

Eastside Runners Cross Country Schedule

2010

Date	Race	Distance	Location
September 4, 2010	Lake Padden Relay	2.6 mile/runner	Lake Padden –Bellingham
September 18, 2010	Sundodger Invite (College – UW)	Women – 6K Men – 8K	Lincoln Park – W. Seattle
September 25, 2010	Bellevue High Invite	5K	Lake Sammamish - Issaquah
October 2, 2010	Emerald City Invite (College – Seattle U)	Women – 6k Men – 8K	Woodland Park – Seattle
October 2, 2010	Curtis Invite	5k	Titlow Beach Park- Tacoma
October 9, 2010	Lakewood Hole-in-the-Wall	5K	Arlington
October 23, 2010	WWU Invite (College- Western Wash)	Women- 6k, Men- 8k	Lake Padden- Bellingham
October 23, 2010	USA Master 5k Cross Country Championships	Masters 5k	Fort Vancouver- Vancouver Wa
November 7, 2010	PNTF Championships	Masters/Women – 6k; Men-Open – 10K	Upper Woodland Park - Seattle
November 20, 2010	USATF Regionals	Masters/Women – 6K; Men-Open – 10K	Sandy, Oregon
December 11, 2010	USATF National Club XC Champs	Open/Masters Women – 6K; Open/Masters Men – 10K	McAlpine Park- Charlotte, North Carolina