



Big River Running Company and Momilesplit.com to broadcast live video State Cross Country Preview

The broadcast/live show is set for November 1, 2011

The third annual show will include a video broadcast for the first time

St. Louis (MO) – October 24, 2011 – Big River Running Company and Momilesplit.com, consistent leaders in the promotion of high school cross country and track and field in the State of Missouri, will be hosting their third annual State Cross Country Meet preview show on Tuesday November 1. This year's show will be 90 minutes and will feature a live video internet broadcast from Growler's Pub in Sunset Hills. The show, co-hosted by Big River co-owner Ben Rosario and Momilesplit.com's Paul Everett, will include a recap of the 2011 Missouri cross country season, previews for all State Meet races, interviews with top area coaches and much more.

Prepcasts, the high school play-by-play network, will be providing the live video for the show and will then archive the entire 90 minutes for anyone who may miss the original broadcast. Last year's show had more than 1,000 listeners when it was just in an audio format. Saint Louis Injury and Rehab has once again signed on a sponsor for this year's show and Nike will be giving away a free pair of shoes to the listener who sends in the best email or text during the broadcast.

"This show has become one of our favorite nights of the year," said Ben Rosario, co-owner of Big River Running Company. "We know a lot of people will be watching so we're going to make sure we give everyone as much information and as much entertainment as possible."

Big River plans on the show being very interactive with the hosts taking emails from listeners around the State. Athletes, coaches and fans in the Saint Louis area who would like to watch the show in person may do so as well. The broadcast will begin at 7:00pm at Growler's Pub located at 3811 South Lindbergh Boulevard. For more information check out www.bigriverrunning.com or momilesplit.com.

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