



## 14th Annual UC Santa Cruz Cross Country Challenge

<b>Date</b>	16-Aug-14
<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>	Larry Berg
<b>Race Email</b>	<a href="mailto:LMB0102@sbcglobal.net">LMB0102@sbcglobal.net</a>
<b>Telephone</b>	831-262-7551
<b>Cost, Pre-Reg.</b>	\$15 if post-marked by Aug 12th
<b>Online Registration</b>	
<b>Cost, Late/Race Day</b>	\$20
<b>Check Payable to:</b>	SCTC
<b>Registration Address &amp; Phone Number</b>	SCTC, P.O. Box 1803 Capitola, CA 95010
<b>Misc. info</b>	Merchandise awards to top 3 in 10 year age groups



### 4th Annual Rebels XC Challenge

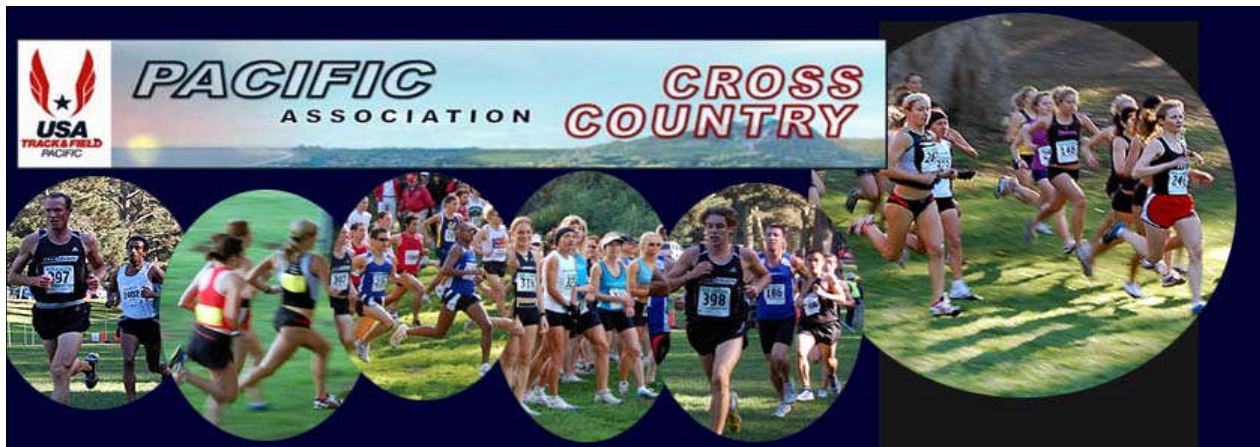
<b>Date</b>	23-Aug-14
<b>Women's Race</b>	9:00am / 6 km
<b>Open Men's Race</b>	10:30am / 6 km
<b>Master Men's Race</b>	9:45am / 6 km
<b>Location</b>	Ancil Hoffman Regional Park, 6700 Tarshes Dr, Carmichael, CA
<b>Directions</b>	From Hwy 50 take Watt Ave off-ramp. Head north to Fair Oaks Blvd, turn right. 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 Aug 16th
<b>Online Registration</b>	<a href="https://ultrasignup.com/register.aspx?did=28561">https://ultrasignup.com/register.aspx?did=28561</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.



## 29th Annual Golden Gate Park Open XC

<b>Date</b>	7-Sep-2014 (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 post-marked by Aug 26 or online at active.com by midnight Sept 04 (small service fee).
<b>Online Registration</b>	
<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.





### 3rd Annual NorCal XC Challenge

<b>Date</b>	13-Sep-2014
<b>Women's Race</b>	9:30am / 5 km
<b>Open Men's Race</b>	10:15am / 8 km
<b>Master Men's Race</b>	10:15am / 8 km
<b>Location</b>	Simpson University soccer field, 2211 Collegeview Dr, Redding, CA
<b>Directions</b>	I-5 north to 299 East. Exit Churn Creek/Hawley Rd, turn right at next light take a left on Collegeview Dr, about a mile to University. Entering campus, soccer field on right.
<b>Open Team \$</b>	\$125/\$75/\$25
<b>Open Individual \$</b>	\$100/\$50/\$25
<b>Master \$</b>	Indiv. \$75/\$25 Team \$100/\$50
<b>Senior \$</b>	Indiv. \$50; Team \$50
<b>Super Senior \$</b>	N/A
<b>Veteran \$</b>	N/A
<b>Sponsoring Organization</b>	Midnite Racing & Timing
<b>Total Prize Purse</b>	\$1500 (1.5 point weighted race)
<b>Race Director</b>	John Luaces
<b>Race Email</b>	<a href="mailto:jkluaces@gmail.com">jkluaces@gmail.com</a>
<b>Telephone</b>	530-526-3076
<b>Cost, Pre-Reg.</b>	\$15 if post-marked by Sept. 5. <a href="http://www.active.com/running/redding-ca/norcal-xc-challenge-2013">http://www.active.com/running/redding-ca/norcal-xc-challenge-2013</a> ; <a href="http://www.midniteracing.net">www.midniteracing.net</a>
<b>Online Registration</b>	<a href="http://www.active.com/event_detail.cfm?event_id=2116480">http://www.active.com/event_detail.cfm?event_id=2116480</a>
<b>Cost, Late/Race Day</b>	\$20
<b>Check Payable to:</b>	Midnite Racing & Timing
<b>Registration Address &amp; Phone Number</b>	John Luaces, 1670 Dakota Way, Redding CA 96003
<b>Misc. info</b>	Start and finish on grass soccer field. Mostly dirt trails with short pavement sections. Overall, awards to top 3 in 10 yr age groups.



## 10th Annual Garin Park XC Challenge

<b>Date</b>	20-Sep-14
<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:GarinParkXC@gmail.com">GarinParkXC@gmail.com</a>
<b>Telephone</b>	415-513-8640

**Cost, Pre-Reg.** \$15 if postmarked by Sept. 12th (not incl. \$5 parking fee)

### Online Registration

**Cost, Late/Race Day** \$20 (not incl. \$5 parking)

**Check Payable to:** WVTC

**Registration Address & Phone Number**

Marc Lund, 1433 Norman Dr., Sunnyvale, CA 94087

### Misc. info

PA course records: Open men: Giliat Ghebray 15:23 (2012). Open women: Megan Deakins 18:01 (2013). Masters men: Jim Sorensen 16:04 (2007). Masters women: Valerie Young 18:57(2011). Senior men: Brian Pilcher 17:28 (2008). Senior women: Christine Kennedy 20:28(2011). Super-senior men: Donald Porteous 20:05 (2007). Super-senior 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.



## 6th Annual Willow Hills XC Open

<b>Date</b>	27-Sep-14
<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 Sept 23rd
<b>Online Registration</b>	<a href="http://ultrasignup.com/register.aspx?did=28056">http://ultrasignup.com/register.aspx?did=28056</a>
<b>Cost, Late/Race Day</b>	\$20
<b>Check Payable to:</b>	Buffalo Chips Running Club
<b>Registration Address &amp; Misc. info</b>	Arnold Utterback, P.O Box 160852, Sacramento, CA 95816 Loop course, rolling hills.





## 16th Annual Presidio Challenge

<b>Date</b>	4-Oct-14
<b>Women's Race</b>	10:00am / 5km
<b>Open Men's Race</b>	8:30am / 5km
<b>Master Men's Race</b>	9:15am / 5 km
<b>Location</b>	Presidio, San Francisco, CA
<b>Directions</b>	From North Bay : -Take 101-S over the Golden Gate Bridge into SF, take the Lombard St exit, turn R on Divisadero St for .5 miles, R on Jackson St for .7 miles From South Bay: - Take 280 to the CA-1/19th Ave/Golden Gate Bridge exit, continue on CA-1/19th Ave for 536 miles, R on California St for 1.1 miles, L on Spruce St for .3 miles From East Bay:- Take 80-W into SF, exit at 9th/Harrison, immediate R on 9th ( which becomes Hayes St ) for .5 miles, R on Van Ness Ave for .6 miles, L on Geary Blvd for 1.8 miles, R on Spruce St for .6 miles
<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>	415-269-1022
<b>Cost, Pre-Reg.</b>	\$15 if post-marked by Sept. 27th
<b>Online Registration</b>	
<b>Cost, Late/Race Day</b>	\$25
<b>Check Payable to:</b>	Excelsior Running Club
<b>Registration Address &amp; Phone Number</b>	Chikara Omine, 2415 41st Ave, San Francisco CA 94116
<b>Misc. info</b>	Location: The race will start and Finish at Paul Goode Field (North and below Julius Kahn Playground). Enter by foot through Julius Kahn Playground which is located at Presidio's southern border between Arguello and Presidio Gates (at Pacific Ave and Spruce St). Course subject to change due to possible trail closures. Garmin map: <a href="http://connect.garmin.com/activity/48439652">http://connect.garmin.com/activity/48439652</a>



## 19th Annual John Lawson Tamalpa Challenge

<b>Date</b>	12-Oct-14
<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>	\$15 if post-marked by Oct 5th
<b>Online Registration</b>	<a href="http://raceroster.com/events/2014/1154/20th-annual-john-lawson-tamalpa-challenge">http://raceroster.com/events/2014/1154/20th-annual-john-lawson-tamalpa-challenge</a>
<b>Cost, Late/Race Day</b>	\$20

**Check Payable to:** Tamalpa Runners

**Registration Address & Phone Number** Ken Grebenstein, 709 Oakdale Ave, Corte Madera, CA 94925

**Misc. info** 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.





## 17th Annual Matt Yeo Memorial Aggies XC Open

<b>Date</b>	25-Oct-14
<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/\$20, 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>	Asics 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>	408-406-6490
<b>Cost, Pre-Reg.</b>	\$20 if post-marked by Oct 19th
<b>Online Registration</b>	
<b>Cost, Late/Race Day</b>	\$25
<b>Check Payable to:</b>	Asics Aggies
<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.



## 22nd Annual Phil Widener Empire Open

<b>Date</b>	1-Nov-14
<b>Women's Race</b>	9:00am / 3.43 miles
<b>Open Men's Race</b>	10:30am / 3.43 miles
<b>Master Men's Race</b>	9:45am / 3.43 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 Oct. 24, \$15 online by Oct. 29 (no fee)
<b>Online Registration</b>	<a href="http://www.empirerunners.org/clubevents?eventid=738187">http://www.empirerunners.org/clubevents?eventid=738187</a>
<b>Cost, Late/Race Day</b>	\$25
<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. Course records, course map, historic times, and team multiple entry form available on website



## 29th Annual PA Cross Country Championship

<b>Date</b>	16-Nov-2014 (Sunday)
<b>Women's Race</b>	9:00am / 4+ mi
<b>Open Men's Race</b>	11:00am / 6+ mi
<b>Master Men's Race</b>	9:45am / 6+ mi
<b>Location</b>	Lindley Meadow, 30th Ave and JFK Dr., 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>	\$25 if post-marked by Nov 5, or online at active.com by midnight Nov 12 (small service fee).
<b>Online registration</b>	
<b>Cost, Late/Race Day</b>	\$30 (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>	Real XC. Expect fast guests from So. Calif. Age group runners run with age bib on back of jersey. Non-PA runners have "guest" bibs, do not count for PA. Volunteers greatly appreciated--call 415-823-2276.