

For Immediate Release  
Monday November 7, 2008  
*Contact: Dave Watt (301-913-9517, ext. 13)*  
[battlexc@americanrunning.org](mailto:battlexc@americanrunning.org)

**BATTLE of the POTOMAC**  
**MD vs VA**  
**XC Championship**

*Registrations exceed 200 for 3<sup>rd</sup> MD vs VA Battle with one week to go*

Bethesda, MD— Online registrations have eclipsed 200 athletes for the 3<sup>rd</sup> running of the Battle of the Potomac XC Championships: MD vs VA on November 15, 2008. “Mid-season promotions and an added partnership with the timing company “*Runners High*” contributed to higher registrations than the first two years of the interstate “*XC BORDER WAR*”, said Dave Watt, Race Director and lead executive of the Bethesda Maryland – based American Running Association, the race host. Athletes can continue to register online at the XC BORDER WAR website: [www.battlexc.com](http://www.battlexc.com). Online Registration will continue through midnight Wednesday November 12<sup>th</sup>.

“Registration was streamlined this year to create two clear paths for athlete registration. The format is similar to the popular Footlocker Cross Country Championship series”, added Watt. Faster runners are encouraged to select the Seeded race. The races are open to all high school and middle school athletes.

“We expect that many boys and girls competing in the Maryland and Virginia public school State Championships tomorrow (Saturday Nov 8) will decide about entering the BATTLE XC after they race”, said Watt. November’s added weekend has given runners an extra weekend of rest or racing. The Footlocker Regional Championships and the Nike Cross Nationals (NXN) Regionals will take place two weeks after the MD vs VA Border War meet. “Our cross country Border War is a great tuneup opportunity for those runners choosing to extend their post-season racing to Footlocker or NXN”, added Watt.

Top runners registered for TEAM VA include:

- Le Degfae of Edison HS - 2008 Northern Region Boys Champion
- Jack Strabo of Landon HS (resident of Arlington VA) - 2008 IAC Boys Champion

Top runners registered for TEAM MD include:

- Maura Linde of Century HS – MVAL Champion, winner of both Howard and Carroll County Champs
- Cory Puffett of DeMatha HS – 2008 Boys Washington Catholic Athletic Conference Champion

Amenities for all races:

- ◆ Barbecue chicken dinner
- ◆ Singlet or race t-shirt (new colors for MD and VA this year!)
- ◆ 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).*

###