



# **COLLEEN DE REUCK**

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## **CROSS COUNTRY CLASSIC**

**11/11/2023**

**Harlow Platts Community Park  
1400 Knox Dr, Boulder, CO 80305**

## **WELCOME TO THE 2023 COLLEEN DE REUCK XC CLASSIC**

The Colleen De Reuck Cross Country Classic is a XC meet honoring one of the world's greatest ever distance athletes and Boulder local, Colleen De Reuck.

Every year we will celebrate Colleen's career, her devotion to the sport of running, and promotion of health and fitness, while also acknowledging a different Boulder Olympian every year. For 2023, we are excited to announce that 2008 Olympic Marathon Gold Medalist, Constantina Dita from Romania, will be the local athlete we will be honoring.

Constantina, is 3-time Olympic Marathoner (2004, 2008 and 2012), and is one of the most decorated athletes in the world, from having had her first success at the 1999 European XC Championships, through to winning races at major City Marathons, World Championships and Olympic Games.

### **World Marathon Majors:**

- 2004 - 1st Chicago Marathon
- 2003 - 2nd Chicago Marathon
- 2005 - 2nd London Marathon
- 2005 - 2nd Chicago Marathon
- 2004 - 3rd London Marathon
- 2007 - 3rd London Marathon

**European Championships:** 1998 - Marathon/ **1999 - XC - 2nd/** 2002 & 2006 - 10,000m

**World XC Championships:** 1998/ 1999/ 2000/ 2001

**World 1/2M Championships:** 1998/ 1999/ 2001/ 2002/ 2003/ **2004 - 3rd/ 2005 - 1st**

**World 20K Road Championship:** **2006 - 2nd**

**World Marathon Championships:** 1999/ 2001/ 2003/ **2005 - 3rd**

**Olympic Games Marathon:** 2004/ **2008 - 1st/** 2012

### **PERSONAL RECORDS**

**5000M** - 15:28.91

**10,000M** - 31:49.47

**HALF MARATHON** - 1:08.07

**MARATHON** - 2:21.30

## **ABOUT COLLEEN DE REUCK**

Colleen was a four-time Olympian, representing South Africa at the 1992 (Marathon), 1996 (10,000m) and 2000 (Marathon) Olympic Games, and then represented the USA at the 2004 (Marathon) Olympics.

Colleen was also an outstanding Cross-Country runner, which included winning the USA XC Championships in 2004 and 2005, winning an individual Bronze medal at the 2002 World Cross Country Championships in Dublin, Ireland, which also helped Team USA win the Silver medal.

The following year, in 2003, Colleen helped Team USA win a Bronze medal at the World Cross Country Championships in Lausanne, Switzerland. In 1995, Colleen won the Honolulu Marathon, in 1996 the Berlin Marathon, and is a former world record holder over 10M and 20K.

### **COLLEEN'S PERSONAL RECORDS**

**5000M** - 15:24.77

**10,000M** - 31:16.00

**HALF MARATHON** - 1:08.38

**MARATHON** - 2:26.35

## **OLYMPIANS HONORED**

**2018** - Colleen De Reuck

**2019** - Lorraine Moller

**2020** - No event due to COVID-19

**2021** - Steve Jones

**2022** - Adam Goucher

**2023** - Constantina Dita

## COLLEEN DE REUCK XC CLAAASIC RACE DAY INFORMATION

Some important information you need to know about your upcoming race.

### LOCATION

Harlow Platts Community Park  
1400 Knox Dr, Boulder, CO 80305

### CAR PARKING

Parking is available on Knox Drive, Gillaspie Drive, Greenbriar Drive, at Fairview High School or Southern Hills Middle School. They are all close to the start/ finish area.

### RACE NUMBER PICK UP

Will be available from **8:00am** from the administration site (T.E.A.M Boulder tent) which will be behind the start line. We kindly ask that you pick up your race number at least 20-minutes before your scheduled race time start.



### START LINE

The start line is on the East side of the South Boulder Recreation Center adjacent to Knox Dr.

### FINISH LINE

The finish line is on the North side of the South Boulder Recreation Center adjacent to Gillaspie Dr

### RACE START TIMES

9:00am	10 years and under - 1K	<a href="#">(Course Map)</a>
9:15am	15 years and under - 3K	<a href="#">(Course Map)</a>
9:45am	40 years and over - 5K	<a href="#">(Course Map)</a>
10:200am	Open 5K	<a href="#">(Course Map)</a>

*\*A race may start later than its planned start time, but it will never start earlier.*

### RACE NUMBER

Please make sure that your race number is affixed to the front of your shirt, and it is clearly visible.

### RACE BRIEFING

There will be a call for all runners to be at the start line roughly 5 minutes before the start of their respective race time.

**RACE START/ FINISH AREA**

Only those that are racing, are permitted around the start/ finish line area. This area must be always kept clear to help for timing and marshalling athletes before and after their races.

**COURSE FLAGGING**

The course will be marked with these blue flags, and runners must run between them.

**TOILETS**

There will be 3 Porta-lets on Knox Dr., as well as inside the South Boulder Recreation Center.

**HEADPHONES**

Headphones are allowed but please make sure you are aware of your surroundings and always listening to important information that could be coming from one of our marshals or volunteers. Again, your safety is important to us.

**FIRST AID**

Chris Wentz from Event Medical Specialists, LLC will be on-site as our EMT and to provide our First Aid and Medical.

**CLOTHING**

Please make sure you have adequate attire for the event. The weather is currently predicted with a low of 31F and a high of 54F.

**BAD WEATHER**

In the unlikely event that we have bad weather such as lightning, a decision will be made whether the event will be delayed or stopped. Your safety is paramount, and the weather can turn bad very quickly!

**RACE EVENT SPECTATORS**

All spectators must stay off the marked XC course.

**NO ANIMALS ALLOWED**

There are NO dogs allowed in the race or on the course.

**VOLUNTEERS/ MARSHALS**

20 - 25 volunteers that have given up their time to help make this event possible. Please show your appreciation by being always courteous and please adhere to any information they may be trying to give you.

**TIMING**

All races will be electronically timed Runners Roost Race Services.

**RESULTS**

Results will be available immediately after the race and can be found - [HERE](#).

**MEDAL**

All participants will receive an Constantina Dita Medal.

## **AWARD WINNERS**

### **Open Race Men and Women -**

1<sup>st</sup> Place \$100.00

2<sup>nd</sup> Place \$ 75.00

3<sup>rd</sup> Place \$ 50.00

### **Master's Men and Women -**

1<sup>st</sup> Place \$ 50.00

2<sup>nd</sup> Place \$ 35.00

3<sup>rd</sup> Place \$ 25.00

### **Master's Men and Women Age Graded -**

1<sup>st</sup> Place \$ 50.00

## **PRESENTATIONS**

**11:15am APPROX:** For top 3 Open, Masters, USATF Colorado Open, USATF Colorado Masters, USATF Colorado Age Groups and USATF Colorado Team Awards.

### **USATF COLORADO XC INDIVIDUAL CHAMPIONSHIP**

The Colleen De Reuck XC Classic, will also host the **USATF COLORADO CHAMPIONSHIP**, which is Race 5 of the USATF Colorado Long Distance Running Grand Prix Series.

**Age Group Awards USATF CO:** Top 3 Male and Female finishers in the following categories –

Open/ 40 - 44/ 45 - 49/ 50 - 54/ 55 - 59/ 60 - 64/ 65 - 69/ 70 - 74/ 75 - 79/ 80+

**TEAM Age Group Awards USATF CO:** Top 3 Male and Female Team finishers in the following categories –

Open/ 40 - 49/ 50 - 59/ 60 - 69/ 70 - 79/ 80+

### **USATF COLORADO XC TEAM CHAMPIONSHIP**

Please make sure you have adhered to all USATF CO Championship Team rules on the [www.teamboco.com](http://www.teamboco.com) website.

### **Open Men and Women TEAM Winners**

Travel Grant towards 2023 USATF National Club XC Championships December 9th in Tallahassee, FL.

**PLEASE NOTE:** If you have medaled at any one of the first 4 USATF Colorado Long Distance Running Grand Prix events, and you have **NOT** received your medal, you may pick it up on Saturday from the USATF Colorado Canopy when you check in.

Thank you for being involved with this event. If you have any questions or concerns, please don't hesitate to contact me.

Cheers

Lee Troop

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