



GROUP INCENTIVE*

November 15, 2008 - Smokey Glen Farm - Gaithersburg MD

***FREE Chicken Dinner and Gas Card (\$50) to the first 10 groups who sign up 10 or more athletes for XC BORDER WAR 3.**

***Top 5 finishers in boys and girls seeded races earn invitations to NXN Southeast Regional on 11-29**

Here is the deal and easiest way to have runners sign up "en masse" for the 3rd Annual Battle of the Potomac.

OPTION 1: Select runners off your roster on the [RUNNERS' HIGH](#) (timing company for the MD and VA State Meets and timed OATLANDS, MAYMONT, and GLORY DAYS) -->Send check to ARA or bring funds to the BATTLE XC (\$15 per runner) Email [DAVE WATT](#) with questions or to confirm entries and amount owed.

OPTION 2: Contact [Battle XC staff](#) for offline registration form. Fill out names and mail form(s) to ARA office with check for all runners (\$15 per runner)

OPTION 3: Tel all interested athletes / parents to go to the [BATTLE OF THE POTOMAC XC website](#) to register online securely via Active.com Cost is \$17 per individual runner. Online fee goes up to \$20 on November 10th.



The **SEEDED 5K** is geared toward 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.

***Contact the [BATTLE XC-3 RACE DIRECTOR \(Dave Watt\)](#) regarding race fee questions and entry into the OPEN or SEEDED races.**

Race Information

Maryland Boys & Virginia Girls set to defend POTOMAC XC CUPS

- **\$17 registration fee*** for individuals in any race *before Nov. 10*
- Online registration is open at: www.battlexc.com
- **New** - Team (5 or more runners = \$15 per runner) registration via 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: 6th, 7th and 8th grade boys and girls (2 races)
- (*new*) West Virginia athletes are invited to register and race under TEAM VA
- (*new*) District of Columbia athletes are invited to register under TEAM MD
- (*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.

BATTLE XC 3 Amenities

- Barbecue chicken dinner
- Nike Dryfit singlet to **first 300 registered runners**
- ---->T-shirts for all additional registrants
- Medals to top 15 finishers in all races
- DJ and dancing post-race! (The MD - VA Danceoff 2!!)

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.

- **WHERE:** **Smokey Glen Farm, Gaithersburg Maryland (off I-270)**
- **Schedule:** Races start at 1 pm; Awards and dinner at 3:30; Event concludes at 5:30 pm

*The **Battle of the Potomac XC Championships** is produced by the Bethesda, MD - based American Running Association (ARA). All event proceeds help produce this meet and 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 ARA or to learn more about the Walk and Run programs, visit [American Running Assn.](http://AmericanRunningAssn.com)*

