



2018 CROSS COUNTRY SERIES

Join a team, create a team, or run as an individual through the trails of Monmouth County's most beautiful and challenging parks. Every Saturday morning at 9:00AM rain or shine we will offer a 5K race along with team, age group and individual scoring, series prizes, all ages and abilities welcome and no advanced registration required!

ADULT SERIES

September 29th	Holmdel Park <i>Longstreet Road, Holmdel</i>
October 6th	Thompson Park <i>Longbridge Road, Lincroft</i>
October 13th	Tatum Park <i>Holland Road, Middletown</i>
October 20th	Dorbrook Park <i>County Road 537, Colts Neck</i>
October 27th	Shark River Park <i>Schoolhouse Road, Wall</i> ** NEW START LOCATION **
November 3rd	Holmdel Park <i>Longstreet Road, Holmdel</i>

Registration is easy and stress free! You register the morning of each race - **\$7 per race or \$35 for the series**. More information contact Race Director, Erin O'Neill at erinoneill1111@gmail.com or President, Walter MacGowan at wmacg@aol.com



YOUTH SERIES

- **Event Dates:** 9/2, 9/9, 9/16, 9/22, 9/29, 10/7, 10/13, 10/21 and 10/28
- **Event Location:** Holmdel Park – 44 Longstreet Road Holmdel, NJ
- **Event Details:** On each date listed above at 9:00 AM, Shore A.C. hosts a Youth XC Series at Holmdel Park. Competition is offered at various distances, including 800m, 2K, 3K, 4K and 5K.
- **Event Details:** On each date listed above at 9:00 AM, Shore A.C. hosts a Youth XC Series at Holmdel Park. Competition is offered at various distances, including 800m, 2K, 3K, 4K and 5K. Medals are awarded to the top 5 finishers in each race, and ribbons are awarded to the remainder of the top 10 finishers. On the last day of the series, awards will be presented to eligible athletes who have competed in at least 7 of the 9 competitions.
- **Registration:** On site only - \$5 per race
- **Contact:** Lester Wright | leswrightjr@gmail.com

www.shoreac.org