



## 15th Annual UC Santa Cruz Cross Country Challenge

<b>Date</b>	22-Aug-15
<b>Women's Race</b>	9:00am / 4.0 mi
<b>Open Men's Race</b>	10:30am / 4.0 mi
<b>Master Men's Race</b>	9:45am / 4.0 mi
<b>Location</b>	Upper campus trails, UC Santa Cruz, Santa Cruz
<b>Directions</b>	Take Hwy 17 from San Jose to Santa Cruz. Take Hwy 1 North towards Half Moon Bay, turn right on Bay St. Proceed up to UCSC Main Entrance at the corner of High and Bay St., go straight into campus. Turn left on Hagar Dr, go past the Fieldhouse, turn left on McLaughlin Dr. and then turn right on Chinquapin Rd. Turn right just before the Firehouse into the Crown College parking lot. Registration is in the small parking area above the Firehouse.
<b>Open Team \$</b>	\$100/\$75/\$50
<b>Open Individual \$</b>	\$50/\$30/\$20
<b>Master \$</b>	Indiv \$40/\$25; Team \$100/\$75/\$50
<b>Senior \$</b>	Indiv. \$30/\$20; Team \$50/\$35
<b>Super Senior \$</b>	N/A
<b>Veteran \$</b>	N/A
<b>Sponsoring Organization</b>	Santa Cruz Track Club
<b>Total Prize Purse</b>	\$1500 (1.5 points weighted race)
<b>Race Director</b>	Greg Hales
<b>Race Email</b>	<a href="mailto:ghales@comcast.net">ghales@comcast.net</a>
<b>Telephone</b>	408-390-0335
<b>Cost, Pre-Reg.</b>	\$15 if post-marked by Aug 15th
<b>Online Registration</b>	TBD
<b>Cost, Late/Race Day</b>	\$20
<b>Check Payable to:</b>	SCTC
<b>Registration Address &amp; Phone Number</b>	SCTC, c/o Greg Hales, 110 Seascapes Ridge Dr, Aptos, CA 95003
<b>Misc. info</b>	Merchandise awards to top 3 in 10 year age groups



## 23rd Annual Phil Widener Empire Open

<b>Date</b>	29-Aug-15
<b>Women's Race</b>	9:00am / 3.4 miles
<b>Open Men's Race</b>	10:30am / 3.4 miles
<b>Master Men's Race</b>	9:45am / 3.4 miles
<b>Location</b>	Spring Lake Regional Park, Newanga Ave. entrance, Santa Rosa
<b>Directions</b>	From Hwy 101: Take Hwy 12, east toward Sonoma 1 mile until the highway ends at Farmers Lane stoplight. Cross intersection onto Hoen, 1.5 miles to Newanga stopsign. Left on Newanga 1/4 mile to Spring Lake Park entrance. \$7 parking fee. Right after entrance to Oak Knolls area parking. Race starts/finishes 1/4 mile from parking on west side of lake near Jackrabbit boat ramp.
<b>Open Team \$</b>	\$75/\$50/\$25
<b>Open Individual \$</b>	\$150/\$75/\$25
<b>Master \$</b>	Indiv. \$75/\$25; Team \$75/\$25
<b>Senior \$</b>	Indiv. \$50; Team \$50
<b>Super Senior \$</b>	Indiv. \$25; Team \$25
<b>Veteran \$</b>	N/A
<b>Sponsoring Organization</b>	Empire Runners Club
<b>Total Prize Purse</b>	\$1500 (1.5 point weighted race)
<b>Race Director</b>	Carl Triola
<b>Race Email</b>	<a href="mailto:cvtriola@sbcglobal.net">cvtriola@sbcglobal.net</a>
<b>Telephone</b>	707-495-5135
<b>Cost, Pre-Reg.</b>	\$20 if postmarked by Aug. 21, \$15 online by Aug. 26 (no fee)
<b>Online Registration/webpage</b>	<a href="http://www.empirerunners.org/event-1794142">http://www.empirerunners.org/event-1794142</a>
<b>Cost, Late/Race Day</b>	\$25, Race day substitution \$10, see webpage for subbing info
<b>Check Payable to:</b>	Empire Runners Club
<b>Registration Address &amp; Phone Number</b>	Empire Runners Club, c/o Jerry Lyman, 2345 Hilltop Court, Santa Rosa, CA 95404
<b>Misc. info</b>	Top 10 T-shirts to first 10 finishers of each race. Downloadable multiple entry form available on webpage



### 30th Annual Golden Gate Park Open XC

<b>Date</b>	13-Sep-2015 (Sunday)
<b>Women's Race</b>	9:00am / 4+ mi
<b>Open Men's Race</b>	10:30am / 4+ mi
<b>Master Men's Race</b>	9:45am / 4+ mi
<b>Location</b>	Lindley Meadow, 30th Ave and JFK Drive, Golden Gate Park, San Francisco.
<b>Directions</b>	Take Fulton Avenue, which runs along the north edge of the park, to 30th Ave. (stoplight). Turn south into the park. Road deadends at JFK at Lindley Meadow..(East end of JFK Drive is closed on Sunday, so use Fulton.)
<b>Open Team \$</b>	\$150/\$75
<b>Open Individual \$</b>	\$200/\$100/\$50
<b>Master \$</b>	Indiv. \$50/\$25 Team \$50/\$25
<b>Senior \$</b>	Indiv. \$25
<b>Super Senior \$</b>	N/A
<b>Veteran \$</b>	N/A
<b>Sponsoring Organization</b>	SF Running & Walking
<b>Total Prize Purse</b>	\$1500 (1.5 point weighted race)
<b>Race Director</b>	Tim Wason
<b>Race Email</b>	<a href="mailto:tim@sfrunning.com">tim@sfrunning.com</a>
<b>Telephone</b>	415-823-2276
<b>Cost, Pre-Reg.</b>	\$20 if received by Sept 10th or online at RaceRoster.com by midnight Sept 9 (small service fee).
<b>Online Registration</b>	<a href="https://raceroster.com/events/2015/5475/golden-gate-park-open-cross-country">https://raceroster.com/events/2015/5475/golden-gate-park-open-cross-country</a>
<b>Cost, Late/Race Day</b>	\$25 (cash or check)
<b>Check Payable to:</b>	SF Running & Walking
<b>Registration Address &amp; Phone Number</b>	SF Running & Walking, c/o Homer Chan, 874 Filbert St.San Francisco, CA 94133
<b>Misc. info</b>	Ample parking on JFK Drive near 30th Ave. Some picnic tables available on a first come, first serve basis. Excellent competition. Volunteers greatly appreciated--call 415-823-2276.



## 11th Annual Garin Park XC Challenge

<b>Date</b>	26-Sep-15
<b>Women's Race</b>	10:30am / 5 km
<b>Open Men's Race</b>	9:00 am / 5 km
<b>Master Men's Race</b>	9:45 am / 5 km
<b>Location</b>	1320 Garin Ave. Garin Regional Park, Hayward, CA

### Directions

From South Bay: I-880 N toward Oakland. Merge onto Industrial Pkwy SW via exit 24. Keep R at fork to continue onto Industrial Pkwy. Turn R onto Mission Blvd. Turn L onto Garin Ave. Garin Park is 1320 Garin Ave. From San Francisco: I-280 S. Merge onto I-380 E. Merge onto US-101 S. Merge onto CA-92 E toward Hayward. Merge onto I-880 S. Turn L onto Industrial Pkwy. Turn on R onto Mission Blvd. Turn L onto on Garin Ave. to Garin Park at 1320 Garin Ave.

<b>Open Team \$</b>	\$75/\$50/\$25
<b>Open Individual \$</b>	\$150/\$75/\$50
<b>Master \$</b>	Indiv. \$75/\$50; Team \$75/\$25
<b>Senior \$</b>	Indiv. \$50; Team \$50
<b>Super Senior \$</b>	N/A
<b>Veteran \$</b>	N/A
<b>Sponsoring Organization</b>	West Valley Track Club
<b>Total Prize Purse</b>	\$1500 (1.5 point weighted race)
<b>Race Director</b>	Pontus Ahlstrom
<b>Race Email</b>	<a href="mailto:pontus_ahlstrom@hotmail.com">pontus_ahlstrom@hotmail.com</a>
<b>Telephone</b>	415-513-8640

**Cost, Pre-Reg.** \$20 if postmarked by Sep 18th. Note: even if you plan to pay with check, please register online using the promo code CHECK. Click on the link below for more information. Online registration is open until Sep 23rd.

**Online Registration** <http://www.westvalleytc.com/#!garin-park-xc-challenge/c1dt7>

**Cost, Late/Race Day** \$25 (not incl. \$5 parking)

**Check Payable to:** WVTC

**Registration Address & Phone Number** Marc Lund, 1290 Oakmead Pkwy, Suite 105, Sunnyvale, CA 94085

### Misc. info

PA course records: Open men: Chris Frias 15:21 (2014). Open women: Megan Deakins 18:01 (2013). 40+ men: Jim Sorensen 16:04 (2007). 40+ women: Valerie Young 18:57 (2011). 50+: Brian Pilcher 17:28 (2008). 50+ women: Cathy Dubay 20:25 (2014). 60+ men: Donald Porteous 20:05 (2007). 60+ women: Sharlet Gilbert 23:55 (2012). Veterans men: Hans Schmid 22:15 (2013). Veterans women: Melody-Anne Schultz 25:42 (2013). Plenty of parking available. Picnic area in park.



## San Bruno Mountain Park XC (formerly Presidio XC Challenge)

**Date** 3-Oct-15

**Women's Race** 10:15am / 5km

**Open Men's Race** 9:30am / 5km

**Master Men's Race** 11:00am / 5 km

**Location** San Bruno Mountain Park, 555 Guadalupe Canyon Parkway, Brisbane, CA 94005

**Directions** parking is limited at the Guadalupe Canyon Parkway parking lot and costs \$7 for vehicle entry. We recommend that you park in the streets near the entrance at 1100 Crocker Avenue in Daly City (cross street Southern Hill Blvd). The race site is about 0.85-0.9 miles on the asphalt path from that entrance. Directions to the Crocker Avenue entrance is as follow: 280 North: Take the Junipero Serra Blvd exit in Daly City. Go straight and take a right on John Daly Blvd. Follow John Daly straight up to Hillside Blvd past Mission street. Take a left on Bronswick Street and then a right on Crocker Avenue. Follow Crocker (about a mile) up to the entrance on your right near Southern Hill Blvd. 280 South: Take the San Jose Ave/Mission Street exit in San Francisco. Go straight to follow CA-82 N/San Jose Avenue. Turn left on Wilson Street; right on Mission Street; and then left on Crocker. Follow Crocker (about a mile) up to the entrance on your right near Southern Hill Blvd.

**Open Team \$** \$75/\$50/\$25

**Open Individual \$** \$150/\$75/\$50

**Master \$** Indiv. \$75/\$50; Team \$75/\$25

**Senior \$** Indiv. \$50; Team \$50

**Super Senior \$** N/A

**Veteran \$** N/A

**Sponsoring Organization** Excelsior Running Club

**Total Prize Purse** \$1500 (1.5 point weighted race)

**Race Director** Chikara Omine

**Race Email** [chikaranese@yahoo.com](mailto:chikaranese@yahoo.com)

**Telephone** 415-269-1022

**Cost, Pre-Reg.** \$15 if post-marked by Sept. 26th

**Online Registration** <https://raceroster.com/events/2015/6388/san-bruno-mountain-park-xc>

**Cost, Late/Race Day** \$25

**Check Payable to:** Excelsior Running Club

**Registration Address & Phone Number** Chikara Omine, 299 Miriam Street, Apt. A, Daly City, CA 94014

**Misc. info** The Presidio race could not be held due to trail closures. This year's race will take place in the rolling hills of San Bruno Mountain Park with great views of San Francisco below. Runners on the comp list may email the RD for the online entry code. We will match entries against the list. [course map](#)



## 7th Annual Willow Hills XC Open

<b>Date</b>	10-Oct-15
<b>Women's Race</b>	9:00am / 5 km
<b>Open Men's Race</b>	10:30am / 5 km
<b>Master Men's Race</b>	9:45am / 5 km
<b>Location</b>	Willow Hill Reservoir Community Park, Folsom CA 95630
<b>Directions</b>	Take Hwy 50 east (toward Lake Tahoe) to Folsom. Take Prairie City Rd off-ramp, Exit 25. At light go left, over freeway onto Prairie City Rd. Follow signs to lower high school parking lot.
<b>Open Team \$</b>	\$75/\$50
<b>Open Individual \$</b>	\$100
<b>Master \$</b>	Indiv. \$100; Team \$50/\$25
<b>Senior \$</b>	Indiv. \$50; Team \$50/\$25
<b>Super Senior \$</b>	Indiv. \$50; Team \$50/\$25
<b>Veteran \$</b>	Indiv. \$50; Team \$50
<b>Sponsoring Organization</b>	Buffalo Chips Running Club
<b>Total Prize Purse</b>	\$1500 (1.5 point weighted race)
<b>Race Director</b>	Arnold Utterback
<b>Race Email</b>	<a href="mailto:aj_utterback@hotmail.com">aj_utterback@hotmail.com</a>
<b>Telephone</b>	916-541-3608
<b>Cost, Pre-Reg.</b>	\$15 if post-marked by Oct 7th
<b>Online Registration</b>	<a href="https://ultrasignup.com/register.aspx?eid=3360">https://ultrasignup.com/register.aspx?eid=3360</a>
<b>Cost, Late/Race Day</b>	\$20
<b>Check Payable to:</b>	Buffalo Chips Running Club
<b>Registration Address &amp; Phone Number</b>	Arnold Utterback, P.O Box 160852, Sacramento, CA 95816
<b>Misc. info</b>	Loop course, rolling hills.



## 18th Annual Matt Yeo Memorial Aggies XC Open

<b>Date</b>	24-Oct-15
<b>Women's Race</b>	9:00am / 4.2 miles
<b>Open Men's Race</b>	10:30am / 4.2 miles
<b>Master Men's Race</b>	9:45am / 4.2 miles
<b>Location</b>	Shoreline Park, Martinez
<b>Directions</b>	From the South: 680 N Exit Waterfront Rd. Toward Marina Vista. Take Marina Vista West Right on Ferry St. into the Park. From the North: 680 S Exit Marina Vista toward Waterfront Rd. Take a left onto Marina Vista Right on Ferry St. into the Park
<b>Open Team \$</b>	\$100/\$75/\$50
<b>Open Individual \$</b>	\$50/\$30/\$20
<b>Master \$</b>	Indiv. \$40/\$25, Team \$100/\$75/\$50
<b>Senior \$</b>	Indiv. \$30/\$20, Team \$50/\$35
<b>Super Senior \$</b>	N/A
<b>Veteran \$</b>	N/A
<b>Sponsoring Organization</b>	Aggie Running Club
<b>Total Prize Purse</b>	\$1500 (1.5 point weighted race)
<b>Race Director</b>	Kevin Searls
<b>Race Email</b>	<a href="mailto:knsearls@comcast.net">knsearls@comcast.net</a>
<b>Telephone</b>	925-963-8534
<b>Cost, Pre-Reg.</b>	\$20 if post-marked by Oct 18th
<b>Online Registration</b>	<a href="https://raceroster.com/events/2015/6360/18th-annual-matt-yeo-memorial-aggie-xc-open">https://raceroster.com/events/2015/6360/18th-annual-matt-yeo-memorial-aggie-xc-open</a>
<b>Cost, Late/Race Day</b>	\$25
<b>Check Payable to:</b>	Aggies Running Club
<b>Registration Address &amp; Phone Number</b>	Kevin Searls: 4110 Canyon Way, Martinez CA 94553
<b>Misc. info</b>	2 x 2 mile loops with .2 mile initial grass start. Flat course with a mix of grass, groomed dirt trails, and path. New memorial name for recently deceased club member, Matt Yeo.



## 20th Annual John Lawson Tamalpa Challenge

<b>Date</b>	11/1/2015 (Sunday)
<b>Women's Race</b>	9:00am / 4.25 mi
<b>Open Men's Race</b>	11:00am / 4.25 mi
<b>Master Men's Race</b>	10:00am / 4.25 mi
<b>Location</b>	Miwok Meadows, China Camp State Park, San Rafael
<b>Directions</b>	Hwy 101 to San Rafael, take the North San Pedro Road exit and go east (toward the bay) for 5 miles to the park.
<b>Open Team \$</b>	\$120/\$75
<b>Open Individual \$</b>	\$120/\$75
<b>Master \$</b>	Indiv. \$75; Team \$75 / \$50
<b>Senior \$</b>	Indiv. \$45; Team \$30
<b>Super Senior \$</b>	Indiv. \$35; Team \$25
<b>Veteran \$</b>	Indiv. \$25
<b>Sponsoring Organization</b>	Tamalpa Runners
<b>Total Prize Purse</b>	\$1500 (1.5 point weighted race)
<b>Race Director</b>	Ken Grebenstein
<b>Race Email</b>	<a href="mailto:kengreb@comcast.net">kengreb@comcast.net</a>
<b>Telephone</b>	415-927-3664
<b>Cost, Pre-Reg.</b>	\$20 if post-marked by Oct 24th
<b>Online Registration</b>	<a href="https://raceroster.com/events/2015/6014/the-john-lawson-tamalpa-challenge">https://raceroster.com/events/2015/6014/the-john-lawson-tamalpa-challenge</a>
<b>Cost, Late/Race Day</b>	\$25
<b>Check Payable to:</b>	Tamalpa Runners
<b>Registration Address &amp; Phone Number</b>	Ken Grebenstein, 709 Oakdale Ave, Corte Madera, CA 94925
<b>Misc. info</b>	Back to old China Camp course, a 4.25 mile eyeloop course, rolling with lots of single track. About 1/4 mile of road. Beer mugs to first 325 finishers. Make sure car is parked off the roadway. This race is a memorial to John Lawson, a Tamalpa Runner who, at 44, died suddenly of a heart attack in 2000.





## 5th Annual Rebels XC Challenge

<b>Date</b>	11/15/2015 (Sunday)
<b>Women's Race</b>	9:00am / 6 km
<b>Open Men's Race</b>	10:30am / 6 km
<b>Master Men's Race</b>	9:45am / 6 km
<b>Location</b>	Ancil Hoffman Regional Park, 6700 Tarshes Dr, Carmichael, CA
<b>Directions</b>	From Hwy 50 take Watt Ave off-ramp. Head north to Fair Oaks Blvd, turn right. Follow Fair Oaks Blvd to Van Alstine and turn right. Turn left onto California Ave, then right on Tarshes Drive. \$5 parking fee in the park.
<b>Open Team \$</b>	\$125/ \$75
<b>Open Individual \$</b>	\$125/\$75/\$25
<b>Master \$</b>	Indiv. \$75/\$25 Team \$75/\$25
<b>Senior \$</b>	Indiv. \$50 Team \$50/\$25
<b>Super Senior \$</b>	N/A
<b>Veteran \$</b>	N/A
<b>Sponsoring Organization</b>	River City Rebels
<b>Total Prize Purse</b>	\$1500 (1.5 point weighted race)
<b>Race Director</b>	Andy Harris
<b>Race Email</b>	<a href="mailto:attyserv@surewest.net">attyserv@surewest.net</a>
<b>Telephone</b>	916-531-8503
<b>Cost, Pre-Reg.</b>	\$15 if post-marked by Nov 6th
<b>Online Registration</b>	<a href="https://ultrasignup.com/register.aspx?did=34308">https://ultrasignup.com/register.aspx?did=34308</a>
<b>Cost, Late/Race Day</b>	\$20
<b>Check Payable to:</b>	River City Rebels
<b>Registration Address &amp; Phone Number</b>	River City Rebels, P.O. Box 189667, Sacramento, CA 95818-9667
<b>Misc. info</b>	All comped athletes must pre-register. Post race refreshments.



## 30th Annual PA Cross Country Championship

<b>Date</b>	22-Nov-2015 (Sunday)
<b>Women's Race</b>	11:45am /Open Women/6k, 9:00am/Masters Women/6k
<b>Open Men's Race</b>	12:30pm / 10k
<b>Master Men's Race</b>	10:45am /Masters 40+ 10k, 9:45am Masters 60+ 8k
<b>Location</b>	Golden Gate Park: Start in Hellman Hollow (formerly called Speedway Meadow), finish at W. end of Polo Fields on S. Side.
<b>Directions</b>	Finish and all pre-reg and race day reg is at the South Parking Lot of the Polo Fields. Start is 800 meters east in Hellman Hollow (formerly known as Speedway Meadow). Finish is right near registration/SW corner of polo fields, along the S side of the dirt trotting track. See usatf.org website (National Championships) for on-line map of layout. This course will be same as 2015 Club Cross Country Nationals. Course Map
<b>Open Team \$</b>	\$150/\$75
<b>Open Individual \$</b>	\$200/\$100/\$50
<b>Master \$</b>	Indiv. \$50/\$25; Team \$50/\$25
<b>Senior \$</b>	Indiv. \$25
<b>Super Senior \$</b>	N/A
<b>Veteran \$</b>	N/A
<b>Sponsoring Organization</b>	SF Running & Walking
<b>Total Prize Purse</b>	\$1500 (1.5 point weighted race)
<b>Race Director</b>	Tim Wason
<b>Race Email</b>	<a href="mailto:tim@sfrunning.com">tim@sfrunning.com</a>
<b>Telephone</b>	415-823-2276
<b>Cost, Pre-Reg.</b>	\$30 if received by 11/18 by mail or online registration
<b>Online registration</b>	<a href="#">Click Here</a>
<b>Cost, Late/Race Day</b>	\$35 (cash or check)
<b>Check Payable to:</b>	SF Running & Walking,
<b>Registration Address &amp; Phone Number</b>	c/o Homer Chan, 874 Filbert St.San Francisco, CA 94133. Direct questions to 415-823-2276

### Misc. info

Note: The Pacific Association Championships will also serve as the West Regional Championship. We strongly suggest you set up your team meeting area in the South Bleachers of the Polo Fields. You can erect pop-up canopies, fly your team flag. Be good collegiate types and clean up afterwards. Portapotties are South of the bleachers through the South Tunnel at the West end of the bleachers, please use the portapots before using the existing building toilets, which are subject to flooding if used too heavily (that happened last time, not good). At this location you are about 200 yards East from the finish and 600 yards West from the start.

[course map](#)



## USATF National Club Championships

<b>Date</b>	12-Dec-2015 (Sunday)
<b>Women's Race</b>	11:45am /Open Women/6k, 9:00am/Masters Women/6k
<b>Open Men's Race</b>	12:30pm/Open Men Group A/10k; 1:15pm/Open Men Group B/10k
<b>Master Men's Race</b>	10:45am /Masters 40+ 10k, 9:45am Masters 60+ 8k
<b>Location</b>	Golden Gate Park: Start in Hellman Hollow (formerly called Speedway Meadow), finish at W. end of Polo Fields on S. Side.
<b>Directions</b>	Finish and all pre-reg and race day reg is at the South Parking Lot of the Polo Fields. Start is 800 meters east in Hellman Hollow (formerly known as Speedway Meadow). Finish is right near registration/SW corner of polo fields, along the S side of the dirt trotting track. See usatf.org website (National Championships) for on-line map of layout.
<b>Open Team \$</b>	-
<b>Open Individual \$</b>	-
<b>Master \$</b>	-
<b>Senior \$</b>	-
<b>Super Senior \$</b>	-
<b>Veteran \$</b>	-
<b>Sponsoring Organization</b>	SF Running & Walking
<b>Total Prize Purse</b>	-
<b>Race Director</b>	Tim Wason
<b>Race Email</b>	<a href="mailto:tim@sfrunning.com">tim@sfrunning.com</a>
<b>Telephone</b>	415-823-2276
<b>Cost, Pre-Reg.</b>	-
<b>Online registration</b>	<a href="#">click here</a>
<b>Cost, Late/Race Day</b>	-
<b>Check Payable to:</b>	-
<b>Registration Address &amp; Phone Number</b>	-

### Misc. info

Note: We strongly suggest you set up your team meeting area in the South Bleachers of the Polo Fields. You can erect pop-up canopies, fly your team flag. Be good collegiate types and clean up afterwards. Portapotties are South of the bleachers through the South Tunnel at the West end of the bleachers, please use the portapots before using the existing building toilets, which are subject to flooding if used too heavily (that happened last time, not good). At this location you are about 200 yards East from the finish and 600 yards West from the start.

[course map](#)