



2019 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 17:	14th Annual Wild Duck 5K (Masters) 7:45am; (Open) 8:30am	Guajome Park Joe Crosswhite: (760) 717-5156 joecrosswhite983@roadrunner.com
Sat. Aug 31:	55th Annual Balboa 4-Miler (Masters) 7:30am; (Open) 8:20am	Balboa Park Paul Baumhoefner: (619) 200-4792 paulbaumhoefner@gmail.com
Sat. Sept 14:	2nd Annual Perros Bravos 10K (Open and Masters), 7:30am	Sweetwater Regional Park Andrea Guzman & Juan Castro: (310) 612-2811 perrosbravosclub@yahoo.com
Sat. Sept 28:	5th Annual Crazy 8's 5K (Masters) 7:15am; (Open) 8:00am	Rancho Bernardo Park Joe Crosswhite: (760) 717-5156 joecrosswhite983@roadrunner.com
Sat. Oct 12:	54th Ursula Rains Balboa Boogie 5K USATF Masters 5K Cross Country Championships In Conjunction with Ursula Rains Balboa Boogie 5K For this event only Masters Athletes (40+) MUST register at www.usatf.org (Open) 7:30am (Masters Women) 8:15am; (Masters Men) 9:00am	Tecolote Shores, Mission Bay Nancy Morris: (619) 743-3144 nbmoris1201@gmail.com
Sat. Oct 26:	18th Annual Cuyamaca College 6K (Open and Masters) 8:00am	Lindo Lake Park Patrick Thiss: (619) 660-4518 patrick.thiss@gcccd.edu
Sun Nov 10:	19th USATF Cross Country Championship 6K/8K (Women's 6K) 8:00am; (Men's 8K) 9:00am	Tecolote Shores, Mission Bay Ian Cumming: (619) 370-9866 icumming@sdccd.edu

Other Opportunities to Compete In Cross Country:

USATF National Club Cross Country Championships
Saturday, December 7th at Bethlehem, PA