

Mill Creek Running Company &
Runners Soul present FALL 2018

MCRC XC Series

September 29 @ Ft. Walla Walla

October 13 @ Bennington Lake

October 20 @ Mill Creek Sports Complex

November 10 @ Bennington Lake

All races held in Walla Walla, WA. Course terrain may consist of grass, gravel, single track dirt and minimal asphalt.

Website will have directions to each site.

5K Competitive @ 10:00 am

3K Non-Competitive @ 9:30 am

FREE 1 Mile Elementary @ 9:10 am



Registration & race details at millcreekrunningcompany.com

5K, 3K and 1 Mile Elementary

DIVISIONS U30, 30-50, 50+ Men and Women, also Co-Ed Teams

Check out the **Mill Creek Running Company** website for race rules and details. Individual awards will be presented to the Top 10 in each division's race series and team awards presented to the top 3 teams (competitive division). Best 3 of 4 races will be calculated for overall placement in series.

INDIVIDUAL

4 race series MCRC member \$40

4 race series non-member \$50

Single race MCRC member \$12

Single race non-member \$15

Middle School \$5 single & \$15 series

(Membership info found online or contact the store)

TEAM

Team entry price for 4 race series or single race price is same as individual but multiplied by the # of team participants. Teams may declare up to 8 runners and score 4 for U30, 30-50, 3 for 50+.

Co-ed teams score top 2 men and top 2 women

(Registration as team is individual but marked as team)

Register at millcreekrunningcompany.com

email: mccrun@gmail.com or phone: 509-240-8994