

Same Place Where We Had Our Meet Last Year

SANTA ROSA EXPRESS YOUTH CROSS COUNTRY MEET

SUNDAY, NOVEMBER 22, 2009

Spring Lake Park in Santa Rosa, California

Entry Fee - \$6 Per Athlete Cash or Check (Payable to 'SRX')

The course has grass, gravel, dirt, rocks and asphalt with rolling hills. No spikes allowed.

| | | |
|--------------------------------------|--------------------|-------------|
| Sub-Bantam Girls/Sub-Bantam Boys | Born 2001 or later | 2000 meters |
| Bantam Girls/Bantam Boys | Born 1999 or 2000 | 3000 meters |
| Midget Girls/ Midget Boys | Born 1997 or 1998 | 3000 meters |
| Youth Girls/Youth Boys | Born 1995 or 1996 | 4000 meters |
| Intermediate Girls/Intermediate Boys | Born 1993 or 1994 | 5000 meters |
| Young Women/Young Men | Born 1991 or 1992 | 5000 meters |

The races will be run in the order above. Some races may be combined (depending on the number of runners) but the results and awards will be determined by sex and age group.

TIME SCHEDULE

Turn in Entry.....8:00 to 9:00

Course Walk.....9:00 to 10:00

First Race (Sub-Bantams).....10:00

The next race starts shortly after the last runner in the previous race crosses the finish line

Registration and the Start/Finish Area is on the West Side of the Park so you will have to Walk Part-Way Around the Lake

E-MAIL YOUR ENTRY by FRIDAY, NOVEMBER 20

Just E-mail to SantaRosaExpress@gmail.com typing the athlete's name, age group and club/unattached.

When you check in on Sunday morning pay \$6 per athlete and we will give you your stickers

If you need additional information please contact Bob Shor
(707) 539-6787 or AShorSR@aol.com

Directions to Spring Lake Park

FROM US 101: In Santa Rosa head east on Highway 12 to the end of the freeway. Continue ahead on Hoen Avenue. Go about 2 miles and turn left on Newanga Avenue. Newanga runs into the park. When you go in the gate turn right and park up above.

FROM I-80: Just west of Fairfield, get onto Highway 12 going west (toward Napa). Stay on Highway 12, passing near Napa, then through Sonoma. About 15 miles west of Sonoma, turn left on Los Alamos Road, then right on Melita which will become Montgomery Drive to the left. Go about one mile on Montgomery and turn left on Channel Drive. Around the first turn, turn right on Violetti Road. Enter the park on your right and go to the bottom of the hill.

FROM I-5 HEADING SOUTH: Go west on Highway 20 near Williams. Turn left onto Highway 53, which will soon become Highway 29. When you get to the bottom of the unending hill, just before you get to Calistoga, turn right onto Tubbs Lane. When it ends, turn left on Foothill for a very short distance and turn right at the stop sign onto Petrified Forest Road (which will later become Calistoga Road). Be sure to follow the sign to Highway 12. About 1 mile after you get to the bottom of the winding hill, turn right onto Highway 12. Go about 1_ miles, turn left onto Mission Blvd., then left onto Montgomery Drive and go about two miles. Turn right on Channel Drive. Around the first turn, turn right on Violetti Road. Enter the park on your right and go to the bottom of the hill.

The Entry Form

If you have not E-mailed your entry please turn this Entry Form in, with \$6 cash or check (payable to "SRX"), for each athlete when you check in between 8:00 and 9:00. You will receive a sticker to place near the top of the running shirt.

Name _____

Address _____

City _____ State _____ Zip Code _____

Phone # _____ Email Address _____

Club Name _____ Sex _____ Age Group _____

USATF # _____