



**X TERRA**  
**ATLANTIC CUP**  
**RICHMOND**

Presented by



**X TERRA.TV**

**SCHEDULE OF EVENTS**  
**BROWN'S ISLAND, RICHMOND, VA**  
**JUNE 13-14, 2009**

**Thursday, June 11:**

5-7pm 10K/21K Trail Run packet pickup/registration at 3 Sports Running Company, Westgate Shopping Center

**Friday, June 12:**

5-7pm 10K/21K Trail Run packet pickup/registration at 3 Sports Running Company  
 6-9:30pm "Friday Night Cheers" free concert featuring *Old School Freight Train*

**Saturday, June 13:**

6:30am XTERRA XTERRA Fugitive 10K and Xduro 21K Packet Pickup  
 7:30am **XTERRA Richmond Xduro 21K Trail Run start**  
 8:00am **XTERRA Fugitive 10K - 1st wave start**  
 8:10/20/30am XTERRA Fugitive 10k - 2nd, 3rd, and 4th wave starts, as needed  
 9:00am XTERRA Expo Open - Exhibits, Food Booths  
 9:00am-3:00pm XTERRA Atlantic Cup and Sport Registration and Packet Pick-up  
 10:00am **XTERRA University, presented by Paul Mitchell, hosted by Josiah Middaugh and Shonny Vanlandingham**  
 10:30am XTERRA Xduro/Fugitive 10K Awards Ceremony  
 12:00pm Kahuna's XTERRA Cup and Sport Race Briefing  
 3:00pm Brown's Island Expo Close

**Sunday, June 14:**

6:30am Transition Open for Set-up and Body Marking  
 8:00am **XTERRA Sport Race Start**  
 9:00am Expo Open - Exhibits, Food Booths  
 10:00am-2pm Paul Mitchell Cut-a-thon, *a benefit for Challenged Athletes Foundation*  
 8:30am **XTERRA Atlantic Cup Race Start**  
 10:00/10:30am XTERRA Atlantic Cup Male/Female Winners Expected  
 12:30pm XTERRA Cut-off at T2  
 1:00pm XTERRA Atlantic Cup and Sport Awards Ceremony  
 2:00pm Expo Close  
 7:00pm After Party Blowout at *Palani Drive* (401 Libbie Avenue, Richmond)

As of 2 April, subject to change



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