



## 10th Annual UC Santa Cruz Cross Country Challenge

<b>Date</b>	21-Aug-10
<b>Women's Race</b>	9:00am / 4.0 mi
<b>Open Men's Race</b>	9:45am /4.0 mi
<b>Master Men's Race</b>	Same as Open Men
<b>Location</b>	UC Santa Cruz, Santa Cruz
<b>Directions</b>	Take Hwy 17 from San Jose to Santa Cruz. Take Hwy 1 North towards Half Moon Bay, turn right on Bay St. Proceed up to UCSC Main Entrance at the corner of High and Bay St., go straight into campus. Turn left on Hagar Dr, go past the Fieldhouse, turn left on McLaughlin Dr. and then turn right on Chinquapin Rd. Turn right just before the Firehouse into the Crown College parking lot. Registration is in the small parking area above the Firehouse.
<b>Open Team \$</b>	\$100/\$75/\$50
<b>Open Individual \$</b>	\$50/\$30/\$20
<b>Master \$</b>	Indiv\$40/\$25;Team\$100/\$75/\$50
<b>Senior \$</b>	Indiv. \$30/\$20;Team \$50/\$25
<b>Super Senior \$</b>	N/A
<b>Veteran \$</b>	N/A
<b>Sponsoring Organization</b>	Santa Cruz Track Club
<b>Total Prize Purse</b>	\$1500 (1.5 points weighted race)
<b>Race Director</b>	Larry Berg/ Greg Hales
<b>Race Email</b>	<a href="mailto:LMB0102@sbcglobal.net">LMB0102@sbcglobal.net</a>
<b>Telephone</b>	831.423.8291
<b>Cost, Pre-Reg.</b>	\$15 if post-marked by Aug 15th
<b>Cost, Late/Race Day</b>	\$20
<b>Check Payable to:</b>	SCTC
<b>Registration Address &amp; Phone Number</b>	SCTC, P.O. Box 1803 Capitola, CA 95010
<b>Misc. info</b>	Merchandise awards to top 3 in 10 year age groups



## 18th Annual Phil Widener Empire Open

<b>Date</b>	28-Aug-10
<b>Women's Race</b>	9:00am / 3.43 mi
<b>Open Men's Race</b>	10:30am / 3.43 mi
<b>Master Men's Race</b>	9:45am / 3.43 mi
<b>Location</b>	Spring Lake Regional Park, Newanga Ave. entrance, Santa Rosa
<b>Directions</b>	From Hwy 101: Take Hwy 12, east toward Sonoma 1 mile until the highway ends at Farmer's Lane stoplight. Cross intersection onto Hoen, 1.5 miles to Newanga stopsign. Left on Newanga 1/4 mile to Spring Lake Park entrance. \$6 parking fee. Follow signs to parking. Race starts and finishes on grassy field near boat ramp on west side of lake.
<b>Open Team \$</b>	\$75/\$50/\$25
<b>Open Individual \$</b>	\$150/\$75/\$25
<b>Master \$</b>	Indiv. \$75/\$25; Team \$75/\$25
<b>Senior \$</b>	Indiv. \$50; Team \$50
<b>Super Senior \$</b>	Indiv. \$25; Team \$25
<b>Veteran \$</b>	N/A
<b>Sponsoring Organization</b>	Empire Runners Club
<b>Total Prize Purse</b>	\$1500 (1.5 point weighted race)
<b>Race Director</b>	Jerry Lyman
<b>Race Email</b>	<a href="mailto:jerry.lyman@gmail.com">jerry.lyman@gmail.com</a>
<b>Telephone</b>	707.527.9020
<b>Cost, Pre-Reg.</b>	\$15 if post-marked by Aug 21 or online at <a href="http://www.empirerunners.org">www.empirerunners.org</a> by Aug 25 (no service charge).
<b>Cost, Late/Race Day</b>	\$20
<b>Check Payable to:</b>	Empire Runners Club
<b>Registration Address &amp; Phone Number</b>	Jerry Lyman, 2345 Hilltop Ct., Santa Rosa, CA 95404
<b>Misc. info</b>	Post-race refreshments. T-shirts to top 10 in each race. Campsites may be available; call So. Co. Regional Parks (707) 565-2267 for reservations.



## 25th Annual Golden Gate Park Open

<b>Date</b>	11-Sep-10
<b>Women's Race</b>	9:00am / 4 mi
<b>Open Men's Race</b>	10:30am / 4 mi
<b>Master Men's Race</b>	9:45am / 4 mi
<b>Location</b>	Lindley Meadow, 30th Ave and JFK Drive, Golden Gate Park, San Francisco.
<b>Directions</b>	Take Fulton Avenue, which runs along the north edge of the park, to 30th Ave. (stoplight). Turn south into the park. Road deadends at JFK at Lindley Meadow..
<b>Open Team \$</b>	\$150/\$75
<b>Open Individual \$</b>	\$200/\$100/\$50
<b>Master \$</b>	Indiv. \$50/\$25 Team \$50/\$25
<b>Senior \$</b>	Indiv. \$25
<b>Super Senior \$</b>	N/A
<b>Veteran \$</b>	N/A
<b>Sponsoring Organization</b>	SF Running & Walking
<b>Total Prize Purse</b>	\$1500 (1.5 point weighted race)
<b>Race Director</b>	Tim Wason
<b>Race Email</b>	<a href="mailto:tim@sfrunning.com">tim@sfrunning.com</a>
<b>Telephone</b>	415.647.2276
<b>Cost, Pre-Reg.</b>	\$15 if post-marked by Sept 2 or online at <a href="http://www.active.com">funfastfit.com</a> by midnight Sept 8 (small service fee).
	<a href="http://www.active.com/running/san-francisco-ca/golden-gate-park-open-cross-country-2010">http://www.active.com/running/san-francisco-ca/golden-gate-park-open-cross-country-2010</a>
<b>Cost, Late/Race Day</b>	\$20
<b>Check Payable to:</b>	SF Running & Walking
<b>Registration Address &amp; Phone Number</b>	SF Running & Walking, 4475 23rd Street, Suite 4, San Francisco, CA 94114
<b>Misc. info</b>	Ample parking on JFK Drive near 30th Ave. Some picnic tables available on a first come, first serve basis. Plants awarded to open winners and 10 year age groups past 40. Oldest winner picks first plant. Volunteers greatly appreciated--call 415-647-2276.





## 6th Annual Garin Park XC Challenge

<b>Date</b>	25-Sep-10
<b>Women's Race</b>	9:00am / 5 km
<b>Open Men's Race</b>	10:00 am / 5 km
<b>Master Men's Race</b>	Same as open men
<b>Location</b>	1320 Garin Ave. Garin Regional Park, Hayward, CA
<b>Directions</b>	From South Bay: I-880 N toward Oakland. Merge onto Industrial Pkwy SW via exit 24. Keep R at fork to continue onto Industrial Pkwy. Turn R onto Mission Blvd. Turn L onto Garin Ave. Garin Park is 1320 Garin Ave. From San Francisco: I-280 S. Merge onto I-380 E. Merge onto US-101 S. Merge onto CA-92 E toward Hayward. Merge onto I-880 S. Turn L onto Industrial Pkwy. Turn on R onto Mission Blvd. Turn L onto Garin Ave. Garin Park is 1320 Garin Ave. From San Francisco: I-280 S. Merge onto I-380 E. Merge onto US-101 S. Merge onto CA-92 E toward Hayward. Merge onto I-880 S. Turn L onto Industrial Pkwy. Turn on R onto Mission Blvd. Turn L onto on Garin Ave. to Garin Park at 1320 Garin Ave.
<b>Open Team \$</b>	\$75/\$50/\$25
<b>Open Individual \$</b>	\$150/\$75/\$50
<b>Master \$</b>	Indiv. \$75/\$50; Team \$75/\$25
<b>Senior \$</b>	Indiv. \$50; Team \$50
<b>Super Senior \$</b>	N/A
<b>Veteran \$</b>	N/A
<b>Sponsoring Organization</b>	West Valley Track Club
<b>Total Prize Purse</b>	\$1500 (1.5 point weighted race)
<b>Race Director</b>	Pontus Ahlstrom
<b>Race Email</b>	<a href="mailto:pontus_ahlstrom@hotmail.com">pontus_ahlstrom@hotmail.com</a>
<b>Telephone</b>	415.513.8640
<b>Cost, Pre-Reg.</b>	\$20 (incl \$5 voucher for parking) if postmarked by Sept. 21. Please provide email address for voucher.
<b>Cost, Late/Race Day</b>	\$20 (not incl. \$5 parking)
<b>Check Payable to:</b>	WVTC
<b>Registration Address &amp; Phone Number</b>	Marc Lund, 2680 Bayshore Pkwy, suite 414, Mountain View, CA 94043
<b>Misc. info</b>	PA course records: Open men: Giliat Ghebray 15:49 (2007). Open women: Ana Morales 18:19 (2008). Masters men: Jim Sorensen 16:04 (2007). Masters women: Valerie Young 19:15 (2009). Senior men: Brian Pilcher 17:28 (2008). Senior women: Senior women: Sarah Freitas 20:32 (2008). Super-senior men: Donald Porteous 20:05 (2007). Super-senior women: Joanne Rowland 25:12 (2008). Veterans men: Russ Kiernan 23:26 (2008). Veterans women: Barbara Robben 35:56 (2008). Plenty of parking available. Picnic area in park.



## 12th Annual Presidio Challenge

<b>Date</b>	2-Oct-10
<b>Women's Race</b>	10:00am / 5 km
<b>Open Men's Race</b>	9:15am / 5 km
<b>Master Men's Race</b>	8:30am / 5 km
<b>Location</b>	Presidio, San Francisco, CA

**Directions**

From North Bay : -Take 101-S over the Golden Gate Bridge into SF, take the Lombard St exit, turn R on Divisadero St for .5 miles, R on Jackson St for .7 miles  
 From South Bay: - Take 280 to the CA-1/19th Ave/Golden Gate Bridge exit, continue on CA-1/19th Ave for 536 miles, R on California St for 1.1 miles, L on Spruce St for .3 miles  
 From East Bay:- Take 80-W into SF, exit at 9th/Harrison, immediate R on 9th ( which becomes Hayes St ) for .5 miles, R on Van Ness Ave for .6 miles, L on Geary Blvd for 1.8 miles, R on Spruce St for .6 miles

<b>Open Team \$</b>	\$75/\$50/\$25
<b>Open Individual \$</b>	\$150/\$75/\$50
<b>Master \$</b>	Indiv. \$75/\$50; Team \$75/\$25
<b>Senior \$</b>	Indiv. \$50; Team \$50
<b>Super Senior \$</b>	N/A
<b>Veteran \$</b>	N/A
<b>Sponsoring Organization</b>	New Balance Excelsior Running Club
<b>Total Prize Purse</b>	\$1500 (1.5 point weighted race)
<b>Race Director</b>	Chikara Omine
<b>Race Email</b>	<a href="mailto:chikaranese@yahoo.com">chikaranese@yahoo.com</a>
<b>Telephone</b>	415.269.1022
<b>Cost, Pre-Reg.</b>	\$15 if post-marked by Sept. 26th
<b>Cost, Late/Race Day</b>	\$20
<b>Check Payable to:</b>	New Balance Excelsior Running Club
<b>Registration Address &amp; Phone Number</b>	Chikara Omine, 2415 41st Ave, San Francisco CA 94116

**Misc. info**

Location: The race will start and Finish at Paul Goode Field. Located north east of Julius Kahn Playground, along the Presidio's southern border between Arguello and Presidio Gates (at Pacific Ave and Spruce St). The course has been modified from previous years due to trail closures. Note that the dirt parking lot next to Paul Goode Field no longer exists. Street parking near where the dirt parking lot used to be may be limited or possibly unavailable. Please plan to park along Pacific Avenue or in the area surrounding Spruce and Jackson Streets.



## 2nd Annual Willow Hills XC Open

<b>Date</b>	9-Oct-10
<b>Women's Race</b>	9:00am / 5 km
<b>Open Men's Race</b>	10:30am / 5 km
<b>Master Men's Race</b>	9:45am / 5 km
<b>Location</b>	Folsom HS, 1655 Iron Point Rd, Folsom, CA
<b>Directions</b>	Take Hwy 50 east (toward Lake Tahoe) to Folsom. Take Prairie City Rd off-ramp, Exit 25. At light go left, over freeway onto Prairie City Rd. Follow signs to lower high school parking lot.
<b>Open Team \$</b>	\$75/\$50
<b>Open Individual \$</b>	\$150/\$75/\$50
<b>Master \$</b>	Indiv. \$75; Team \$75/\$25
<b>Senior \$</b>	Indiv. \$50; Team \$50
<b>Super Senior \$</b>	Indiv. \$25; Team \$25
<b>Veteran \$</b>	N/A
<b>Sponsoring Organization</b>	Buffalo Chips Running Club
<b>Total Prize Purse</b>	\$1500 (1.5 point weighted race)
<b>Race Director</b>	Arnold Utterback
<b>Race Email</b>	<a href="mailto:aj_utterback@hotmail.com">aj_utterback@hotmail.com</a>
<b>Telephone</b>	916.541.3608
<b>Cost, Pre-Reg.</b>	\$15 if post-marked by Oct 2nd
<b>Cost, Late/Race Day</b>	\$20
<b>Check Payable to:</b>	Buffalo Chips Running Club
<b>Registration Address &amp; Phone Number</b>	Arnold Utterback, P.O Box 160852, Sacramento, CA 95816
<b>Misc. info</b>	Loop course, rolling hills.



## 13 Annual Shoreline Open

<b>Date</b>	23-Oct-10
<b>Women's Race</b>	9:00am / 5 km
<b>Open Men's Race</b>	9:45am / 4.6 mi
<b>Master Men's Race</b>	Same as Open Men
<b>Location</b>	Shoreline Park, Mountain View, CA
<b>Directions</b>	Exit Hwy. 101 at Amphi-theater Pkwy. From North, take right onto Amphi-theater Pkwy. at 1st light and head over Hwy 101 OR from South, merge onto Amphitheater Pkwy. Once on Amphi-theater, go straight through light at Charleston Rd. At about 0.5 miles, turn right into Google parking lot. Course is across the street.
<b>Open Team \$</b>	\$75/\$50/\$25
<b>Open Individual \$</b>	\$150/\$75/\$50
<b>Master \$</b>	Indiv. \$75/\$50; Team \$75/\$25
<b>Senior \$</b>	Indiv. \$25; Team \$25
<b>Super Senior \$</b>	Indiv. \$25; Team \$25
<b>Veteran \$</b>	N/A
<b>Sponsoring Organization</b>	Asics Aggie Running Club
<b>Total Prize Purse</b>	\$1500 (1.5 point weighted race)
<b>Race Director</b>	Charles Alexander
<b>Race Email</b>	<a href="mailto:charlesa1105@gmail.com">charlesa1105@gmail.com</a>
<b>Telephone</b>	408.519-9464
<b>Cost, Pre-Reg.</b>	\$15 if post-marked by Oct 19th
<b>Cost, Late/Race Day</b>	\$20
<b>Check Payable to:</b>	Asics Aggies
<b>Registration Address &amp; Phone Number</b>	Charles Alexander, 1105 Lincoln Dr., Mountain View, CA 94040
<b>Misc. info</b>	Award to top 3 in each age group.



## 15th Annual John Lawson Tamalpa Challenge

<b>Date</b>	30-Oct-10
<b>Women's Race</b>	9:00am / 4.25 mi
<b>Open Men's Race</b>	11:00am / 4.25 mi
<b>Master Men's Race</b>	10:00am / 4.25 mi
<b>Location</b>	Rodeo Valley, Golden Gate National Recreation Area, Marin Headlands
<b>Directions</b>	From SF: Cross Golden Gate Bridge. Take Alexander Ave. exit. Stay right on Alexander, then turn left on Bunker Rd, through tunnel, about 2 miles. From Marin, take 101 South, take last "Sausalito" exit just before GG bridge. Turn right at end of exit ramp, go under 101 onto Alexander Ave, then turn left on Bunker Rd, through tunnel, about 2 miles. Parking at Rodeo Beach, about 0.5 mi. past the Start/Finish. For course map and info go to: <a href="http://www.tamalparunners.org/jltc2010.php">http://www.tamalparunners.org/jltc2010.php</a>
<b>Open Team \$</b>	\$120/\$75
<b>Open Individual \$</b>	\$120/\$75
<b>Master \$</b>	Indiv. \$75; Team \$75/\$50
<b>Senior \$</b>	Indiv. \$45; Team \$30
<b>Super Senior \$</b>	Indiv. \$35; Team \$25
<b>Veteran \$</b>	Indiv. \$25
<b>Sponsoring Organization</b>	Tamalpa Runners
<b>Total Prize Purse</b>	\$1500 (1.5 point weighted race)
<b>Race Director</b>	Ken Grebenstein
<b>Race Email</b>	<a href="mailto:kengreb@comcast.net">kengreb@comcast.net</a>
<b>Telephone</b>	415.927.3664
<b>Cost, Pre-Reg.</b>	\$15 if post-marked by Oct 25th
<b>Cost, Late/Race Day</b>	\$20
<b>Check Payable to:</b>	Tamalpa Runners
<b>Registration Address &amp; Phone Number</b>	Ken Grebenstein, 709 Oakdale Ave, Corte Madera, CA 94925
<b>Misc. info</b>	Beer mugs to all finishers. Please carpool and make sure car is parked off the road. This race is a memorial to John Lawson, a Tamalpa Runner who, at 44, died suddenly of a heart attack in 2000.



## 1st Annual Ancil Hoffman Challenge

<b>Date</b>	6-Nov-10
<b>Women's Race</b>	9:00am / 6 km
<b>Open Men's Race</b>	10:30am / 6 km
<b>Master Men's Race</b>	9:45am / 6 km
<b>Location</b>	Ancil Hoffman Regional Park, 6700 Tarshes Dr, Carmichael, CA
<b>Directions</b>	From Hwy 50 take Watt Ave off-ramp. Head north to Fair Oaks Blvd, turn right. Follow Fair Oaks Blvd to Van Alstine and turn right. Turn left onto California Ave, then right at park entrance. \$5 parking fee in the park.
<b>Open Team \$</b>	\$75/\$50/\$25
<b>Open Individual \$</b>	\$150/\$75/\$50
<b>Master \$</b>	Indiv. \$75/\$50; Team: \$75/\$25
<b>Senior \$</b>	Indiv. \$50; Team. \$50
<b>Super Senior \$</b>	N/A
<b>Veteran \$</b>	N/A
<b>Sponsoring Organization</b>	Golden West Athletics Club
<b>Total Prize Purse</b>	\$1500 (1.5 point weighted race)
<b>Race Director</b>	Carla Kehoe
<b>Race Email</b>	<a href="mailto:Rennur4life@gmail.com">Rennur4life@gmail.com</a>
<b>Telephone</b>	916.390.3495
<b>Cost, Pre-Reg.</b>	\$15 if post-marked by Oct 30th
<b>Cost, Late/Race Day</b>	\$20
<b>Check Payable to:</b>	Golden West Athletic Club
<b>Registration Address &amp; Phone Number</b>	Carla Kehoe, 5110 Eagleton Way, Granite Bay, CA 95746
<b>Misc. info</b>	Post race bagels and hot apple cider.



## 25th Annual PA Cross Country Championship

<b>Date</b>	21-Nov-2010 (Sunday)
<b>Women's Race</b>	9:00am / 4.0 mi
<b>Open Men's Race</b>	11:00am / 6.0 mi
<b>Master Men's Race</b>	9:45am / 6.0 mi
<b>Location</b>	Lindley Meadow, 30th Ave and JFK Dr., Golden Gate Park, San Francisco.
<b>Directions</b>	Take Fulton Avenue, which runs along the north edge of the park, to 30th Ave. (stoplight). Turn south into the park. Road deadends at JFK at Lindley Meadow..(East end of JFK Drive is closed on Sunday, so use Fulton.)
<b>Open Team \$</b>	\$150/\$75
<b>Open Individual \$</b>	\$200/\$100/\$50
<b>Master \$</b>	Indiv. \$50/\$25; Team \$50/\$25
<b>Senior \$</b>	Indiv. \$25
<b>Super Senior \$</b>	N/A
<b>Veteran \$</b>	N/A
<b>Sponsoring Organization</b>	SF Running & Walking
<b>Total Prize Purse</b>	\$1500 (1.5 point weighted race)
<b>Race Director</b>	Tim Wason
<b>Race Email</b>	<a href="mailto:tim@sfrunning.com">tim@sfrunning.com</a>
<b>Telephone</b>	415.647.2276
<b>Cost, Pre-Reg.</b>	\$25 if post-marked by Nov 13, or online at funfastfit.com by midnight Nov 27 (small service fee).
	<a href="http://www.active.com/running/san-francisco-ca/pacific-association-cross-country-championships-2010">http://www.active.com/running/san-francisco-ca/pacific-association-cross-country-championships-2010</a>
<b>Cost, Late/Race Day</b>	\$30
<b>Check Payable to:</b>	SF Running & Walking
<b>Registration Address &amp; Phone Number</b>	SF Running & Walking, 4475 23rd Street, Suite 4, San Francisco, CA 94114
<b>Misc. info</b>	USATF championship medals in open and 10-yr age groups. Volunteers greatly appreciated--call 415-647-2276.

