

A Green Running Event!

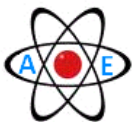
Saturday, October 15, 2011

Northwood High School at 919 University Blvd. West
and North Face host the 3rd annual



**Trail
Running!**

**Through Creeks!
Over Logs!
HUGE HILL!**



Downcounty Consortium Cross-Country Championships



On the Northwood Chesapeake Bay Trail!



Championship races begin with 5Ks for boys' and girls' cross-country teams from the five DCC high schools. See them run to win the DCC ~~CC~~ Cup! Then we have 2.5K (1.55 mile) races for middle school runners. Then all cheer for runners from the twenty-eight DCC Elementary Schools in their 2.5K race!

The elementary race is followed by an open 5K race for DCC Parents, Coaches, and Staff and trail running lovers!

The 5K (3.1 mile) course includes an outstanding trail running experience through woods, creeks, over logs and up a challenging category 5, 0.7 mile, 4% grade 1.82 rated climb!

- 7:30 - Course Opens for course walk
- 8:00 -Auxiliary Gym Race Day Registration & Packet Pick-Up Opens
- 8:00 -High School Coaches Meeting @ finish in stadium.
- 9:00 -High School Boys' DCC Championship 5K (Medals to top 15, DCC Cup to 1st team)
- 9:00 -Race Day Middle School Race Registration closes
- 9:35 -High School Girls' DCC Championship 5K (Medals to top 15, DCC Cup to 1st team)
- 10:00 - Race Day Elementary Race Registration Closes
- 10:10 -Middle School Boys' DCC Championship 2.5K (Medal - 10, Ribbon - 15, Brag - 1 team)
- 10:35 -Middle School Girls' DCC Championship 2.5K (Medal - 10, Ribbon - 15, Brag - 1 team)
- 11:00 - Race Day Open Race Registration Closes
- 11:00 -Elementary School Championship 2.5K (Ribbons given at finish)
- 11:30 -Awards for High School and Middle School Runners and Teams
- 11:45 -Open Championship 5K (Medal -top 3 M and F given at finish)

Online registration available until October 9, 2011:

<http://www.montgomeryschoolsmd.org/school/s/northwoodhs/DCCChampionship/>
or www.signmeup.com/71778

Open 5K race \$35, Middle and Elementary school student 2.5K races Free! (\$10 donations suggested.)

Funds go to making the race free for the K-8 runners! The races start at the back of the athletic fields at Northwood High School. Parking is available on both sides of the building. Enter the fields near the tennis courts. Race day registration is in the auxiliary gym near the tennis courts.

THIS IS A GREEN RUNNING EVENT! – We will be recycling running shoes, using biodegradable cups, holding field clean ups,..., see the website for details!

Check out pics from last year's meet at http://shaffer-hotshots.smugmug.com/Northwood-Gladiators-Cross/Fall-2010/Second-Annual-DCC-Cross/14221722_Ums6q#1050843812_oxT6Y