

11th Annual UC Santa Cruz Cross Country Challenge

Date	20-Aug-11
Women's Race	9:00am / 4.0 mi
Open Men's Race	10:30am / 4.0 mi
Master Men's Race	9:45am/ 4.0 miles
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/\$35
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
Race Email	LMB0102@sbcglobal.net
Telephone	831-262-7551
Cost, Pre-Reg.	\$15 if post-marked by Aug 13th
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



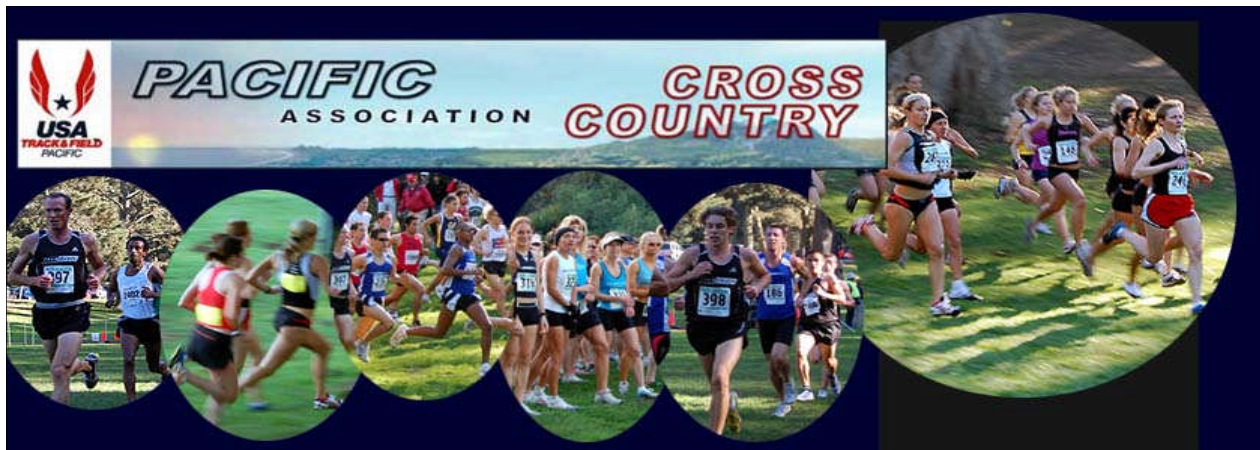
19th Annual Phil Widener Empire Open

Date	27-Aug-11
Women's Race	10:30am / 3.43 miles
Open Men's Race	9:45am / 3.43 miles
Master Men's Race	9:00am / 3.43 miles
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. \$7 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	Greg Jennings
Race Email	freedmanjennings@sbcglobal.net
Telephone	707-568-5570
Cost, Pre-Reg.	\$15 if post-marked by Aug 20 or online at www.empirerunners.org by Aug 24 (no service charge).
Cost, Late/Race Day	\$20
Check Payable to:	Empire Runners Club
Registration Address & Phone Number	Greg Jennings, 924 Gay St, 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.



1st Annual Rebels XC Challenge

Date	3-Sep-11
Women's Race	9:00am / 5 km
Open Men's Race	10:30am / 7k (revised distance)
Master Men's Race	9:45am / 7k (revised distance)
Location	Granite Regional Park, 8181 Cucamonga Ave, Sacramento, CA
Directions	Highway 50 East to Power-Inn Road Exit. Turn right and go South for about one mile. Turn left at stop light at Cucamonga Ave.
Open Team \$	\$125/ \$75
Open Individual \$	\$125/\$75/\$25
Master \$	Indiv. \$75/\$25 Team \$75/\$25
Senior \$	Indiv. \$50
Super Senior \$	N/A
Veteran \$	N/A
Sponsoring Organization	River City Rebels
Total Prize Purse	\$1500 (1.5 point weighted race)
Race Director	Andy Harris
Race Email	attyserv@surewest.net
Telephone	916-531-8503
Cost, Pre-Reg.	\$15 if post-marked by Aug 27th
Cost, Late/Race Day	\$20
Check Payable to:	River City Rebels
Registration Address & Phone Number	River City Rebels, P.O. Box 189667, Sacramento, CA 95818-9667
Misc. info	All comped athletes must pre-register.



26th Annual Golden Gate Park Open

Date	9/11/2011 (Sunday)
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..(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.	\$15 if post-marked by Sept 1 or online at active.com by midnight Sept 7 (small service fee).
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. Awards TBD. Volunteers greatly appreciated--call 415-647-2276.



7th Annual Garin Park XC Challenge

Date	24-Sep-11
Women's Race	9:00am / 5 km
Open Men's Race	10:30 am / 5 km (revised time)
Master Men's Race	9:45 am / 5 km (revised time)
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 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. \$15 if postmarked by Sept. 19th (not incl. \$5 parking fee)

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

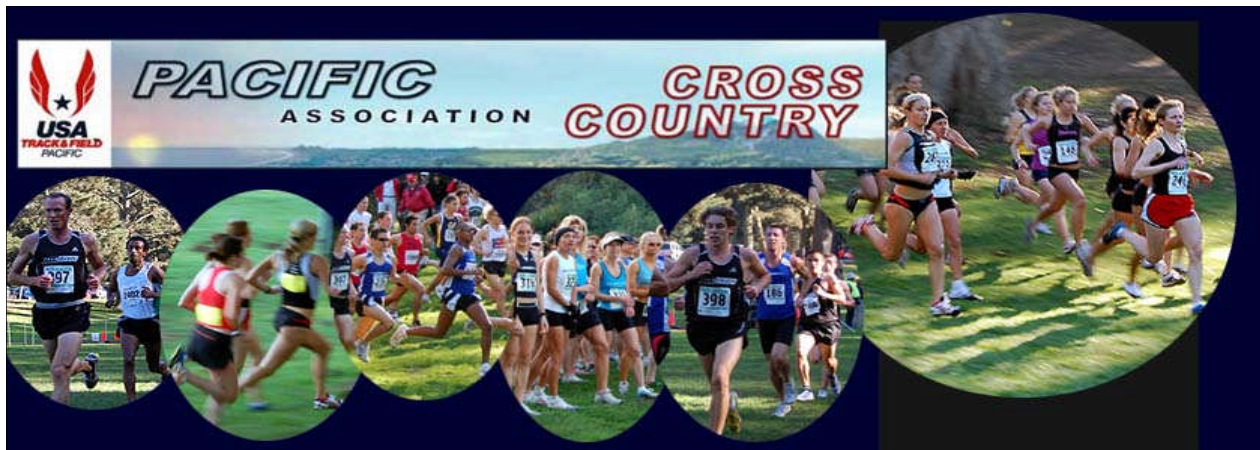
Misc. info

PA course records: Open men: Giliat Ghebray 15:49 (2007). Open women: Yiou Wang 18:07 (2010). Masters men: Jim Sorensen 16:04 (2007). Masters women: Valerie Young 19:15 (2009). Senior men: Brian Pilcher 17:28 (2008). Senior women: Sarah Tabbutt 20:29 (2010). Super-senior men: Don Porteous 20:05 (2007). Super-senior women: Joanne Rowland 25:12 (2008). Veterans men: Russ Kiernan 23:26 (2008). Veterans women: Katie Martin 33:40 (2010). Plenty of parking available. Picnic area in park.



12th Annual Presidio Challenge

Date	1-Oct-11
Women's Race	9:15am / 5km
Open Men's Race	8:30am / 5km (revised time)
Master Men's Race	10:00am / 5 km (revised time)
Location	Presidio, San Francisco, CA
Directions	<p>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</p>
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. 25th
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	<p>Location: The race will start and Finish at Paul Goode Field (North and below Julius Kahn Playground). Enter by foot through Julius Kahn Playground which is located at Presidio's southern border between Arguello and Presidio Gates (at Pacific Ave and Spruce St). Garmin map of the course: http://connect.garmin.com/activity/48439652</p>



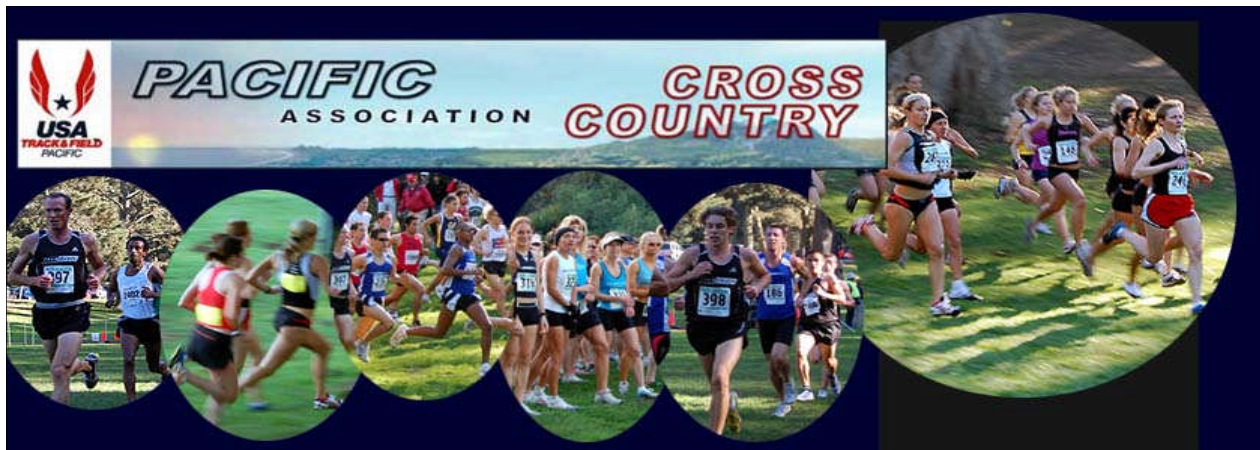
3rd Annual Willow Hills XC Open

Date	8-Oct-11
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/\$25
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 1st
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.



14th Annual Shoreline Open

Date	22-Oct-11
Women's Race	9:00am / 3.0 miles (revised distance)
Open Men's Race	9:45am / 4.0 miles (revised distance)
Master Men's Race	9:46am / 4.0 miles (revised distance)
Location	Shoreline Park, Mountain View, CA
Directions	Exit Hwy. 101 at Amphitheater Pkwy. From North, take right onto Amphitheater Pkwy. at 1st light and head over Hwy 101 OR from South, merge onto Amphitheater Pkwy. Follow Amphitheater and make a left on N. Shoreline Blvd. Enter the parking lot off N. Shoreline Blvd. just past Crittenden Lane. (across the street from Shoreline Amphitheater). Note change in start location. see course map at http://www.pausatf.org/data/2011/CourseMapShorelineOpen.pdf
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	J.T. Service
Race Email	jt@soulfocussports.com
Telephone	408-406-6490
Cost, Pre-Reg.	\$15 if post-marked by Oct 18th
Cost, Late/Race Day	\$20
Check Payable to:	Asics Aggies
Registration Address & Phone Number	J. T. Service, 2116 Skyline Blvd, Daly City, CA 94015
Misc. info	Masters race will start 1 min. after open men. Masters can score for open team, but with the 1 min. added to time. Award to top 3 in each age group.



16th Annual John Lawson Tamalpa Challenge

Date	29-Oct-11
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, GGNR, 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 24th
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.



2nd Annual Ancil Hoffman Challenge

Date	5-Nov-11
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 Nov. 1st.
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	Water and Gatorade provided. Post race bagels, coffee, homemade muffins, breads, and hot apple cider.



26th Annual PA Cross Country Championship

Date	20-Nov-2011 (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 12, or online at usatf.org by midnight Nov 16.
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.