

Top runners head for Sacramento

NCAA Cross Country Regional

set for Friday at Haggin Oaks

Nov. 14, 2013

For immediate release

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Arizona, the nation's top-ranked women's team, and Oregon, rated No. 4 on the men's side, headline a deep pool of running talent coming to Sacramento for the NCAA Division I Cross Country West Regional Championships Friday at Haggin Oaks Golf Course.

Sacramento State and UC Davis are also scheduled to compete in the event, which features more than 500 runners from 37 schools. The men's 10k race starts at 10:30 a.m., with the women's 6k event set for 11:45 a.m.

The top two teams and the first four runners not on the top two teams in each race will advance to the NCAA Division I Cross Country Championships in Terre Haute, Ind., on Nov. 23.

The event is hosted by Sacramento State and the Sacramento Sports Commission. The Sacramento Running Association is supporting the event by providing and donating event equipment.

"The NCAA Division I Regional Cross Country Championships will feature some of the nation's top collegiate distance runners as they attempt to qualify for the national championships," SRA Executive Director Ellen Moore said. "We are proud to be able to assist Sacramento State and the Sacramento Convention and Visitors Bureau in their effort to bring big-time track and cross country events like this to this community.

"Sacramento is a great destination and I have no doubt this community will support this event and all the student-athletes participating."

The loop course will utilize nine holes on the Arcade Creek course, with the start and finish areas near the Haggin Oaks clubhouse.

Admission is free. There is a \$5 parking charge.

The Sacramento Running Association is a non-profit organization dedicated to finding ways to encourage people of all ages and abilities to run. The SRA is committed to developing new, quality running events that appeal to a broad variety of runners.