

The Pleasanton Heat

**Proudly Hosts
a USATF Sanctioned Cross Country Meet
At**

SHADOW CLIFFS REGIONAL PARK

October 18, 2009

9:00 am

This is a spectator friendly cross country course over well maintained, wide trails in the Shadow Cliffs Regional Park. The trails skirt along lakes and ponds and over mildly rolling terrain.

Schedule:

8:00 am - 9:00 am	Registration
9:00 am	Course Walk
10:00 am	First Race Starts

We will start with Sub Bantams (2 km) and will combine races depending on the number of runners. Awards to the top finishers in each division.

Entry Fee: \$6.00

Parking Fee is \$6.00 We tried unsuccessfully to get the Regional Park service to waive the fee but they would not budge.

Shadow Cliffs Cross Country Meet

Entry Form

Name _____

Team _____

Age Group (circle one)

Sub Bantam Bantam Midget Youth Open

Male ____ Female ____

Waiver:

In consideration of acceptance of this entry, I, intending to be legally bound for myself, heirs, executors, administrators, successors and assigns, hereby waive and release from all rights, claims and causes of actions that I may have against the persons, sponsors, and organizations affiliated with this event, including but not limited to: Pleasanton Heat Track Club and Shadow Cliffs Regional Park. I hereby represent that I am physically fit and have trained sufficiently for this event. I attest that I have full knowledge of the risks involved in a cross country race, that injuries often occur and that I assume all expense in case of an accident, illness or other incapacity. Parent or guardian must sign the waiver for all athletes under 18 years old.

Athlete signature _____ Date _____

Parent Signature _____ Date _____

Directions to Shadow Cliffs

Address: 2500 Stanley Blvd, Pleasanton, CA 94566

From San Jose:

Take 680 or 880 (via 238) to 580 East towards Pleasanton. Exit the 580 at Santa Rita/Tassajara (exit 47). Keep RIGHT off the exit to get on Santa Rita. Follow Santa Rita for about 2 miles and turn LEFT on to Valley. Follow Valley for about 1 mile and turn LEFT on to Stanley Blvd. Stay on Stanley for about 0.7 miles and turn RIGHT into Shadow Cliffs Regional Park.

From Oakland:

Take the 880 to 580 east or get directly on to 580 east toward Pleasanton. Exit the 580 at Santa Rita/Tassajara (exit 47). Keep RIGHT off the exit to get on Santa Rita. Follow Santa Rita for about 2 miles and turn LEFT on to Valley. Follow Valley for about 1 mile and turn LEFT on to Stanley Blvd. Stay on Stanley for about 0.7 miles and turn RIGHT into Shadow Cliffs Regional Park.

From Walnut Creek/Antioch:

Take the 680 toward San Jose. Merge on to 580 east in Dublin/Pleasanton. Exit the 580 at Santa Rita/Tassajara (exit 47). Keep RIGHT off the exit to get on Santa Rita. Follow Santa Rita for about 2 miles and turn LEFT on to Valley. Follow Valley for about 1 mile and turn LEFT on to Stanley Blvd. Stay on Stanley for about 0.7 miles and turn RIGHT into Shadow Cliffs Regional Park.

From Sacramento:

Take I-5 south to the 205. The 205 will merge into 580 west heading toward Oakland. Exit 580 west at N. Livermore Ave (exit 52). Follow N. Livermore toward downtown Livermore. Turn RIGHT on to Railroad Ave. Railroad Ave will turn into Stanley Blvd. Follow Stanley for about 3 miles. The entrance to Shadow Cliffs Regional Park will be on the left.