

## Fall 2025 races

August 23– Eagle Invitational Info sheet is included as an attachment of this email.. Be sure to let me know if you are participating. Per the meet director: Boys 8:30, Girls 9:00

FRIDAY, Sept 5 SRA #1 American River College <https://runsra.org/sra-kids/programs/youth-cross-country-series/event-information/>

SUNDAY Sept 14 – OPTIONAL RACE – BUFFALO STAMPEDE, 4.5/10 miles  
<https://www.buffalochips.com/stampede>

Sept 20 – Springview XC Invite <https://springviewxc.org/>

FRIDAY 10/3 SRA #2 – see above

Oct 11– Speed Trail 3K, Bradshaw Christian School  
<https://www.athletic.net/CrossCountry/meet/258609/info>

Oct 18 – Willow Hills XC 5K (all runners 9+, selected younger runners)

Oct 25 – Flat SAC ( I will start signups for this about 10/15)  
<https://www.flatsac.com/>

Nov 9 (MAYBE) (SUNDAY) – PAUSATF race at Hagen Park -

Nov 22 – National Championships. [www.youthcrosscountry.org/](http://www.youthcrosscountry.org/) Knoxville, TN

The season meet fee will cover:

Eagle Invite, SRA #1 and #2, Springview Invite, Speed Trail 3K and Flat SAC. (5 races) – probably about \$40

The team pays for entries to Nationals

All other races will be “register on your own”. I will provide discount codes when available if I know them. Local races often have Chips discounts that come out on the weekly Chips email from the main team.