

The Tawasentha Cross Country Series continues with Monday evening dates of August 2, 9, and 16. The 5K cross country run is free for members and \$5 for non-members. There is 'day of' registration only which begins at 5:30pm. The races begin at 6:30pm and of course, will include the famous creek crossing and an occasional hill or two. The site is Tawasentha Park, 188 Route 146, Altamont (1/2 mile south of Route 20).

CDC Covid guidelines will be followed. Unvaccinated people should wear a mask when social distancing isn't possible. Unfortunately, due to COVID concerns, there will be no post-race refreshments or awards this year.

We will have the usual race for kids following the completion of the 6:30pm event.

Volunteers will be needed for all 3 weeks in areas to help with registration, set-up, clean-up, and course marshals. If available to help out, please contact Race Director John Kinnicutt: jkinnicutt@gmail.com

Also, if you are not a current HMRRC member, please consider joining or renewing your membership. Use this [link](#) to do so. Or you may find the membership application on the club's website (<https://www.hmrrc.com/>) by going to the "Members" tab and selecting "Record Maintenance".