



BUFFALO CHIPS

*Youth Running and Racing Team Presents:
Willow Hills*

Youth Cross-Country Races

October 12, 2008, 9:00 a.m.

USATF Sanctioned

A wonderful opportunity for young runners to run the *Willow Hills* Cross-Country course in Folsom, CA. This beautiful but challenging course will be the site of The Pacific Association Youth Championship Cross Country Race this fall, as well as the San Joaquin High School Section Meet.

Date: Sunday, October 12, 2008 **Fees:** \$6.00 per athlete (a real steal)

Times: Race day registration 8:00-9:00 a.m.
Course walk 9:00 a.m.
First Race 10:00 (sub-bantam first, then older groups will follow in order.)

Location: Folsom High School, 1655 Iron Point Rd. Folsom, CA, 95630. (Above & east of track)

AGE GROUPS:		DISTANCE	MEDALS	Dog Tagz
Sub Bantam	(born 2000 or later)	2K (1.25 miles)	1 st - 3 rd	All others
Bantam	(born 1998-1999)	3K (1.86 miles)	1 st - 10 th	through 20th
Midget	(born 1996-1997)	3K (1.86 miles)	1 st - 10 th	through 20th
Youth	(born 1994-1995)	4K (2.5 miles)	1 st - 10 th	through 20th
Open	(born 1993 or earlier)	5K (3.1 miles)	1 st - 3 rd	through 10th

There will be separate divisions for boys and girls in each of the age groups, however boys and girls races may be combined depending on the number of runners.

Registration forms, directions and other meet information can be obtained at the PAUSATF website at: <http://www.pausatf.org/indexyouth.html>

Willow Hills
***Youth* Cross Country Races**
INDIVIDUAL REGISTRATION FORM

Please download/print this form then complete in ink.

Please bring the completed form with you to the race. **The fee is \$6.00 per entrant.**

Team/Club Name: _____

Age Group _____ **Male** _____ **Female** _____

Waiver:

In consideration of acceptance of this entry, I, intending to be legally bound for myself, heirs, executors, administrators, successors and assigns, hereby waive, and release from all rights, claims and causes of actions that I may have against the persons, sponsors, and organizations affiliated with this event, including but not limited to: Buffalo Chips Running Club, The City of Folsom, Folsom High School, and the Folsom/Cordova Unified School District. I hereby represent that I am physically fit and have trained sufficiently for this event. I attest that I have full knowledge of the risks involved in a cross-country race, that injuries often occur in cross country racing, and that I assume all expenses in the case of an accident, illness or other incapacity. Parent or guardian must sign the waiver for all athletes under 18 years old.

Athlete Signature _____ **Date** _____

Parent Signature _____ **Date** _____

***Make Checks payable to:* Buffalo Chips Running Club**

Mail To:
Willow Hills X-C Registration
1277 Poplar Lane
Lincoln, CA 95648
Attention: Coach George Paddeck

Directions to the Willow Hills Cross Country Course:

Street Address: Folsom High School, 1655 Iron Point Road, Folsom, CA 95630

Call George Paddeck at (916) 960-6384 if you get lost.

Please bring your Easy-Ups and chairs (and fishing poles for the kids!)

From the Bay Area:

Take Highway 80 to Sacramento. Arriving in West Sacramento, follow all freeway interchange signs directing you to **Highway 50 East** (towards Tahoe/ Lake Tahoe). Once on eastbound 50, continue on to the City of Folsom. Take the **Prairie City Road** off-ramp. At the light go left and cross over the freeway. **Take a right at Iron Point Road, the second stoplight.** Folsom High School's "Upper Parking Lot" is ahead on the right at the light (bear left after turning into the school). This will be the main parking lot used. The course is located through the gate at the far end of the lot. If this lot fills up, we will provide directions to the "Lower" Parking Lot as necessary.

From North or South of Sacramento:

Take either Highway 99 or 5 to Sacramento then follow the freeway interchange signs to **Highway 50 East** (towards Tahoe/ Lake Tahoe). Once on eastbound 50, continue on to the City of Folsom. Take the **Prairie City Road** off-ramp. **At the light go left** and cross over the freeway. **Take a right at Iron Point Road, the second stoplight.** Folsom High School's "Upper Parking Lot" is ahead on the right at the light (bear left after turning into the school). This will be the main parking lot used. The course is located through the gate at the far end of the lot. If this lot fills up, we will provide directions to the "Lower" Parking Lot as necessary

From Reno area:

Take 80 towards Sacramento. After passing the town of Loomis take the **Sierra College off-ramp.** **At the stoplight, take a left and cross over the freeway.** Stay on this road for approximately 15 miles. The name will change from Sierra College to Hazel Ave. After crossing the American River, you will see freeway signs for Highway 50. **Take Highway 50 East towards Tahoe/El Dorado Hills.** Once on the Highway 50, take the **Prairie City Road** off-ramp. **At the light go left** and cross over the freeway. **Take a right at Iron Point Road, the second stoplight.** Folsom High School's "Upper Parking Lot" is ahead on the right at the light (bear left after turning into the school). This will be the main parking lot used. The course is located through the gate at the far end of the lot. If this lot fills up, we will provide directions to the "Lower" Parking Lot as necessary