

*The East County Cheetahs, in association with the East Oakland Track Group,
are happy to invite you to the:*

Joaquin Miller Hill Run



This event will adhere to all applicable USATF rules.

Age Groups:

- 8 and under
- 9-10
- 11-12
- 13-14
- 15-18

(age on 12/31/2013)

October 20, 2013

Joaquin Miller Park, Oakland, CA

Registration: 8:00-9:00 AM
 Course Walk: 9:00 AM
 First Race: 10:00 AM

Medals for 1st, 2nd and 3rd place in each division

Races will be contested in order listed:
 (girls first, then boys)

Year of Birth

2005+	2K-Girls	2K-Boys
2003-2004	3K-Girls	3K-Boys
2001-2002	3K-Girls	3K-Boys
1999-2000	4K-Girls	4K-Boys
1998-1995	4K-Girls	4K-Boys

Some races may be combined depending on number of participants
 Awards will be given to top finishers in each division

The Joaquin Miller Hill Run features challenging 2, 3 and 4 kilometer courses through historic Joaquin Miller Park in the Oakland Hills. The courses are primarily rocky dirt trails, with some grass and limited asphalt. No spikes are allowed.

Parking:

Free parking is available in the park at Woodminister Theater and on Joaquin Miller Road. All roads within Joaquin Miller Park are fire access roads. **Any vehicles parked illegally or blocking emergency vehicle access will be towed without warning.**

Registration and the Start/Finish Line are located in the Lower Meadow on the north side of Sanborn Drive

Directions to: **Joaquin Miller Park**
Joaquin Miller Road @ Sanborn Drive
Oakland, CA 94602

San Francisco/ North Bay:

- Take 580-East to 24-East to 13-South
- exit Joaquin Miller Road/Lincoln Ave.
- Left on Monterey Blvd
- Left on Joaquin Miller Road, (up the hill)
- entrance to the park will be on your left at Sanborn Drive

Sacramento:

- Take 680-South to 24-West to 13-South
- exit Joaquin Miller Road/Lincoln Ave.
- Left on Monterey Blvd
- Left on Joaquin Miller Road, (up the hill)
- entrance to the park will be on your left at Sanborn Drive

South Bay:

- Take 880-North to 238-South to 580-West to 13-North
- Exit Joaquin Miller Road
- Right on Joaquin Miller Road (up the hill)
- entrance to the park will be on your left at Sanborn Drive