

College of the Redwoods hosts fall GVC cross-country conference championships

October 28, 2021



College of the Redwoods will host the fall Golden Valley Conference cross-country championships on Friday, Oct 29. The women's 5K race begins at 11 a.m., and the men's 4-mile race begins at noon. Schools competing in the race are CR, Butte College, Shasta College and College of the Siskiyous.

"On the men's side, CR has a good shot of contending for the top spot, but it will be a dog fight with longtime rival Butte. Shasta and Siskiyous will also present a quality challenge, which will make for a fun meet to watch," said CR cross-country coach Reed Elmore. "On the women's side, we will provide the only full team which is a great testament to our students' commitment. We want to continue to see how each member improves individually before the Nor-Cal championships."

The race will be run on cement, grass and trails, and several course monitors will be present.

"It's a great course that will test all the athletes to their fullest extent while providing them a unique experience of running in a coastal climate, instead of the valley where the meet is usually held," said coach

Elmore.

An awards ceremony will be held immediately following the Men's race. All race results will be posted on DirectAthletics.com within 24 hours after the race.