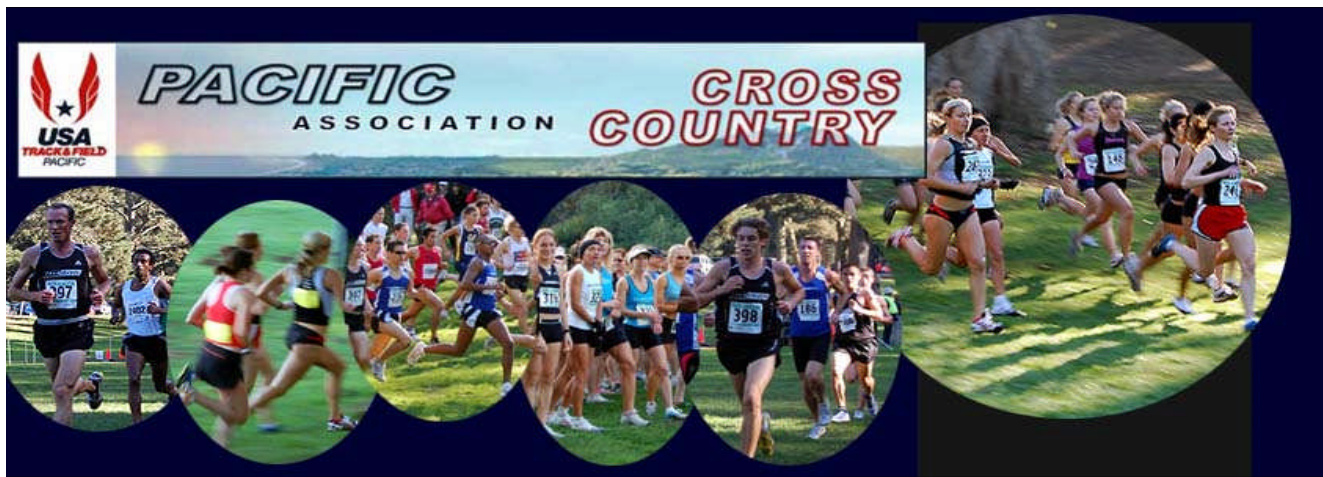




## 13th Annual UC Santa Cruz Cross Country Challenge

<b>Date</b>	17-Aug-13
<b>Women's Race</b>	9:00am / 4.0 mi
<b>Open Men's Race</b>	10:30am / 4.0 mi
<b>Master Men's Race</b>	9:45am / 4.0 miles
<b>Location</b>	Upper campus trails, 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/\$35
<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
<b>Race Email</b>	<a href="mailto:LMB0102@sbcglobal.net">LMB0102@sbcglobal.net</a>
<b>Telephone</b>	831-262-7551
<b>Cost, Pre-Reg.</b>	\$15 if post-marked by Aug 12th
<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



## 21st Annual Phil Widener Empire Open

<b>Date</b>	24-Aug-13
<b>Women's Race</b>	9:00am / 3.43 miles
<b>Open Men's Race</b>	9:45am / 3.43 miles
<b>Master Men's Race</b>	10:30am / 3.43 miles
<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. \$7 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>	Greg Jennings
<b>Race Email</b>	<a href="mailto:Greggjennings@sbcglobal.net">Greggjennings@sbcglobal.net</a>
<b>Telephone</b>	415-717-9968
<b>Cost, Pre-Reg.</b>	\$15 on-line to Aug 22 , <a href="http://www.empirerunners.org/races?eventId=523427">www.empirerunners.org/races?eventId=523427</a> - No Transaction charge! No Stamps! No Envelope! No Brainer! Or \$20 for mail by Aug 16th. Late Reg/Race day entry fee: \$25.
<b>Cost, Late/Race Day</b>	\$25
<b>Check Payable to:</b>	Empire Runners Club
<b>Registration Address &amp; Phone Number</b>	Greg Jennings, 2936 Montgomery Dr., Santa Rosa, CA 95405
<b>Misc. info</b>	Post race refreshments. Tech T-shirts to top 10 in each race. Campsites may be available; call So. Co. Regional Parks (707) 565-2267 for reservations.



### 3rd Annual Rebels XC Challenge

<b>Date</b>	31-Aug-13
<b>Women's Race</b>	9:00am / 5 km
<b>Open Men's Race</b>	10:30am / 7 km
<b>Master Men's Race</b>	9:45am / 7 km
<b>Location</b>	Granite Regional Park, 8181 Cucamonga Ave, Sacramento, CA 95826
<b>Directions</b>	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.
<b>Open Team \$</b>	\$125/ \$75
<b>Open Individual \$</b>	\$125/\$75/\$25
<b>Master \$</b>	Indiv. \$75/\$25 Team \$75/\$25
<b>Senior \$</b>	Indiv. \$50/\$25 Team \$50
<b>Super Senior \$</b>	N/A
<b>Veteran \$</b>	N/A
<b>Sponsoring Organization</b>	River City Rebels
<b>Total Prize Purse</b>	\$1500 (1.5 point weighted race)
<b>Race Director</b>	Andy Harris
<b>Race Email</b>	<a href="mailto:attyserv@surewest.net">attyserv@surewest.net</a>
<b>Telephone</b>	916-531-8503
<b>Cost, Pre-Reg.</b>	\$15 if post-marked by Aug 23rd
<b>Online Registration</b>	<a href="https://register.bazumedia.com/reg/form?eventID=4844">https://register.bazumedia.com/reg/form?eventID=4844</a>
<b>Cost, Late/Race Day</b>	\$20
<b>Check Payable to:</b>	River City Rebels
<b>Registration Address &amp; Phone Number</b>	River City Rebels, P.O. Box 189667, Sacramento, CA 95818-9667
<b>Misc. info</b>	All comped athletes must pre-register. Race distances subject to change based upon course conditions. On-line registration. Credit cards and sign-up kiosks will be activated on race day.



## 28th Annual Golden Gate Park Open XC

<b>Date</b>	8-Sep-2013 (Sunday)
<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..(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>	415.823.2276
<b>Cost, Pre-Reg.</b>	\$20 if post-marked by Aug 28 or online at active.com by midnight Sept 04 (small service fee).
<b>Online Registration</b>	<a href="http://www.active.com/running/san-francisco-ca/golden-gate-park-open-cross-country-2013">http://www.active.com/running/san-francisco-ca/golden-gate-park-open-cross-country-2013</a>
<b>Cost, Late/Race Day</b>	25 (cash or check)
<b>Check Payable to:</b>	SF Running & Walking
<b>Registration Address &amp; Phone Number</b>	SF Running & Walking, c/o Homer Chan, 874 Filbert St.San Francisco, CA 94133
<b>Misc. info</b>	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 415-823-2276.



## 2nd Annual NorCal XC Challenge

<b>Date</b>	14-Sep-2013
<b>Women's Race</b>	9:30am / 5 km
<b>Open Men's Race</b>	10:15am / 8 km
<b>Master Men's Race</b>	10:15am / 8 km
<b>Location</b>	Simpson University soccer field, 2211 Collegeview Dr, Redding, CA
<b>Directions</b>	I-5 north to 299 East. Exit Churn Creek/Hawley Rd, turn right at next light take a left on Collegeview Dr, about a mile to University. Entering campus, soccer field on right.
<b>Open Team \$</b>	\$125/\$75/\$25
<b>Open Individual \$</b>	\$100/\$50/\$25
<b>Master \$</b>	Indiv. \$75/\$25 Team \$100/\$50
<b>Senior \$</b>	Indiv. \$50; Team \$50
<b>Super Senior \$</b>	N/A
<b>Veteran \$</b>	N/A
<b>Sponsoring Organization</b>	Midnite Racing & Timing
<b>Total Prize Purse</b>	\$1500 (1.5 point weighted race)
<b>Race Director</b>	John Luaces
<b>Race Email</b>	<a href="mailto:jkluaces@gmail.com">jkluaces@gmail.com</a>
<b>Telephone</b>	530-526-3076
<b>Cost, Pre-Reg.</b>	\$15 if post-marked by Sept. 1. <a href="http://www.active.com/running/redning-ca/norcal-xc-challenge-2013">http://www.active.com/running/redning-ca/norcal-xc-challenge-2013</a> ; <a href="http://www.midniteracing.net">www.midniteracing.net</a>
<b>Online Registration</b>	<a href="http://beta.active.com/redning-ca/running/races/norcal-xc-challenge-2013">http://beta.active.com/redning-ca/running/races/norcal-xc-challenge-2013</a>
<b>Cost, Late/Race Day</b>	\$20
<b>Check Payable to:</b>	Midnite Racing & Timing
<b>Registration Address &amp; Phone Number</b>	John Luaces, 1670 Dakota Way, Redding CA 96003
<b>Misc. info</b>	Start and finish on grass soccer field. Mostly dirt trails with short pavement sections. Awards to top 3 in 10 yr age groups.



## 9th Annual Garin Park XC Challenge

<b>Date</b>	21-Sep-13
<b>Women's Race</b>	10:30am / 5 km
<b>Open Men's Race</b>	9:00 am / 5 km
<b>Master Men's Race</b>	9:45 am / 5 km
<b>Location</b>	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.

<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

**Cost, Pre-Reg.** \$15 if postmarked by Sept. 13th (not incl. \$5 parking fee)

**Cost, Late/Race Day** \$20 (not incl. \$5 parking)

**Check Payable to:** WVTC

**Registration Address & Phone Number**

Marc Lund, 1433 Norman Dr., Sunnyvale, CA 94087  
 PA course records: Open men: Giliat Ghebray 15:23 (2012). Open women: You Wang 18:07 (2010). Masters men: Jim Sorensen 16:04 (2007). Masters women: Valerie Young 18:57 (2011). Senior men: Brian Pilcher 17:28 (2008). Senior women: Christine Kennedy 20:28 (2011). Super-senior men: Don Porteous 20:05 (2007). Super-senior women: Sharlet Gilbert 23:55 (2012). Veterans men: Russ Kiernan 23:26 (2008). Veterans women: Katie Martin 33:40 (2010). Plenty of parking available. Picnic area in park.

### Misc. info



## 5th Annual Willow Hills XC Open

<b>Date</b>	28-Sep-13
<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>	\$125/\$75/\$50
<b>Master \$</b>	Indiv. \$75; Team \$50/\$25
<b>Senior \$</b>	Indiv. \$50; Team \$40/\$25
<b>Super Senior \$</b>	Indiv. \$25; Team \$25/\$10
<b>Veteran \$</b>	Indiv. \$25; Team \$25
<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 Sept 23rd
<b>Online Registration</b>	<a href="http://ultrasignup.com/register.aspx?did=19891">http://ultrasignup.com/register.aspx?did=19891</a>
<b>Cost, Late/Race Day</b>	\$20
<b>Check Payable to:</b>	Buffalo Chips Running Club
<b>Registration Address &amp; Misc. info</b>	Arnold Utterback, P.O Box 160852, Sacramento, CA 95816 Loop course, rolling hills.



## 15th Annual Presidio Challenge

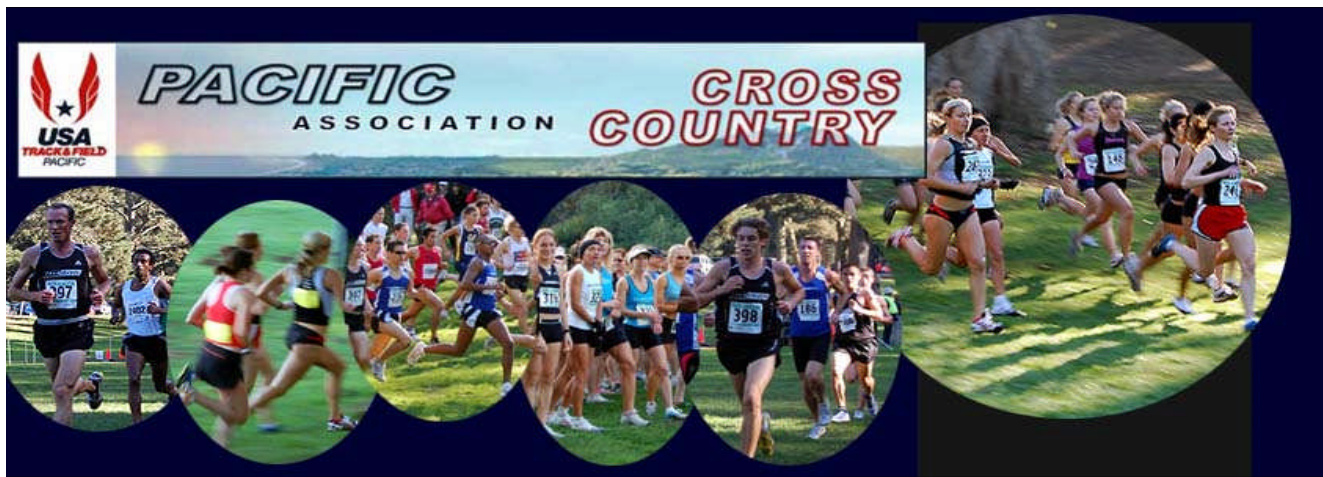
<b>Date</b>	5-Oct-13
<b>Women's Race</b>	10:00am / 5km
<b>Open Men's Race</b>	8:30am / 5km
<b>Master Men's Race</b>	9:15am / 5 km
<b>Location</b>	Presidio, San Francisco, CA
<b>Directions</b>	From North Bay : -Take 101-S over the Golden Gate Bridge into SF, take the Lombard St exit, turn R on Divisadero St for .5 miles, R on Jackson St for .7 miles From South Bay: - Take 280 to the
<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. 30th
<b>Online Registration</b>	<a href="http://raceroster.com/events/2013/1589/15th-annual-presidio-challenge">http://raceroster.com/events/2013/1589/15th-annual-presidio-challenge</a>
<b>Cost, Late/Race Day</b>	\$25
<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
<b>Misc. info</b>	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). Course subject to change due to possible trail closures.





## 16th Annual Aggies XC Open

<b>Date</b>	26-Oct-13
<b>Women's Race</b>	9:00am / 4.2 miles
<b>Open Men's Race</b>	10:30am / 4.2 miles
<b>Master Men's Race</b>	9:45am / 4.2 miles
<b>Location</b>	Martinez Regional Shoreline Park (new location)
<b>Directions</b>	From the South: 680 North Exit Waterfront Rd. Toward Marina Vista. Take Marina Vista West Right on Ferry St. into the Park. From the North: 680 South Exit Marina Vista toward Waterfront Rd. Take a left onto Marina Vista Right on Ferry St. into the Park
<b>Open Team \$</b>	\$100/\$75/\$50
<b>Open Individual \$</b>	\$50/\$30/\$20
<b>Master \$</b>	Indiv. \$40/\$20, Team \$100/\$75/\$50
<b>Senior \$</b>	Indiv. \$30/\$20, Team \$50/\$35
<b>Super Senior \$</b>	N/A
<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>	Kevin Searls
<b>Race Email</b>	<a href="mailto:Kevin.Searls@asics.com">Kevin Searls</a>
<b>Telephone</b>	408-406-6490
<b>Cost, Pre-Reg.</b>	\$15 if post-marked by Oct 18th
<b>Online Registration</b>	<a href="http://raceroster.com/events/2013/1155/aggie-martinez-open">http://raceroster.com/events/2013/1155/aggie-martinez-open</a>
<b>Cost, Late/Race Day</b>	\$20
<b>Check Payable to:</b>	Asics Aggies
<b>Registration Address &amp; Phone Number</b>	Kevin Searls: 4110 Canyon Way, Martinez CA 94553
<b>Misc. info</b>	4.2 Mile Course for all events. 2 x 2 mile loops with .2 mile initial grass start. Flat course with a mix of grass, groomed dirt trails, and path.



## 18th Annual John Lawson Tamalpa Challenge

<b>Date</b>	2-Nov-13
<b>Women's Race</b>	9:00am / 4.1 mi
<b>Open Men's Race</b>	11:00am / 4.1 mi
<b>Master Men's Race</b>	10:00am / 4.1 mi
<b>Location</b>	Miwok Meadows, China Camp State Park, San Rafael
<b>Directions</b>	Hwy 101 to San Rafael, take the North San Pedro Road exit and go east (toward the bay) for 5 miles to the park.
<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 26th
<b>Online Registration</b>	<a href="http://www.active.com/running/san-francisco-ca/golden-gate-park-open-cross-country-2013">http://www.active.com/running/san-francisco-ca/golden-gate-park-open-cross-country-2013</a>
<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>	Race Website: <a href="http://www.tamalparunners.org/jlrc.php#course">http://www.tamalparunners.org/jlrc.php#course</a> . Back to old China Camp course, a 4.25 mile eyeloop course, rolling with lots of single track. About 1/4 mile of road. Beer mugs to first 325 finishers. Make sure car is parked off the roadway. This race is a memorial to John Lawson, a Tamalpa Runner who, at 44, died suddenly of a heart attack in 2000.



## 4th Annual Ancil Hoffman Challenge

<b>Date</b>	17-Nov-2013 (Sunday)
<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 Nov. 12th
<b>Online Registration</b>	<a href="https://raceroster.com/events/2013/754/4th-annual-ancil-hoffman-challenge">https://raceroster.com/events/2013/754/4th-annual-ancil-hoffman-challenge</a>
<b>Cost, Late/Race Day</b>	\$20
<b>Check Payable to:</b>	Golden West Athletic Club
<b>Registration Address &amp; Phone Number</b>	GWAC, 5110 Eagleton Way, Granite Bay, CA 95746
<b>Online Registration</b>	<a href="https://raceroster.com/events/2013/754/4th-Annual-Ancil-Hoffman-Challenge/">https://raceroster.com/events/2013/754/4th-Annual-Ancil-Hoffman-Challenge/</a>
<b>Misc. info</b>	Post-race refreshments: bagels, cookies, fruit, Gatorade, water. Course: grass field with hay bales and horse trail with 3 short hills. First 1300m and final 1k on grass field.



## 28th Annual PA Cross Country Championship

<b>Date</b>	24-Nov-2013 (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>	415.823.2276
<b>Cost, Pre-Reg.</b>	\$25 if post-marked by Wednesday, Nov 13 (a week before online reg closes), or online at active.com by midnight Nov 20.
<b>Online registration</b>	<a href="http://beta.active.com/san-francisco-ca/running/trail-heads/pa-usatf-cross-country-championships-2013">http://beta.active.com/san-francisco-ca/running/trail-heads/pa-usatf-cross-country-championships-2013</a>
<b>Cost, Late/Race Day</b>	30 (cash or check)
<b>Check Payable to:</b>	SF Running & Walking
<b>Registration Address &amp; Phone Number</b>	SF Running & Walking, c/o Homer Chan, 874 Filbert St.San Francisco, CA 94133. DO NOT USE ANY OF PRIOR YEAR'S ADDRESSES for this event. See phone above, this is to Race Director.
<b>Misc. info</b>	USATF championship medals in open and 10-yr age groups. Volunteers greatly appreciated--call 415-823-2276.