

## 19th Annual UC Santa Cruz Cross Country Challenge

<b>Date</b>	8/17/2019
<b>Women's Race</b>	9:00am / 4.0 miles
<b>Open Men's Race</b>	10:30am / 4.0 miles
<b>Master Men's Race</b>	9:45am / 4.0 miles
<b>Location</b>	Upper campus trails, UC Santa Cruz--Crown College, Santa Cruz
<b>Directions</b>	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 Chiquapin 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 \$</b>	Team \$100/\$75/\$50; Individual \$50/\$30/\$20
<b>Master \$</b>	Team \$100/\$75/\$50; Individual \$40/\$25
<b>Senior \$</b>	Team \$50/\$35; Individual \$30/\$20
<b>Super Senior \$</b>	N/A
<b>Veteran \$</b>	N/A
<b>Sponsoring Organization</b>	Santa Cruz Track Club
<b>Total Prize Purse</b>	\$1,500; (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>	831-465-4738
<b>Cost, Pre-Reg.</b>	\$20 if post-marked by Aug 10th
<b>Online Registration</b>	<a href="http://Runsignup.com">Runsignup.com</a>
<b>Cost, Late/Race Day</b>	\$25
<b>Check Payable to:</b>	SCTC
<b>Registration Address</b>	SCTC, c/o Larry Berg Hales, 155 Molly Way, Santa Cruz, CA 95065
<b>Misc. info</b>	Merchandise to top 3 in Open division and 4 age group divisions. 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.

## 27th Annual Phil Widener Empire Open

<b>Date</b>	8/24/2019
<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 start/finish 1/4 mile from parking on west side of lake near Jackrabbit boat ramp.
<b>Open \$</b>	Team \$75/\$50/\$25; Individual \$150/\$75/\$25
<b>Master \$</b>	Team \$75/\$25; Individual \$75/\$25
<b>Senior \$</b>	Team \$50; Individual \$50
<b>Super Senior \$</b>	Team \$25; Individual \$25
<b>Veteran \$</b>	N/A
<b>Sponsoring Organization</b>	Empire Runners Club
<b>Total Prize Purse</b>	\$1,500; (1.5 points 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>	Online--\$20 (no fees), deadline August 21-- Mail-in paper form--\$20, postmark by August 17.
<b>Online Registration</b>	<a href="http://EmpireRunners.org">EmpireRunners.org</a>
<b>Cost, Late/Race Day</b>	\$30. Race day substitution \$10. (See webpage for subbing information.)
<b>Check Payable to:</b>	Empire Runners Club
<b>Registration Address</b>	Empire Runners Club, c/o Jerry Lyman, 2345 Hilltop Court, Santa Rosa, CA 95404
<b>Misc. info</b>	Top 10 performance t-shirts awarded to first 10 finishers of each race. Optional team entry form available to download. Empire Open Info and Registration

## 1st Annual GVH Lagoon Valley XC Challenge

<b>Date</b>	8/31/2019
<b>Women's Race</b>	8:45am / 3 miles
<b>Open Men's Race</b>	9:30am / 3 miles
<b>Master Men's Race</b>	8:00am / 3 miles NOTE EARLY-BIRD START TIME.
<b>Location</b>	Lagoon Valley Park, Vacaville
<b>Directions</b>	Between Fairfield and Vacaville. From Bay Area take I-80 east to Pena Adobe exit. From Sacramento, take I-80 west to Exit 51-B and follow signs to Lagoon Valley Park. There is a \$5 parking fee.
<b>Open \$</b>	Team \$100/\$75/\$50; Individual \$75/\$50/\$25
<b>Master \$</b>	Team \$75/\$50; Individual \$75/\$50
<b>Senior \$</b>	Team \$50/\$25; Individual \$25
<b>Super Senior \$</b>	Team \$25
<b>Veteran \$</b>	N/A
<b>Sponsoring Organization</b>	Golden Valley Harriers
<b>Total Prize Purse</b>	\$1,500; (1.5 points weighted race)
<b>Race Director</b>	Craighton Chin
<b>Race Email</b>	<a href="mailto:info@goldenvalleyharriers.org">info@goldenvalleyharriers.org</a>
<b>Telephone</b>	530-219-7439
<b>Cost, Pre-Reg.</b>	\$20 if post-marked by 8/24 or on-line by 8/28
<b>Online Registration</b>	<a href="http://GoldenValleyHarriers.org">GoldenValleyHarriers.org</a>
<b>Cost, Late/Race Day</b>	\$30
<b>Check Payable to:</b>	GVH
<b>Registration Address</b>	GVH, P.O. Box 454, Davis, CA 95617
<b>Misc. info</b>	Classic 3-mile high school XC course, with aptly named Big Mama hill in first mile. Map and video of the course. Park has dog park, hiking and biking trails, and disc golf. Come enjoy the cool valley morning.

### 34th Annual Golden Gate Park Open

<b>Date</b>	8-Sep-19 (Sunday)
<b>Women's Race</b>	9:00am / 4+ miles
<b>Open Men's Race</b>	10:30am / 4+ miles
<b>Master Men's Race</b>	9:45am / 4+ miles
<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 \$</b>	Team \$125/\$75/\$50; Individual \$100/\$50/\$25
<b>Master \$</b>	Team \$75/\$50; Individual \$50/\$25
<b>Senior \$</b>	Team \$50/25; Individual \$30/\$25
<b>Super Senior \$</b>	N/A
<b>Veteran \$</b>	N/A
<b>Sponsoring Organization</b>	Wolfpack Running Club
<b>Total Prize Purse</b>	\$1,500; (1.5 points weighted race)
<b>Race Director</b>	Andy Crawford
<b>Race Email</b>	<a href="mailto:andrewbyroncrawford@gmail.com">andrewbyroncrawford@gmail.com</a>
<b>Telephone</b>	607-331-5411
<b>Cost, Pre-Reg.</b>	\$20 by 9/1
<b>Online Registration</b>	<a href="http://RunSignup.com">RunSignup.com</a>
<b>Cost, Late/Race Day</b>	\$30
<b>Check Payable to:</b>	Wolfpack Running Club
<b>Registration Address</b>	765 W. Valley Dr, Apt 3, Campbell, CA 95008
<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! NOTE: change in prize money breakdown

## 9th Annual Rebels XC Challenge

<b>Date</b>	September 14, 2019
<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. Follow the signs. \$5 parking fee in the park.
<b>Open \$</b>	Team \$125/\$75; Individual \$125/\$75/\$25
<b>Master \$</b>	Team \$75/\$25; Individual \$75/\$25
<b>Senior \$</b>	Team \$50/\$25; Individual \$50
<b>Super Senior \$</b>	N/A
<b>Veteran \$</b>	N/A
<b>Sponsoring Organization</b>	River City Rebels
<b>Total Prize Purse</b>	\$1,500; (1.5 points 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>	\$20 if post-marked by Sept. 6
<b>Online Registration</b>	<a href="http://RiverCityRebelsRunning.com">RiverCityRebelsRunning.com</a>
<b>Cost, Late/Race Day</b>	\$25
<b>Check Payable to:</b>	River City Rebels
<b>Registration Address</b>	River City Rebels, P.O. Box 189667, Sac. CA 95818-9667
<b>Misc. info</b>	All comped athletes must pre-register. Cash or checks only on race day

## 15th Annual Garin Park XC Challenge

<b>Date</b>	September 21, 2019
<b>Women's Race</b>	9:00am / 5 km
<b>Open Men's Race</b>	9:45am / 5 km
<b>Master Men's Race</b>	10:30am / 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 \$</b>	Team \$75/\$50/\$25; Individual \$150/\$75/\$50
<b>Master \$</b>	Team \$75/\$25; Individual \$75/\$50
<b>Senior \$</b>	Team \$50; Individual \$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>	\$1,500; (1.5 points 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. 14th.
<b>Online Registration</b>	<a href="http://RaceRoster.com">RaceRoster.com</a>
<b>Cost, Late/Race Day</b>	\$30
<b>Check Payable to:</b>	WVTC
<b>Registration Address</b>	Karen Saxena, 3814 Magnolia Dr. Palo Alto, CA 94306
<b>Misc. info</b>	PA course records: Open men: Chris Frias 15:21 (2014). Open women: Teresa McWalters 17:36 (2017). 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 20:23 (2017). 60+ men: Jacob Nur 18:33 (2017). 60+ women: Joannie Siegler 21:46 (2017). 70+ men: Hans Schmid 22:15 (2013). 70+ women: Melody-Anne Schulz 25:42 (2013). Plenty of parking available. Picnic area in park.

## 24th Annual John Lawson Tamalpa Challenge

<b>Date</b>	29-Sept-19 (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 \$</b>	Team \$120/\$75; Individual \$120/\$75
<b>Master \$</b>	Team \$75/\$50; Individual \$75
<b>Senior \$</b>	Team \$30; Individual \$45
<b>Super Senior \$</b>	Team \$25; Individual \$35
<b>Veteran \$</b>	Individual \$25
<b>Sponsoring Organization</b>	Tamalpa Runners
<b>Total Prize Purse</b>	\$1,500; (1.5 points weighted race)
<b>Race Director</b>	Tom O'Reilly
<b>Race Email</b>	<a href="mailto:toreilly001@gmail.com">toreilly001@gmail.com</a>
<b>Telephone</b>	415-306-2859
<b>Cost, Pre-Reg.</b>	\$20 if post-marked by Sept. 23th
<b>Online Registration</b>	<a href="http://RaceRoster.com">RaceRoster.com</a>
<b>Cost, Late/Race Day</b>	\$30
<b>Check Payable to:</b>	Tamalpa Runners
<b>Registration Address</b>	Tom O'Reilly, 194 Pelican Lane, Novato, CA 94949
<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. 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.

## 11th Annual Willow Hills XC Open

<b>Date</b>	October 12, 2019
<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 'XC Races' signs to lower high school parking lot.
<b>Open \$</b>	Team \$75/\$50; Individual \$100
<b>Master \$</b>	Team \$50/\$25; Individual \$100
<b>Senior \$</b>	Team \$50/\$25; Individual \$50
<b>Super Senior \$</b>	Team \$50/\$25; Individual \$50
<b>Veteran \$</b>	Team \$50/Individual \$50
<b>Sponsoring Organization</b>	Buffalo Chips Running Club
<b>Total Prize Purse</b>	\$1,500; (1.5 points 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. 9th, \$20 online by Oct. 9th (no fee)
<b>Online Registration</b>	<a href="http://UltraSignUp.com">UltraSignUp.com</a>
<b>Cost, Late/Race Day</b>	\$25 race day and on-line 10/10-10/11
<b>Check Payable to:</b>	Buffalo Chips Running Club
<b>Registration Address</b>	Arnold Utterback, P.O Box 19908, Sacramento, CA 95819
<b>Misc. info</b>	Loop course, rolling hills



## 22nd Annual Matt Yeo Memorial Aggies XC Open

<b>Date</b>	October 19, 2019
<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 South: 680N Exit Waterfront Rd. toward Marina Vista. Take Marina Vista West. Right on Ferry St. into Park. From North: 680S, Exit Marina Vista toward Waterfront Rd. Take left onto Marina Vista. Right on Ferry St. into Park.
<b>Open \$</b>	Team \$150/\$75/\$50; Individual \$100/\$75/\$50
<b>Master \$</b>	Team \$50/\$25; Individual \$50/\$25
<b>Senior \$</b>	Team \$30/\$20; Individual \$30/\$20
<b>Super Senior \$</b>	N/A
<b>Veteran \$</b>	N/A
<b>Sponsoring Organization</b>	HOKA Aggie Running Club
<b>Total Prize Purse</b>	\$1,500; (1.5 points 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>	\$25 if post-marked by Oct 14th
<b>Online Registration</b>	<a href="http://RaceRoster.com">RaceRoster.com</a>
<b>Cost, Late/Race Day</b>	\$30
<b>Check Payable to:</b>	Aggie Running Club
<b>Registration Address</b>	Kevin Searls, 4110 Canyon Way, Martinez, CA 94553
<b>Misc. info</b>	2 x 2 mile loops with 0.2 mile initial grass start. Flat course with mix of grass, groomed dirt trails, and paths. New memorial name for recently deceased club member, Matt Yeo.

## 20th Annual Excelsior Challenge

<b>Date</b>	October 26, 2019
<b>Women's Race</b>	11:00am/ 5 km
<b>Open Men's Race</b>	9:00am/ 5 km
<b>Master Men's Race</b>	10:00am/ 5 km
<b>Location</b>	San Bruno Mountain Park, 1100 Crocker Ave. Daly City, CA 94014
<b>Directions</b>	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.
<b>Open \$</b>	Team \$75/\$50/\$25; Individual \$150/\$75/\$50
<b>Master \$</b>	Team \$75/\$25; Individual \$75/\$50
<b>Senior \$</b>	Team \$50; Individual \$50
<b>Super Senior \$</b>	N/A
<b>Veteran \$</b>	N/A
<b>Sponsoring Organization</b>	Excelsior Running Club
<b>Total Prize Purse</b>	\$1,500; (1.5 points 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>	\$20 by 10/20
<b>Online Registration</b>	<a href="http://RaceRoster.com">RaceRoster.com</a>
<b>Cost, Late/Race Day</b>	\$25 late or race day
<b>Check Payable to:</b>	Excelsior Running Club
<b>Registration Address</b>	Chikara Omine, 2725 Escobar Way, Sacramento, CA 95827
<b>Misc. info</b>	parking lot and costs \$6 for vehicle entry. The park requires that the race not take up the entire lot so please plan to park on streets near the entrance at 1100 Crocker Avenue in Daly City (cross street Southern Hill Blvd). There should be plenty of spaces there (curb wheels to avoid a ticket). The race site is about 0.85-0.9 miles on the paved path from that entrance. No dogs allowed in the park. Course map and description

## 34th Annual PA Cross Country Championship

<b>Date</b>	17-Nov-19 (Sunday)
<b>Women's Race</b>	10:00am/ 4.04 mi (2 loops)
<b>Open Men's Race</b>	11:00am/ 6.06 mi (3 loops)
<b>Master Men's Race</b>	9:00am/ 5 mi (2.5 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 at Lindley Meadow..(East end of JFK Drive is closed on Sunday, so use Fulton.)
<b>Open \$</b>	Team \$150/\$75; Individual \$200/\$100/\$50
<b>Master \$</b>	Team \$50/\$25; Individual \$50/\$25
<b>Senior \$</b>	Individual \$25
<b>Super Senior \$</b>	N/A
<b>Veteran \$</b>	N/A
<b>Sponsoring Organization</b>	USATF Pacific Association
<b>Total Prize Purse</b>	\$1,500; (1.5 points weighted race)
<b>Race Director</b>	Carl Rose
<b>Race Email</b>	<a href="mailto:coachcarlrose@gmail.com">coachcarlrose@gmail.com</a>
<b>Telephone</b>	510-529-6654
<b>Cost, Pre-Reg.</b>	\$30 if postmarked or online by 11/4. Afterwards, \$35 if postmarked or online by 11/11 when registration closes. Register by 11/4 and improve your chances to receive a cool tech t-shirt "in training" for 2020 USATF National Club Championships.
<b>Online Registration</b>	<a href="http://SimplyRegister.net">SimplyRegister.net</a>
<b>Cost, Late/Race Day</b>	\$35
<b>Check Payable to:</b>	USATF Pacific Association
<b>Registration Address</b>	Irene Herman, 422 Presidio Ave., San Francisco, CA 94115
<b>Misc. info</b>	The fire damage that caused a detour in 2018 has been repaired. We will return to original course. Start and finish in Lindley Meadow. Women: 2 two-mile loops. Open men: 3 two-mile loops. Masters men: Masters men will begin from Lindley Meadow in the opposite direction (EAST) and do a one mile loop in the woods at the EAST end of the course, returning to Lindley Meadow for two normal 2-mile loops.