



# Castro Valley Track Club



A Nonprofit Public Benefit Corporation  
501(c)(3) tax exempt entity #26-4001457

A Road Runners Club of America

Club #0010 of Pacific Association of USATF

phone: 510-409-9308  
www.cvtrackclub.com

## Cross Country Meet

Sunday, October 23, 2011

At Beautiful Lake Chabot Regional Park in Castro Valley  
17600 Lake Chabot Road, Castro Valley, CA 94546

### USATF Sanctioned Cross Country Meet

#### SCHEDULE

Meet at the Cove Picnic Area inside Lake Chabot Regional Park  
(east side of lake, opposite from the marina)

Registration (**SAME DAY ONLY**): 8:00 – 9:30 am

Course Walk: 9:00 am

Sub-Bantam Race 2000 meters: 10:00 am (first race)

Bantam & Midget Races 3000 meters (to be run separately)

Youth 4000 (Intermediate & Young Will Run 4000 with Youth)

All races end at the Cove Picnic Area

Note genders may be combined, depending on number of runners.

**From 580 W:** Exit 32 for 150<sup>th</sup> toward Fairmont Drive, merge onto Freedom Ave, left onto Fairmont Drive, Fairmont becomes Lake Chabot Road; entrance is on your left once you are over the hill .2 miles.

**From 580 E:** Exit 35 for Strobridge Ave, right onto Stanton Ave, right onto Castro Valley Blvd, left onto Lake Chabot Road, look for entrance on your right 1.8 miles down the road.

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Race is on "roller coaster-like" paved bike trail known as East Shore Trail.

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Lake Chabot was built in 1874 as a primary water source for the East Bay. The 315-acre lake was closed to recreation for 91 years, and is now a standby emergency water supply.

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**Awards:** To the top six finishers in each division!

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**Entry Fee:** \$6.00

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**Parking:** \$5.00 in Lake Chabot parking lot, or free on Lake Chabot Road

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**Restrooms:** At the marina

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## CASTRO VALLEY TRACK CLUB'S LAKE CHABOT CROSS COUNTRY ENTRY FORM AND WAIVER

Athlete's Name: \_\_\_\_\_

Athlete's Team: \_\_\_\_\_

Athlete's 2011 PAUSATF #: \_\_\_\_\_

Age Group (circle one): Sub Bantam, Bantam, Midget, Youth, Open (i.e. Intermediate or Young)

Male \_\_\_\_\_ Female \_\_\_\_\_

WAIVER AND RELEASE OF LIABILITY FOR ATHLETE UNDER 18 (a separate, other waiver must be completed for 18 year old athletes)

In consideration of acceptance of this entry, I, intending to be legally bound for myself, my child, my child's parents, my heirs, personal representative, estate, successors and assigns, hereby waive all claims that my child or I may have against Castro Valley Track Club, Inc, its officers, its coaches, and its volunteers, and East Bay Regional Park District arising in any way out of my child's participation in this event and release from all liability Castro Valley Track Club, Inc, its officers, its coaches, and its volunteers, and East Bay Regional Park District may have from my child's participation in this event.

I hereby attest that I have full knowledge of the risks involved in this cross country event, including, but not limited to, the risk of injury from bicycle riders who will be sharing the paved trail on which this event will be held, that injuries often occur and that I assume all expenses in case of accident, illness, injury, or other incapacity.

Parent or legal guardian must sign for each athlete under the age of 18.

Athlete's Signature \_\_\_\_\_ Dated \_\_\_\_\_, 2011

Parent's Signature \_\_\_\_\_ Dated \_\_\_\_\_, 2011