

GWDRC Fall Cross Country 2022

Greater Williamsburg Distance Running Club



Greater Williamsburg
Distance Running Club

Open to 3rd to 8th graders
GWDRC Fall 2021 - Offerings

What: GWDRC Beginner Group 3rd-8th
(Must be able to run at least 1 mile without stopping)

What: GWDRC Elite Group 3rd-8th Grade
(Must be able to run sub 6:30 mile for boys / Sub 7:30 minute for girls)

Location: Jamestown High School Track/Green Spring Swamp Trail

Time: Thursdays: 5:00-6:00pm or 5:00-6:30pm

Dates: September 16, 23, 30, October 7, 14, 21 28, November 11, and 18th.

You must sign up for AAU (our Parent Organization)

HOW TO SIGN UP FOR AAU:

- 1) Sign up for AAU (\$14.00)
- 2) Our Club Membership # is W3486W - Greater Williamsburg Distance Running
- 3) Sign up at this link Club <https://play.aausports.org/login.aspx> using the club number.

Club Races:

Saturday, October 9th, 8:30 am - XC in the Burg - 3000m or 3200m (TBD)

Sunday, October 24th - Elementary and Middle School Championship 2000m, 3000m, 4000m

Saturday, November 20th - Governor's Land 5k

If you have questions feel free to email: MarkTompkins1@gmail.com or call/text 757 784-2281

Cost:

\$30.00 to GWDRC

\$14.00 AAU membership

Sign up at www.gwrun.org

Questions: Contact Club Coach Mark Tompkins at MarkTompkins1@gmail.com or 757 784-2281
