

# **TEAM ONALYSIS**

## ***Hosts***

***A USATF Sanctioned Cross Country Meet***

***at***

***Golden Gate Park, Polo Fields in San Francisco  
November 7, 2015 (change of date)***

### Schedule:

8:00 am – 9:00 am Registration

9:00 am Course Walk

10:00 am First Race Starts

### Race order:

2k Group 1

3k Group 2/3

4k Group 4

5k Group 5/6

Races will be co-ed when possible

Awards to the top 8 finishers in each division.

Entry Fee: \$7.00

Parking: Free!

### Contact Info:

Nancy Lambert-Campbell or Otis Campbell

415-244-1047 or 510-459-1501

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# Team Onalysis Cross Country Meet Entry Form

Name \_\_\_\_\_  
Team \_\_\_\_\_

Age Group (circle one)  
1 2 3 4 5 6

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

## Waiver:

In consideration of acceptance of this entry, I, intending to be legally bound for myself, heirs, executors, administrators, successors and assigns, hereby waive and release from all rights, claims and causes of actions that I may have against the persons, sponsors, and organizations affiliated with this event, including but not limited to: Team Onalysis Track Club and Golden Gate Park. I hereby represent that I am physically fit and have trained sufficiently for this event. I attest that I have full knowledge of the risks involved in a cross country race, that injuries often occur and that I assume all expense in case of an accident, illness or other incapacity. Parent or guardian must sign the waiver for all athletes under 18 years old.

Athlete signature \_\_\_\_\_ Date \_\_\_\_\_

Parent Signature \_\_\_\_\_ Date \_\_\_\_\_

## Directions to Golden Gate Park, Polo Fields, San Francisco

### From San Jose:

1. Merge onto I-280 N  
46.4 mi
2. Slight left onto CA-1 N/Junipero Serra Blvd  
0.8 mi
3. Exit onto Brotherhood Way  
0.9 mi
4. Turn right onto Lake Merced Blvd  
1.5 mi
5. Slight right onto Sunset Blvd  
2.5 mi
6. Turn left onto Martin Luther King Jr Dr  
0.3 mi
7. Turn right onto Middle Drive W

### From Oakland:

1. Take onto I-580 W toward San Francisco  
1.5 mi
2. Take exit 19A on the left to merge onto I-80 W toward San Francisco  
Partial toll road  
8.3 mi
3. Take exit 1B to merge onto US-101 N toward Golden Gate Bridge  
0.7 mi
4. Continue onto Central Fwy (signs for Octavia Blvd/Fell St)  
0.4 mi
5. Continue onto Octavia Blvd  
0.3 mi
6. Turn left onto Fell St  
1.6 mi
7. Slight left onto Kezar Dr  
0.6 mi
8. Make a slight left onto Lincoln Way  
2mi
9. Turn right onto Sunset Blvd
10. Turn left onto Martin Luther King Jr Dr  
.3mi
11. Turn right onto Middle Drive W

### From Marin:

1. Merge onto US-101 S via the ramp to San Francisco  
Partial toll road  
10.8 mi
2. Take the California 1 exit toward 19th Ave  
0.2 mi

- |   |        |       |
|---|--------|-------|
| 3. Merge onto Veterans Blvd               | 1.2 mi |       |
| 4. Continue onto Park Presidio Blvd       | 0.9 mi |       |
| 5. Turn right onto Fulton St              | 1.0 mi |       |
| 6. Turn left onto 30th Ave                | 0.1 mi |       |
| 7. Turn right onto John F Kennedy Dr      | 0.4 mi |       |
| 8. Turn left to stay on John F Kennedy Dr | 0.1mi  |       |
| 9. Turn right onto Chain of Lakes Dr      | 0.1mi  |       |
| 10. Turn left onto Martin Luther King DR  |        | 0.1mi |
| 11. Turn left onto Middle Drive W         |        |       |

**From Sacramento:**

1. Merge onto I-80 W  
73.1 mi
2. Take exit 19A on the left to merge onto I-80 W toward San Francisco  
Partial toll road  
8.3 mi
3. Take exit 1B to merge onto US-101 N toward Golden Gate Bridge  
0.7 mi
4. Continue onto Central Fwy (signs for Octavia Blvd/Fell St)  
0.4 mi
5. Continue onto Octavia Blvd  
0.3 mi
6. Turn left onto Fell St  
1.6 mi
7. Slight left onto Kezar Dr  
0.6 mi
8. Make a slight left onto Lincoln Way  
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