



10th Annual UC Santa Cruz Cross Country Challenge

Date	21-Aug-10
Women's Race	9:00am / 4.0 mi
Open Men's Race	9:45am /4.0 mi
Master Men's Race	Same as Open Men
Location	UC Santa Cruz, Santa Cruz
Directions	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.
Open Team \$	\$100/\$75/\$50
Open Individual \$	\$50/\$30/\$20
Master \$	Indiv\$40/\$25;Team\$100/\$75/\$50
Senior \$	Indiv. \$30/\$20;Team \$50/\$25
Super Senior \$	N/A
Veteran \$	N/A
Sponsoring Organization	Santa Cruz Track Club
Total Prize Purse	\$1500 (1.5 points weighted race)
Race Director	Larry Berg/ Greg Hales
Race Email	LMB0102@sbcglobal.net
Telephone	831.423.8291
Cost, Pre-Reg.	\$15 if post-marked by Aug 15th
Cost, Late/Race Day	\$20
Check Payable to:	SCTC
Registration Address & Phone Number	SCTC, P.O. Box 1803 Capitola, CA 95010
Misc. info	Merchandise awards to top 3 in 10 year age groups



18th Annual Phil Widener Empire Open

Date	28-Aug-10
Women's Race	9:00am / 3.43 mi
Open Men's Race	10:30am / 3.43 mi
Master Men's Race	9:45am / 3.43 mi
Location	Spring Lake Regional Park, Newanga Ave. entrance, Santa Rosa
Directions	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.
Open Team \$	\$75/\$50/\$25
Open Individual \$	\$150/\$75/\$25
Master \$	Indiv. \$75/\$25; Team \$75/\$25
Senior \$	Indiv. \$50; Team \$50
Super Senior \$	Indiv. \$25; Team \$25
Veteran \$	N/A
Sponsoring Organization	Empire Runners Club
Total Prize Purse	\$1500 (1.5 point weighted race)
Race Director	Jerry Lyman
Race Email	jerry.lyman@gmail.com
Telephone	707.527.9020
Cost, Pre-Reg.	\$15 if post-marked by Aug 21 or online at www.empirerunners.org by Aug 25 (no service charge).
Cost, Late/Race Day	\$20
Check Payable to:	Empire Runners Club
Registration Address & Phone Number	Jerry Lyman, 2345 Hilltop Ct., Santa Rosa, CA 95404
Misc. info	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

Date 11-Sep-10
Women's Race 9:00am / 4 mi
Open Men's Race 10:30am / 4 mi
Master Men's Race 9:45am / 4 mi
Location Lindley Meadow, 30th Ave and JFK Drive, Golden Gate Park, San Francisco.

Directions 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..

Open Team \$ \$150/\$75
Open Individual \$ \$200/\$100/\$50
Master \$ Indiv. \$50/\$25 Team \$50/\$25
Senior \$ Indiv. \$25
Super Senior \$ N/A
Veteran \$ N/A
Sponsoring Organization SF Running & Walking
Total Prize Purse \$1500 (1.5 point weighted race)
Race Director Tim Wason
Race Email tim@sfrunning.com
Telephone 415.647.2276

Cost, Pre-Reg. \$15 if post-marked by Sept 2 or online at funfastfit.com by midnight Sept 8 (small service fee).



<http://www.active.com/running/san-francisco-ca/golden-gate-park-open-cross-country-2010>

Cost, Late/Race Day \$20
Check Payable to: SF Running & Walking
Registration Address & Phone Number SF Running & Walking, 4475 23rd Street, Suite 4, San Francisco, CA 94114

Misc. info 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

Date	25-Sep-10
Women's Race	9:00am / 5 km
Open Men's Race	10:00 am / 5 km
Master Men's Race	Same as open men
Location	1320 Garin Ave. Garin Regional Park, Hayward, CA
Directions	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.
Open Team \$	\$75/\$50/\$25
Open Individual \$	\$150/\$75/\$50
Master \$	Indiv. \$75/\$50; Team \$75/\$25
Senior \$	Indiv. \$50; Team \$50
Super Senior \$	N/A
Veteran \$	N/A
Sponsoring Organization	West Valley Track Club
Total Prize Purse	\$1500 (1.5 point weighted race)
Race Director	Pontus Ahlstrom
Race Email	pontus_ahlstrom@hotmail.com
Telephone	415.513.8640
Cost, Pre-Reg.	\$20 (incl \$5 voucher for parking) if postmarked by Sept. 21. Please provide email address for voucher.
Cost, Late/Race Day	\$20 (not incl. \$5 parking)
Check Payable to:	WVTC
Registration Address & Phone Number	Marc Lund, 2680 Bayshore Pkwy, suite 414, Mountain View, CA 94043
Misc. info	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

Date	2-Oct-10
Women's Race	10:00am / 5 km
Open Men's Race	9:15am / 5 km
Master Men's Race	8:30am / 5 km
Location	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

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

Date	9-Oct-10
Women's Race	9:00am / 5 km
Open Men's Race	10:30am / 5 km
Master Men's Race	9:45am / 5 km
Location	Folsom HS, 1655 Iron Point Rd, Folsom, CA
Directions	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.
Open Team \$	\$75/\$50
Open Individual \$	\$150/\$75/\$50
Master \$	Indiv. \$75; Team \$75/\$25
Senior \$	Indiv. \$50; Team \$50
Super Senior \$	Indiv. \$25; Team \$25
Veteran \$	N/A
Sponsoring Organization	Buffalo Chips Running Club
Total Prize Purse	\$1500 (1.5 point weighted race)
Race Director	Arnold Utterback
Race Email	aj_utterback@hotmail.com
Telephone	916.541.3608
Cost, Pre-Reg.	\$15 if post-marked by Oct 2nd
Cost, Late/Race Day	\$20
Check Payable to:	Buffalo Chips Running Club
Registration Address & Phone Number	Arnold Utterback, P.O Box 160852, Sacramento, CA 95816
Misc. info	Loop course, rolling hills.



13 Annual Shoreline Open

Date	23-Oct-10
Women's Race	9:00am / 5 km
Open Men's Race	9:45am / 4.6 mi
Master Men's Race	Same as Open Men
Location	Shoreline Park, Mountain View, CA
Directions	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.
Open Team \$	\$75/\$50/\$25
Open Individual \$	\$150/\$75/\$50
Master \$	Indiv. \$75/\$50; Team \$75/\$25
Senior \$	Indiv. \$25; Team \$25
Super Senior \$	Indiv. \$25; Team \$25
Veteran \$	N/A
Sponsoring Organization	Asics Aggie Running Club
Total Prize Purse	\$1500 (1.5 point weighted race)
Race Director	Charles Alexander
Race Email	charlesa1105@gmail.com
Telephone	408.519-9464
Cost, Pre-Reg.	\$15 if post-marked by Oct 19th
Cost, Late/Race Day	\$20
Check Payable to:	Asics Aggies
Registration Address & Phone Number	Charles Alexander, 1105 Lincoln Dr., Mountain View, CA 94040
Misc. info	Award to top 3 in each age group.



15th Annual John Lawson Tamalpa Challenge

Date	30-Oct-10
Women's Race	9:00am / 4.25 mi
Open Men's Race	11:00am / 4.25 mi
Master Men's Race	10:00am / 4.25 mi
Location	Rodeo Valley, Golden Gate National Recreation Area, Marin Headlands
Directions	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: http://www.tamalparunners.org/jltc2010.php
Open Team \$	\$120/\$75
Open Individual \$	\$120/\$75
Master \$	Indiv. \$75; Team \$75/\$50
Senior \$	Indiv. \$45; Team \$30
Super Senior \$	Indiv. \$35; Team \$25
Veteran \$	Indiv. \$25
Sponsoring Organization	Tamalpa Runners
Total Prize Purse	\$1500 (1.5 point weighted race)
Race Director	Ken Grebenstein
Race Email	kengreb@comcast.net
Telephone	415.927.3664
Cost, Pre-Reg.	\$15 if post-marked by Oct 25th
Cost, Late/Race Day	\$20
Check Payable to:	Tamalpa Runners
Registration Address & Phone Number	Ken Grebenstein, 709 Oakdale Ave, Corte Madera, CA 94925
Misc. info	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

Date	6-Nov-10
Women's Race	9:00am / 6 km
Open Men's Race	10:30am / 6 km
Master Men's Race	9:45am / 6 km
Location	Ancil Hoffman Regional Park, 6700 Tarshes Dr, Carmichael, CA
Directions	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.
Open Team \$	\$75/\$50/\$25
Open Individual \$	\$150/\$75/\$50
Master \$	Indiv. \$75/\$50; Team: \$75/\$25
Senior \$	Indiv. \$50; Team. \$50
Super Senior \$	N/A
Veteran \$	N/A
Sponsoring Organization	Golden West Athletics Club
Total Prize Purse	\$1500 (1.5 point weighted race)
Race Director	Carla Kehoe
Race Email	Rennur4life@gmail.com
Telephone	916.390.3495
Cost, Pre-Reg.	\$15 if post-marked by Oct 30th
Cost, Late/Race Day	\$20
Check Payable to:	Golden West Athletic Club
Registration Address & Phone Number	Carla Kehoe, 5110 Eagleton Way, Granite Bay, CA 95746
Misc. info	Post race bagels and hot apple cider.



25th Annual PA Cross Country Championship

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

