



## Rain or Shine

Sunday, 15 November 2009  
Beal's Point  
Folsom Lake State Recreation Area  
7806 Folsom-Auburn Road, Folsom, CA 95630

### What do you need to know?

- USATF Membership:
  - All **youth athlete club members** competing in this meet **desired** to be 2009 USATF member
  - Schools and unattached athletes do not need to be a USATF member
    - Use this competition as an opportunity to learn about USATF to determine if you'd like to join
- Registration:
  - Roseville PAL is paying to have an automatic timer at this meet. For this to work you need to pre-register. Thank you!
  - Registration requested by midnight Wednesday, November 11
    - Register by sending an e-mail to [bookoutgen@yahoo.com](mailto:bookoutgen@yahoo.com) that contains:
      - Title of e-mail: Nov 15 RPAL Express XC – athlete's name, school name or club name
      - Body of e-mail: Athlete's Name, Date of Birth, Sex, USATF # (or state doesn't have one); use form below if club or school
    - Check the RPAL Express website ([www.eteamz.com/RosevilleExpress](http://www.eteamz.com/RosevilleExpress)) to confirm unattached, school or club entries have been received
  - Same day registration is acceptable
- Cost:
  - \$6 per athlete (send your registration fees to RPAL Express, 1442 Deerfield Circle, Roseville, CA 95747)
  - There will be no refunds so ensure your entries are correct
  - State park so parking fee will be collected for each car entering park
- Awards: Top 6 in each age division will receive a medal; participant ribbon to all who place 7<sup>th</sup> and beyond in each race
- Results: Results will be posted within 30-minutes after each event is over and on the PA/USATF website within 2-days after the meet is completed
- Snack Bar: RPAL Express will provide a concession stand beginning at 8 am
- Volunteers: RPAL Express will provide all volunteers to conduct races

- Questions: Contact Maura Kent @ [bookoutgen@yahoo.com](mailto:bookoutgen@yahoo.com) or (916) 786-7288

Meet Timeline
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- Packet pick-up / race day registration can begin 8:00 am
- Course walk through (occurs for all @ same time) 9:00 am
- Sub-Bantam race begins 10:00 am
  - If small # of Sub-Bantams, Bantams will race @ same time but each age group running their respective distance
- Order of competition (distance of race)
  - Sub-Bantam (2K)
  - Bantam / Midget / Youth Girls (3K)
    - Race together but score separately
  - Bantam / Midget / Youth Boys (3K)
    - Race together but score separately
  - Intermediate / Young (5K) (will compete as one age group)
    - Same age division girls & boys will run together but score separately
    - Last race of day: only Intermediate/Young will earn awards ... but parents, siblings & coaches are invited to join in this race ... cost is \$6 per person

Age Groups
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Age Group	Birth Year		Age Group	Birth Year
Sub-Bantam	2001 or later		Youth	1995-1996
Bantam	1999-2000		Intermediate	1993-1994
Midget	1997-1998		Young	1991-1992

Driving Directions
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- From Reno  
Take I-80 East to Roseville. Take the Sierra College Blvd. exit and turn left going over the top of the freeway for 4.9 miles. Turn left on Douglas Blvd. (3 miles). Make a right on Auburn-Folsom Rd. go about 2 \_ miles until you come to a stop light and the sign will say Beal's Point and you make a left.
- From San Francisco  
Take I-80 West to Sacramento, just as you finish crossing the Yolo Causeway (long low bridge between Davis and West Sacramento) move to the left side of the freeway so you can merge onto Highway 50. Go through downtown Sacramento and past CSU Sacramento all the way to Folsom. Take the Folsom Blvd. exit and go left at the off ramp. Stay on Folsom for about 7 miles (the road will change names to Folsom-Auburn). You will come to a stop light, the sign will say Beal's Point and you make a right.
- From Modesto

Take I-99 to Sacramento. As you enter the Sacramento downtown area stay to the far right and take the Highway 50 exit toward Lake Tahoe. Follow directions above outlined for San Francisco once you are on Highway 50

