

2018 INNOVATIVE EDGE SPORTS SUMMER CROSS COUNTRY SERIES AND YOUTH DEVELOPMENT RACES

It's that time of year again....time to start running some Cross Country! That's right, the 2018 Innovative Edge Sports Cross Country Summer Race Series will be here before you know it and we wanted to share some exciting things we have planned for this year's series.



Wednesday Nights, August 1st, 8th, 22nd and 29th.

The Youth races, for children 12 and under, will start promptly at 6 pm with the kids 50 meter "Popsicle Fun Run" (5 and under), followed by the 1/4 mile, 1/2 mile and 1 mile runs. All youth finishers will receive a Ribbon and Popsicle at the conclusion of their race! Cost for an individual race is \$5.00, the cost for the full series (which includes a T-Shirt) is \$15.00 if registered in advance.

Children 5 and under are free!

Registration can be found at:

<https://runsignup.com/Race/NY/Rochester/InnovativeEdgeSummer5K>

Again this year the 5k Cross Country races will be electronically timed by Yen Timing! Pre-registration pricing for the four 5k XC races is \$35, for the four XC races plus the Tour de Pain is \$40. Individual races are \$10. Merchandise awards, provided by Innovative Edge Sports, will be awarded to the top 3 male and female finishers in each of the following age groups: High School, Open (19-39), Master's (40-49), Veteran's (50-59), Super Vets (60-69) and Ultra Vets (70-79) and 80+. On August 30th come and participate in the famous Tour de Pain, featuring a 5k XC race, a 1 mile road race and a 400 meter run. Test your strength by finishing all three events and receive an "I finished the Tour" tank top!



Compete for the Grand Tour Series Award; earn points by running at least 1-2 of the first 3 5k races (August 1st, 8th, 22nd), and all three events in the Tour de Pain on August 29th. The Male and Female earning the highest points will be our Grand Tour Champions and will win a free entry into the Pete Glavin XC Series (\$75 value) and Merchandise prizes! There will also be prizes for the top 3 in each 10 year age group as well! For more details on this new series award see: <http://www.gvh.net/innovative-edge-cross-country-series/#AWARDS>



An awards ceremony will follow the Tour de Pain immediately after the races! Plan to join us for pizza afterwards to celebrate your accomplishments!

Invite your family, friends, neighbors and relatives to come on down to Cobbs' Hill to enjoy some great XC races this summer!

For information contact Race Director, Jack Kasperski at jkasperski@rochester.rr.com
or go to <http://www.gvh.net/innovative-edge-cross-country-series/>