



# XCR'09

## Cross Country & Road Racing

### LOVE TO RUN?

Join around 1000 other Victorian runners and run the XCR'09 Series.

Become a member of the **Glenhuntly Athletic Club**, Australia's strongest & best Road Running and Cross Country Club, and participate in a series of great events from April through to October. Run as part of a team with friends, in a social / fun atmosphere. All ability levels & ages catered for – Male & Female. Glenhuntly is the preferred athletic club for Monash University students & staff.

DATE	VENUE	TYPE OF RACE	MEN	WOMEN	BOYS & GIRLS
18 April	Jells Park, Wheelers Hill	Cross Country Relay	6km	6km	3km - 6km
9 May	Lardner Park, Warragul	Cross Country	8km	6km	2km - 4km
30 May	SKINS Sandown Classic	Road Race	10km	10km	3km - 10km
20 June	Lake Wendouree, Ballarat	Road Race	15km	15km	5km
4 July	Harcourt - Bendigo Ekiden Relay	Ekiden Relay	5-10km	5-10km	n/a
18 July	Bundoora Park, Bundoora	Cross Country	12km	8km	3km - 8km
1 August	Eastern Park, Geelong	Cross Country	16km	4km	4km - 6km
8 August	Sandown Racecourse	Road Relay	6km	6km	3km - 6km
6 September	Yarra Boulevard, Burnley Half Marathon	Road Race	21km	21km	n/a
19 September	King's Domain, Melbourne	Tan Relays	3.8km	3.8km	3.8km

For more information:

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