



## 16th Annual UC Santa Cruz Cross Country Challenge

<b>Date</b>	20-Aug-16
<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 13th
<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>	Additional parking at the East Remote Parking Lot near the Fieldhouse. Allow extra time--parking is limited and the additional parking is close to one mile away from registration. Groups



## 24th Annual Phil Widener Empire Open

<b>Date</b>	27-Aug-16
<b>Women's Race</b>	9:00am / 3.4 mi
<b>Open Men's Race</b>	10:30am / 3.4 mi
<b>Master Men's Race</b>	9:45am / 3.4 mi
<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 (double dipping allowed)
<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>	Bill Rogers
<b>Race Email</b>	<a href="mailto:lgbrogers@msn.com">lgbrogers@msn.com</a>
<b>Telephone</b>	707-481-1924
<b>Cost, Pre-Reg.</b>	\$20 if postmarked by Aug. 19, \$15 online by Aug. 24 (no fee)
<b>Online Registration</b>	TBD
<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>Event Webpage</b>	<a href="http://www.empirerunners.org/event-2000824">http://www.empirerunners.org/event-2000824</a>
<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



### 31st Annual Golden Gate Park Open XC

<b>Date</b>	11-Sep-2016 (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 7th. Pre-regs by Aug 17th will have their name printed on bib (in addition to a number) Sign up early to get this!
<b>Online Registration</b>	TBD
<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. Please pre-register! Race day reg is not the best way to go!





## 6th Annual Rebels XC Challenge

<b>Date</b>	17-Sep-16
<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 Sept 10th
<b>Online Registration</b>	TBD
<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. Cash or checks only on race day.



## 12th Annual Garin Park XC Challenge

<b>Date</b>	24-Sep-16
<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
<b>Directions</b>	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>	Karen Saxena
<b>Race Email</b>	<a href="mailto:heypalermo@aol.com">heypalermo@aol.com</a>
<b>Telephone</b>	650-856-6778
<b>Cost, Pre-Reg.</b>	\$20 if postmarked by Sept. 19th.
<b>Online Registration</b>	TBD
<b>Cost, Late/Race Day</b>	\$25
<b>Check Payable to:</b>	WVTC
<b>Registration Address &amp; Phone Number</b>	Marc Lund, 1290 Oakmead Pkwy, Suite 105, Sunnyvale, CA 94085
<b>Misc. info</b>	PA course records: Open men: Chris Frias 15:21 (2014). Open women: Julia Sizek 17:56 (2015). 40+ men: Neville Davey 16:00 (2015). 40+ women: Valerie Young 18:57 (2011). 50+: Brian Pilcher 17:28 (2008). 50+ women: Cathy Dubay 20:25 (2014). 60+ men: Doug Steedman 19:32 (2015). 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.



## 18th Annual Excelsior Challenge (formerly Presidio XC Challenge)

<b>Date</b>	1-Oct-16
<b>Women's Race</b>	11:00am / 5 km
<b>Open Men's Race</b>	9:30am / 5 km
<b>Master Men's Race</b>	10:15am / 5 km
<b>Location</b>	San Bruno Mountain Park, 555 Guadalupe Canyon Parkway, Brisbane, CA 94005
<b>Directions</b>	<p>280 North: Take Junipero Serra Blvd exit in Daly City. Go straight then right on John Daly Blvd. Follow John Daly straight up to Hillside Blvd past Mission street.</p> <p>Go left on Bronswick Street and then right on Crocker Avenue. Follow Crocker (about a mile) up to the entrance on your right near Southern Hill Blvd.</p> <p>280 South: Take 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.</p>
<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>	Excelsior Running Club
<b>Total Prize Purse</b>	\$1500 (1.5 point weighted race)
<b>Race Director</b>	Chikara Omine
<b>Race Email</b>	<a href="mailto:chikaranese@yahoo.com">chikaranese@yahoo.com</a>
<b>Telephone</b>	415-513-8640
<b>Cost, Pre-Reg.</b>	\$15 if post-marked by Sept. 23rd
<b>Online Registration</b>	TBD
<b>Cost, Late/Race Day</b>	\$20 late. \$25 race day
<b>Check Payable to:</b>	Excelsior Running Club
<b>Registration Address &amp; Phone Number</b>	Chikara Omine, 299 Miriam Street, Apt. A, Daly City, CA 94014
<b>Misc. info</b>	<p>Runners on comp list may email race director for online entry code. We will match entries against the list.</p> <p><a href="#">course map</a></p>





## 8th Annual Willow Hills XC Open

<b>Date</b>	8-Oct-16
<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>	\$20 if post-marked by Oct 5th. \$20 online 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>	\$25
<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.



## 19th Annual Matt Yeo Memorial Aggies XC Open

<b>Date</b>	22-Oct-16
<b>Women's Race</b>	9:00am / 4.2 mi
<b>Open Men's Race</b>	10:30am / 4.2 mi
<b>Master Men's Race</b>	9:45am / 4.2 mi
<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>	TBD
<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.





## 21st Annual John Lawson Tamalpa Challenge

<b>Date</b>	10/30/2016 (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 22nd
<b>Online Registration</b>	TBD
<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>	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.



## 31st Annual PA Cross Country Championship

<b>Date</b>	13-Nov-2016 (Sunday)
<b>Women's Race</b>	9:00am / 4 mi (2 loops)
<b>Open Men's Race</b>	11:00am / 6 mi (3 loops)
<b>Master Men's Race</b>	9:45am / 6 mi (3 loops)
<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 Dr. 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>	\$30 if received by 11/9 Pre-reg by 10/19 will have their name printed on bib (in addition to a number) Sign up early to get this!
<b>Online registration</b>	TBD
<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
<b>Misc. info</b>	Pre-2015 course. Start and finish in Lindley Meadow. Two-mile loops in Polo Field area of GGP. (No separate races for masters women or 60+ men.) Please pre-register! Race day reg is not the best way to go!