

For Immediate Release  
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# **BATTLE of the POTOMAC**



## **XC Championship**

*Maryland Boys and Virginia Girls will defend POTOMAC XC CUPS*

Bethesda, MD— The unique cross country team event pitting two states separated by the Potomac River returns for its 3<sup>rd</sup> running on November 15, 2008. The site and course remains at Smokey Glen Farm in Gaithersburg Maryland. What makes the BATTLE OF THE POTOMAC Cross Country Championship special? It could be the dual starting lines that are separated by 50-60 meters, or the double loop course that includes a run through a Christmas Tree farm and across a covered bridge; or it might be the barbecue chicken dinner that caps the day's races. "It's all about camaraderie for kids who battled each other during the season", says Executive Director Dave Watt of the nonprofit American Running Association.

The 3<sup>rd</sup> edition of the "Battle of the Potomac" or its nickname, *XC BORDER WAR 3*, brings a few changes to streamline the registration process and maintain compliance with state high school athletic regulations. "We are following the lead of post-season events like the Footlocker Cross Country Championships and going "green" with online registration", added Watt. All runners may register in either the SEEDED or OPEN 5K events. The SEEDED 5K is geared for the high caliber varsity runners while the OPEN race is intended for other varsity and JV runners. Top athletes will be invited to register into the SEEDED races and will receive front row slots on the starting line.

#### New elements or modifications include:

- ◆ \$17 registration fee for individuals in any race\*
  - Online registration is open at: [www.battlexc.com](http://www.battlexc.com)
- ◆ \*(new)Team (5 or more runners = \$15 per runner) registration via [www.runhigh.com](http://www.runhigh.com)
- ◆ OPEN and SEEDED 5K races for high school boys and girls (4 total races)
- ◆ OPEN 2.5K (one loop) Middle School races: 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade boys and girls (2 races)
- ◆ (new) West Virginia athletes are invited to register and race under the VIRGINIA banner
- ◆ (new)District of Columbia athletes are invited to register and race under the MARYLAND banner
- ◆ (new)Top 5 finishers in the Girls' and Boys' SEEDED 5K races earn sponsored invitations to race in the Nike Cross Nationals Southeast Championships on November 29, 2008 in Cary NC.

\*Coaches or parents who want to register 5 or more competitors, contact Dave Watt ([battlexc@americanrunning.org](mailto:battlexc@americanrunning.org)) for an offline discount registration entry form OR.. Go to [www.runhigh.com](http://www.runhigh.com) and look for your runner(s) name if you raced at either the OATLANDS, MAYMONT or GLORY DAYS invitational.

#### Amenities for all races:

- ◆ Barbecue chicken dinner
- ◆ Singlet or race t-shirt
- ◆ Medals to top 15 finishers in all races
- ◆ DJ and dancing post-race!

Race details and rules: Champion Chip timing for all runners. The course is a double loop 5K. There is one significant hill and the terrain is mostly cut grass. Runners may wear spikes. All registered runners must wear the VA or MD Battle of the Potomac t-shirt or singlet. USA Track & Field rules are in effect.

*The Battle of the Potomac XC Championships is produced by the Bethesda, MD - based American Running Association (ARA). "We see the Battle of the Potomac XC Championship Meet as a perfect event to entice more kids into running. All event proceeds help produce this meet and our free youth walk-run training programs", added Watt. ARA is a nonprofit organization founded in 1968 to promote healthy living and active lifestyles among all Americans. It is dedicated to supporting runners through education and specialized programs, as well as encouraging all individuals from youths to adults to run and be fit. For more information about the ARA or to learn more about the Walk and Run programs, visit [www.americanrunning.org](http://www.americanrunning.org).*

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