

2016 PA USATF XC Grand Prix Schedule

	16th Annual UC Santa Cruz Cross Country Challenge	24th Annual Phil Widener Empire Open	31st Annual Golden Gate Park Open	6th Annual Rebels XC Challenge	12th Annual Garin Park XC Challenge	18th Annual Excelsior Challenge	8th Annual Willow Hills XC Open	19th Annual Matt Yeo Memorial Aggies XC Open	21st Annual John Lawson Tamalpa Challenge	31st Annual PA Cross Country Championship
2016 Date	20-Aug-16	27-Aug-16	11-Sep-16 (Sunday)	17-Sep-16	24-Sep-16	1-Oct-16	8-Oct-16	22-Oct-16	30-Oct-16 (Sunday)	13-Nov-16 (Sunday)
Women's Race (Time/Distance)	9:00am/4.0 miles	9:00am/3.4 miles	9:00am/4+ miles	9:00am/6 km	10:30am/5 km	11:00am/5 km	9:00am/5 km	9:00am/4.2 miles	9:00am/4.25mi	9:00am/4 mi (2 loops)
Open Men's Race (Time/Distance)	10:30am/4.0 miles	10:30am/3.4 miles	10:30am/4+ miles	10:30am/6 km	9:00am/5km	9:00am/5 km	10:30am/5 km	10:30am/4.2 miles	11:00am/4.25mi	11:00am/6 mi (3 loops)
Master Men's Race (Time/Distance)	9:45am/4.0 miles	9:45am/3.4 miles	9:45am/4+ miles	9:45am/6 km	9:45am/5km	10:00am/5 km	9:45am/5 km	9:45am/4.2 miles	10:00am/4.25mi	9:45am/6 mi (3 loops)
Location	Upper campus trails, UC Santa Cruz, Santa Cruz--Crown College, Santa Cruz	Spring Lake Regional Park, Newanga Ave. entrance, Santa Rosa	Lindley Meadow, 30th Ave and JFK Drive, Golden Gate Park, San Francisco.	Ancil Hoffman Regional Park, 6700 Tarshes Dr, Carmichael, CA	1320 Garin Ave. Garin Regional Park, Hayward, CA	San Bruno Mountain Park, 1100 Crocker Ave, Daly City, CA 94014	Willow Hill Reservoir Community Park, Folsom CA 95630	Shoreline Park, Martinez	Miwok Meadows, China Camp State Park, San Rafael	Lindley Meadow, 30th Ave and JFK Drive, Golden Gate Park, San Francisco.
Directions	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.	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.	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.)	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.	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.	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. 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. 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.	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 'XC Races' signs to lower high school parking lot.	<u>From the South:</u> 680 N Exit Waterfront Rd. Toward Marina Vista. Take Marina Vista West Right on Ferry St. into the Park <u>From the North:</u> 680 S Exit Marina Vista toward Waterfront Rd. Take a left onto Marina Vista Right on Ferry St. into the Park	Hwy 101 to San Rafael, take the North San Pedro Road exit and go east (toward the bay) for 5 miles to the park.	East end of JFK Drive is closed on Sunday, so use Fulton. 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. Park on either side of the street near this intersection. Be aware there is a 2 nd running road race going on in the area that morning. However, minimum disruption is anticipated.
Open Team \$	\$100/\$75/\$50	\$75/\$50/\$25	\$150/\$75	\$125/\$75	\$75/\$50/\$25	\$75/\$50/\$25	\$75/\$50	\$100/\$75/\$50	\$120/\$75	\$150/\$75
Open Individual \$	\$50/\$30/\$20	\$150/\$75/\$25	\$200/\$100/\$50	\$125/\$75/\$25	\$150/\$75/\$50	\$150/\$75/\$50	\$100	\$50/\$30/\$20	\$120/\$75	\$200/\$100/\$50
Master \$	Indiv. \$40/\$25 Team \$100/\$75/\$50	Indiv. \$75/\$25 Team \$75/\$25	Indiv. \$50/\$25 Team \$50/\$25	Indiv. \$75/\$25 Team \$75/\$25	Indiv. \$75/\$50 Team \$75/\$25	Indiv. \$75/\$50 Team \$75/\$25	Indiv. \$100 Team \$50/\$25	Indiv. \$40/\$25 Team \$100/\$75/\$50	Indiv. \$75 Team \$75/\$50	Indiv. \$50/\$25 Team \$50/\$25
Senior \$	Indiv. \$30/\$20 Team \$50/\$35	Indiv. \$50 Team \$50 (double dipping allowed)	Indiv. \$25	Indiv. \$50 Team \$50/\$25	Indiv. \$50 Team \$50	Indiv. \$50 Team \$50	Indiv. \$50 Team \$50/\$25	Indiv. \$30/\$20 Team \$50/\$35	Indiv. \$45 Team \$30	Indiv. \$25
Super Senior \$	N/A	Indiv. \$25 Team \$25	N/A	N/A	N/A	N/A	Indiv. \$50 Team \$50/\$25	N/A	Indiv. \$35 Team \$25	N/A

Veteran \$	N/A	N/A	N/A	N/A	N/A	N/A	Indiv. \$50 Team \$50	N/A	Indiv. \$25	N/A
Sponsoring Organization	Santa Cruz Track Club	Empire Runners Club	SF Running & Walking	River City Rebels	West Valley Track Club	Excelsior Running Club	Buffalo Chips Running Club	Asics Aggies Running Club	Tamalpa Runners	SF Running & Walking
Total Prize Purse	\$1500 (1.5 points weighted race)	\$1500 (1.5 points weighted race)	\$1500 (1.5 points weighted race)	\$1500 (1.5 points weighted race)	\$1500 (1.5 points weighted race)	\$1500 (1.5 points weighted race)	\$1500 (1.5 points weighted race)	\$1500 (1.5 points weighted race)	\$1500 (1.5 points weighted race)	\$1500 (1.5 points weighted race)
Race Director with email	Greg Hales	Bill Rogers	Tim Wason	Andy Harris	Karen Saxena	Chikara Omine	Arnold Utterback	Kevin Searls	Verity Breen	Tim Wason
Telephone	408-390-0335	707-481-1924	415-823-2276	916-531-8503	650-856-6778	415-269-1022	916-541-3608	925-963-8534	415-999-5547	415-823-2276
Cost, Pre-Reg.	\$15 if post-marked by Aug 13th Register Online	Mail-in paper form--\$20, postmark by August 19. Online-\$15 (no fees), deadline Aug 24 Empire Open Info and Online Registration	\$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! Register Online	\$15 if post-marked by Sept 10th Register Online	\$20 if postmarked by Sept. 19th. Register Online	\$15 if post-marked by Sept. 23rd Register Online	\$20 if post-marked by Oct. 5th. \$20 online by Oct. 7th (no fee) Register Online	\$20 if post-marked by Oct 18th Register Online	\$20 if post-marked by Oct 22nd Register Online	\$30 if received by 11/9, Pre-registrants by 10/30 will have last name printed on race bib. All bib pickup is on race day. Online Registration ends 11/9
Cost, Late/Race Day	\$20	\$25 Race day substitution \$10 (See webpage for subbing information)	\$25 (cash or check)	\$20	\$25	\$20 late. \$25 race day	\$25	\$25	\$25	\$35 cash (exact change appreciated) or check to "SF Running")
Check Payable to:	SCTC	Empire Runners Club	SF Running & Walking	River City Rebels	WVTC	Excelsior Running Club	Buffalo Chips Running Club	Aggies Running Club	Tamalpa Runners	SF Running & Walking
Registration Address & Phone Number	SCTC, c/o Greg Hales 110 Seascape Ridge Dr, Aptos CA 95003	Empire Runners Club, c/o Jerry Lyman, 2345 Hilltop Court, Santa Rosa, CA 95404	SF Running & Walking, c/o Homer Chan, 874 Filbert St. San Francisco, CA 94133	River City Rebels, P.O. Box 189667, Sacramento, CA 95818-9667	Marc Lund, 1433 Norman Dr., Sunnyvale, CA 94087	Chikara Omine 299 Miriam Street, Apt. A Daly City, CA 94014	Arnold Utterback, P.O. Box 19908, Sacramento, CA 95819	Kevin Searls 4110 Canyon Way Martinez CA 94553	Verity Breen 99 Marinita Avenue San Rafael, CA 94901	Cross Country Registrar, Homer Chan 874 Filbert St. San Francisco, CA 94133
Misc. info	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	"Top 10" T-shirts to first 10 finishers of each race Downloadable multiple entry form available on webpage .	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!	All competed athletes must pre-register. Cash or checks only on race day.	PA course records: Open men: Chris Frias 15:21 (2014). Open women: Julia Sizak 17:56 (2015). 40+ men: Neville Davey 16:00 (2015). 40+ women: Valerie Young 18:57 (2011). 50+ men: 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). 70+ men: Hans Schmid 22:15 (2013). 70+ women: Melody-Anne Schulz 25:42 (2013). Plenty of parking available. Picnic area in park.	Runners on comp list may email race director for online entry code. We will match entries against the list. Course map and description	Loop course, rolling hills.	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.	China Camp course, Directions, course map and details , a 4.25 mile loop 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.	Start and finish in Lindley Meadow. Two-mile loops in Polo Field area of GGP. Finish will be by pull-off tag (w barcode), not computer chip, so you will have to cue up and give your bib at the end of the chute. Portapotties are E of Registration along Kennedy Drive on dirt. Also public restrooms at the W tunnel to the Polo Fields, and in the middle of Hellman Hollow.