



"The greater danger for most of us is not that our aim is too high and we miss it, but that it is too low and we reach it."

2009 XC CALENDAR OF EVENTS

DATE	EVENT	LOCATION	CONTACT/WEBSITE
September 21st	FIRST DAY OF PRACTICE	Durant Nature Park	North Wake Track Club Website
October 3rd	Hagan Stone Classic	Hagan Stone Park Pleasant Garden, NC	North Wake Track Club Website
October 10th	Paws for Life 5K-9	405 North Main Street Wake Forest, NC	North Wake Track Club Website
October 17, 2009	Meet-&-greet Inter-squad Meet	Durant Park	North Wake Track Club Website
October 24th	Pumpkin Run 2009	University Woodlands Trail Chapel Hill, NC	North Wake Track Club Website
November 8th	NC USATF XC Championships	Hagan Stone Park Pleasant Garden, NC	North Wake Track Club Website
November 21st	Region #3 XC Championships	Roger Milliken Center Spartanburg, SC	North Wake Track Club Website
December 12th	USATF National XC Championships	Rancho San Rafael Regional Park Reno, NV	North Wake Track Club Website

**Please note – schedule can change – please refer to team calendar and emails.