

Cross Country returns to Nashville for Commodore Classic

Men's 8k at 8:45 a.m., Women's 5k at 9:30 a.m.

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MURFREESBORO, Tenn. --

The Middle Tennessee men's and women's cross country teams will make their second trip this season to Nashville, Tenn., this time for the VU Commodore Classic on Saturday morning.

The men will begin the day with an 8k race at 8:45 a.m. CDT followed by the women's 5k scheduled to start at 9:30 a.m. Both races will be held at Percy Warner Park.

The meet will consist of more than 20 schools including competition-host Vanderbilt, Alabama, Cincinnati, Chattanooga, Lipscomb, Belmont, Memphis, Marshall and Birmingham Southern.

"This meet will feature plenty of competition," said cross country coach Dean Hayes. "With the large number of schools participating and the large crowd that will be on hand, it will be a good experience for us."

After beginning the season with two short-course meets, the Blue Raiders will test their endurance on Saturday with longer-distance races. Three



of the next four competitions feature courses that measure 8k for the men and 5k for the women.

“This is the first time this year the men will run an 8k and the women will run a 5k,” Hayes said. “I am looking forward to seeing what we can do as we prepare for the rest of the season.”



The Blue Raider men enter Saturday's race fresh off a solid performance at last weekend's PowerAde Invitational. The team placed three runners in the top-10, led by reigning Sun Belt Male Runner of the Week Justus David who won the individual title.

The Blue Raider women also had a nice showing on Friday in Chattanooga, Tenn. Freshman Lucy Kapkiai claimed the individual crown as she finished 16 seconds ahead of runner-up Dani Walker of Lipscomb. Sophomore Autumn Gipson placed 19th, helping the Middle Tennessee women to a second-place team finish.

Directions to Saturday's meet along with course and parking maps can be found [here](#), courtesy of VUCommodores.com.

Follow the Blue Raider men's and women's cross country teams on Twitter @MTTrackField and on Facebook at the MT Track & Field page. Also, stay up-to-date on the teams on their new blog, which can be found linked on the Track & Field page on GoBlueRaiders.com.

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