301@yahoo.com</a>
Sat. Sept 22:	4 <sup>th</sup> Annual Crazy 8's 5K (Masters) 7:15am; (Open) 8:00am	Rancho Bernardo Park Joe Crosswhite: (760) 723-3257 <a href="mailto:joecrosswhite983@roadrunner.com">joecrosswhite983@roadrunner.com</a>
Sat. Oct 6:	53 <sup>rd</sup> Ursula Rains Balboa Boogie 5K (Masters) 8:00am; (Open) 8:45am	Morley Field Nancy Morris: (619) 743-3144 <a href="mailto:nancybmorris@sbcglobal.net">nancybmorris@sbcglobal.net</a>
Sat. Oct 20:	12 <sup>th</sup> Annual Cougar Challenge 8K (Open and Masters), 8:00am	Cal State San Marcos Steve Scott: (760) 750-7105 <a href="mailto:sscott@csusm.edu">sscott@csusm.edu</a>
Sat. Oct 27:	17 <sup>th</sup> Annual Cuyamaca College 6K (Open and Masters) 8:00am	Lindo Lake Park Patrick Thiss: (619) 660-4518 <a href="mailto:patrick.thiss@gcccd.edu">patrick.thiss@gcccd.edu</a>
Sun Nov 11:	18 <sup>th</sup> USATF Cross Country Championship 8K/6K (Men's 8K) 8:00am; (Women's 6K) 9:00am	Mission Bay Ian Cumming: (619) 370-9866 <a href="mailto:icumming@sdccd.edu">icumming@sdccd.edu</a>

### **Other Opportunities to Compete In Cross Country:**

USATF National Club Cross Country Championships  
Saturday, December 8<sup>th</sup> at Spokane, WA