



For Immediate Release

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Over 400 Girls & Boys set to “Battle” on November 20th

Bethesda, Maryland — For the fifth year in a row, girls and boys from Virginia, Maryland, West Virginia, and the District of Columbia will meet on a cross country “battlefield.” Their goal is to determine through a series of races which state along the Potomac River can claim the title of “Best in Cross Country” and take home the Potomac Cup. “The American Running Association’s event, nicknamed XC BORDER WAR, is now part of post-season high school cross country calendar. At the inaugural event in 2006, we had 115 finishers with only Maryland and Virginia competing. This weekend, there will be more than 400 runners fighting for the POTOMAC XC CUP,” says Dave Watt, event director. This is the second year that all four states are participating.

“We are also pleased to announce a special guest at this year’s XC BORDER WAR,” says Watt. Accomplished long distance runner, world cross country champion, and three-time Olympian, Craig Virgin will serve as the honorary starter and event ambassador. “We are fortunate to honor one of the running legend greats with Craig’s appearance,” adds Watt. “He can easily be an inspiration for today’s high school runners and all of our youth. His story and accomplishments still resonate today.”

Among the top athletes competing in the Battle of the Potomac XC 5 are:

- *Anna Ryba—MD 4A State Champ
- *Elizabeth Tauber – DC-MD Private Schools State Champ
- *Anna Bosse—past MD 4A state champ; runner-up to Ryba in 4A
- *Ava Farrell – MD 4A – All-State – 9th
- *Morgana D’Ottavi – MD 4A – All-State – 10th (Top Freshman girl)
- *James Beacham – MD 4A – All-State – 6th
- *Charles Bollinger – MD 4A – All-State – 11th
- *Connor Spaulding – MD 3A – All-State – 6th
- *Drew Lehner – MD 3A – All-State – 9th
- *Evan Laratta – MD 3A – All-State – 12th
- *Patrick Woodford—Patrick Henry (AAA), Roanoke VA – All-State – 13th
- *Colin Taylor—West Springfield (AAA); 16th in VA’s AAA
- *Crystal Nelson—Millbrook HS (AA); All-State – 6th
- *Karly Knechtel – Millbrook HS (AA); All-State – 15th
- *Dale Lescher —West Potomac, VA; All-Region – 16th in VA’s AAA
- *Brandon Dougherty—4th in WV’s top division; All-State

Key elements for all races:

- ◆ Barbecue chicken dinner (registered runners only)
- ◆ Singlet or race t-shirt
- ◆ *New in 2010:* Championship t-shirts for the top 10 scorers on the winning boys and girls teams
- ◆ Medals or awards for the top 15 finishers in all races
- ◆ DJ and dancing post-race!

Race details and rules:

- ◆ The race will take place at Smokey Glen Farm, Gaithersburg, Maryland.
- ◆ The course, a double-loop 5K, begins with two start lines that merge 200m into the race. There is one significant hill and the terrain is mostly cut grass (runners may wear spikes).
- ◆ All runners must wear the MD, VA, DC, or WV Battle of the Potomac t-shirt or singlet.
- ◆ USA Track & Field rules are in effect.

- ◆ ChampionChip timing for all runners is provided by Runners High (www.runhigh.com).
- ◆ The top 10 finishers in the seeded races determine the Battle of the Potomac Cup winners (two cups).

*The **Battle of the Potomac XC Championships** is produced by the Bethesda, Maryland-based American Running Association (ARA). This championship meet serves as a venue to encourage more kids to become interested in the sport of running and to become runners themselves. All proceeds from the meet help produce the event and support ARA's free youth walk-run training programs. 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 association or to learn more about the walk-run programs, visit www.americanrunning.org.*

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