

# United XC Cross Country



## United Cross Country 2010

Looking for a new, exciting and challenging sport for your child?

Cross Country running offers athletes of varying ability many opportunities to be successful. The concentration and discipline required to train for distance running will benefit the athletes long after the season is over, and the fun memories of the competition and camaraderie will last forever.

United Cross Country is part of the United Track Club. In Cross Country we will be competing with teams from Santa Clarita, Simi Valley and several teams from the San Fernando Valley and Los Angeles.

- What are the age groups? The children compete in 5 age group categories: Birth Year 2003-1993.
- When and where are practices? Workouts are held from 5:30 to 7:00 PM on Monday, Wednesday and Thursday evenings. We will also practice on Saturday mornings (8:30 to 10:00 am) until the meets begin in September. Practice locations rotate between a number of local park trails.
- What is the registration process? Registration will be held at the first practice on July 31<sup>st</sup>, 9:00Am at Oak Canyon Park. You can mail your registration in to:  
United Track Cross Country  
P.O. Box 1116  
Agoura Hills, CA 91376  
Fee- \$145 first child, \$140 siblings INCLUDES ALL EXPENSES.....(Uniform, t-shirt, meet fees, awards, party, etc.). Please make checks payable to "United Cross Country".

[http://www.unitedtrack.org/xc\\_home.html](http://www.unitedtrack.org/xc_home.html)

United Cross country is a nonprofit organization that is not affiliated with local schools. All coaches are volunteers, parents who are interested in helping out (and getting a workout ) are encouraged to join the athletes on our runs.