

2009 PA USATF XC Grand Prix

[Generic Entry Form](#)

Race Name	9th Annual UC Santa Cruz Cross Country Challenge
Date	22-Aug-09
Women's Race	9:00am/4.0 miles
Open Men's Race	9:45am/4.0 miles
Master Men's Race	Same as Open Men
Location	UC Santa Cruz, Santa Cruz
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
Open Team \$	\$100/\$75/\$50
Open Individual \$	\$50/\$30/\$20
Master \$	Indiv\$40/\$25;Team\$100/\$75/\$50
Senior \$	Indiv. \$30/\$20;Team \$50/\$25
Super Senior \$	N/A
Veteran \$	N/A
Sponsoring Organization	Santa Cruz Track Club
Total Prize Purse	\$1500 (1.5 points weighted race)
Race Director	Larry Berg/ Greg Hales
Race Email	LMB0102@sbcglobal.net
Telephone	831.423.8291
Cost, Pre-Reg.	\$15 if postmarked by Sept. 13th
Cost, Late/Race Day	\$20
Check Payable to:	SCTC
Registration Address &	SCTC, P.O. Box 1803 Capitola, CA 95010
Misc. info	Merchandise awards to top 3 in 10 year age groups

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[Generic Entry Form](#)

Race Name 17th Annual Phil Widener Empire Open
Date 29-Aug-09
Women's Race 9:00am/ 3.43 miles
Open Men's Race 10:30am / 3.43 miles
Master Men's Race 9:45am / 3.43 miles
Location Spring Lake Regional Park, Newanga Ave. entrance, Santa Rosa
From Hwy 101: Take Hwy 12, east toward Sonoma 1 mile until the highway ends at Farmer's Lane stoplight.
Cross intersection onto Hoen, 1.5 miles to Newanga stopsign. Left on Newanga 1/4 mile to Spring Lake Park
entrance. \$6 parking fee. Follow signs to
Directions
Open Team \$ \$75/\$50/\$25
Open Individual \$ \$150 / \$75/ \$25
Master \$ Indiv. \$75/\$25; Team \$75/\$25
Senior \$ Indiv. \$50; Team \$50
Super Senior \$ Indiv. \$25; Team \$25
Veteran \$ N/A
Sponsoring Organization Empire Runners Club
Total Prize Purse \$1500 (1.5 point weighted race)
Race Director Jerry Lyman
Race Email pigfete@aol.com
Telephone 707.527.9020
Cost, Pre-Reg. \$15 if post-marked by Aug 22 or online at www.empirerunners.org by Aug 26.
Cost, Late/Race Day \$20
Check Payable to: Empire Runners Club
Registration Address & Phone Number Jerry Lyman, 2345 Hilltop Ct., Santa Rosa, CA 95404
Misc. info Post-race refreshments. T-shirts to top 10 in each race. Campsites may be available; call So. Co. Regional Parks (707) 565-2267 for reservations.

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[Generic Entry Form](#)

Race Name 23rd Annual Golden Gate Park Open
Date 12-Sep-09
Women's Race 9:00am / 4 miles
Open Men's Race 10:30am / 4 miles
Master Men's Race 9:45am/4 miles
Location Lindley Meadow, 30th Ave and JFK Drive, Golden Gate Park, San Francisco.

Directions 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..

Open Team \$ \$150 / \$75
Open Individual \$ \$300 / \$150 / \$75
Master \$ Indiv. \$50/\$25 Team \$50/\$25
Senior \$ Indiv. \$50 Team \$50
Super Senior \$ N/A
Veteran \$ N/A

Sponsoring Organization SF Running & Walking

Total Prize Purse \$1500 (1.5 point weighted race)

Race Director Tim Wason
Race Email tim@sfrunning.com
Telephone 415.647.2276
Cost, Pre-Reg. **\$15 if post-marked by Sept 3rd or online at Active.com by midnight Sept. 9th (small service fee).**
Cost, Late/Race Day \$20
Check Payable to: SF Running & Walking
Registration Address & Phone Number SF Running & Walking, 4475 23rd Street, Suite 4, San Francisco, CA 94114

Misc. info Ample parking on JFK Drive near 30th Ave. Some picnic tables available on a first come, first serve basis.
Plants awarded to open winners and 10 year age groups past 40. Oldest winner picks first plant.
[Enter Online](#)

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[Generic Entry Form](#)

Race Name 5th Annual Garin Park XC Challenge
Date 26-Sep-09
Women's Race 9:00am/ 5 km
Open Men's Race 10:00 am/ 5 km
Master Men's Race Same as open men
Location 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 Fransisco: I-280 S. Merge onto I-
Open Team \$ \$75/\$50/\$25
Open Individual \$ \$150/\$75/\$50
Master \$ Indiv. \$75/\$50; Team \$75/\$25
Senior \$ Indiv. \$50; Team \$50
Super Senior \$ N/A
Veteran \$ N/A

Sponsoring Organization West Valley Track Club

Total Prize Purse \$1500 (1.5 point weighted race)

Race Director Pontus Ahlstrom
Race Email pontusahlstrom@sbcglobal.net
Telephone 415.752.0238

Cost, Pre-Reg. \$20 (incl \$5 voucher for parking) if postmarked by Sept. 21. Please provide email address for voucher.
Cost, Late/Race Day \$20 (not incl. \$5 parking)
Check Payable to: WVTC
Registration Address & Phone Number Marc Lund, 2680 Bayshore Pkwy, suite 414, Mountain View, CA 94043

Misc. info PA course records: Open men-Ghebray 15:49, women-Morales 18:19. Masters men-Sorenson 16:04, women-Lagunas 19:24. Senior men-Pilcher 17:28, Freitas 20:32, Super-Senior men-Porteous 20:05, women-Rowland 26:12. Veteran men-Kiernan 23:26, women-Robben 35:

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Race Name 11th Annual Presidio Challenge
Date 3-Oct-09
Women's Race 10:00am / 3.55 mi
Open Men's Race 9:15am / 3.55 mi
Master Men's Race 8:30am/ 3.55 mi
Location Presidio, San Francisco, CA
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 5.6 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 St, L on 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

Directions
Open Team \$ \$75 / \$50 / \$25
Open Individual \$ \$150 / \$75 / \$50
Master \$ Indiv. \$75 / \$50; Team \$75 / \$25
Senior \$ Indiv. \$50; Team \$50
Super Senior \$ N/A
Veteran \$ N/A

Sponsoring Organization New Balance Excelsior Running Club

Total Prize Purse \$1500 (1.5 point weighted race)

Race Director Chikara Omine
Race Email chikaranese@yahoo.com
Telephone 415.269.1022
Cost, Pre-Reg. \$15 if post-marked by Sept. 26th
Cost, Late/Race Day \$20
Check Payable to: New Balance Excelsior Running Club
Registration Address & Phone Number Chikara Omine, 2415 41st Ave, San Francisco CA 94116

Misc. info Location: The race will start and Finish at Julius Kahn Playground, along the Presidio's southern border between Arguello and Presidio Gates (at Pacific Ave and Spruce St).

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[Generic Entry Form](#)

Race Name 1st Willow Hills XC Open
Date 10-Oct-09
Women's Race 9:00am/ 5 km
Open Men's Race 10:30am/ 5 km
Master Men's Race 9:45am/ 5 km
Location Folsom HS, 1655 Iron Point Rd, Folsom, CA

Directions Take Hwy 50 east to Folsom. Take Prairie City Road off-ramp. At light go left, cross over freeway. Take right at Iron Point Rd. Go to second stoplight. Folsom HS "upper parking lot" is ahead on the right.

Open Team \$
Open Individual \$ TBD
Master \$ TBD
Senior \$ TBD
Super Senior \$
Veteran \$

Sponsoring Organization Buffalo Chips Running Club

Total Prize Purse \$1500 (1.5 point weighted race)

Race Director Arnold Utterback
Race Email aj_utterback@hotmail.com
Telephone 910-444-2506
Cost, Pre-Reg. \$15 if post-marked by Oct 3rd
Cost, Late/Race Day \$20
Check Payable to: Buffalo Chips Running Club
Registration Address &
Phone Number Arnold Utterback, P.O Box 160852, Sacramento, CA 95816

Misc. info Loop course, rolling hills.

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[Generic Entry Form](#)

Race Name 12th Annual Shoreline Open
Date 24-Oct-09
Women's Race 9:00am / 5 km
Open Men's Race 9:45am / 4.6 miles
Master Men's Race Same as Open Men
Location Shoreline Park, Mountain View, CA
Exit Hwy. 101 at Amphitheater Pkwy. From North, take right onto Amphitheater Pkwy. at 1st light and head over Hwy 101 OR from South, merge onto Amphitheater Pkwy. Once on Amphitheater, go straight through light at
Directions Charleston Rd. At about 0.5 miles, turn
Open Team \$ \$75 / \$50 / \$25
Open Individual \$ \$150 / \$75 / \$50
Master \$ Indiv. \$75 / \$50; Team \$75 / \$25
Senior \$ Indiv. \$25; Team \$25
Super Senior \$ Indiv. \$25; Team \$25
Veteran \$ N/A

Sponsoring Organization Asics Aggie Running Club

Total Prize Purse \$1500 (1.5 point weighted race)

Race Director Charles Alexander
Race Email charlesa1105@gmail.com
Telephone 408.519-9464
Cost, Pre-Reg. \$15 if post-marked by Oct 19th
Cost, Late/Race Day \$20
Check Payable to: Asics Aggies
Registration Address & Phone Number Charles Alexander, 1105 Lincoln Dr., Mountain View, CA 94040

Misc. info Award to top 3 in each age group.

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Race Name 14th Annual John Lawson Tamalpa Challenge
Date 31-Oct-09
Women's Race 8:00am / 4.25 mi
Open Men's Race 10:00am / 4.25 mi
Master Men's Race 9:00am / 4.25 mi
Location Miwok Meadow, China Camp State Park, San Rafael, CA

Directions Exit Hwy 101 to North San Pedro exit (Civic Center). Do NOT exit at San Rafael. Go east on N San Pedro for about 2.75 miles to Miwok Meadows.

Open Team \$ \$120 / \$75
Open Individual \$ \$120 / \$75
Master \$ Indiv. \$75; Team \$75 / \$50
Senior \$ Indiv. \$45; Team \$30
Super Senior \$ Indiv. \$35; Team \$25
Veteran \$ Indiv. \$25

Sponsoring Organization Tamalpa Runners

Total Prize Purse \$1500 (1.5 point weighted race)

Race Director Ken Grebenstein
Race Email kengreb@comcast.net
Telephone 415.927.3664
Cost, Pre-Reg. \$15 if post-marked by Oct 25th
Cost, Late/Race Day \$20
Check Payable to: Tamalpa Runners
Registration Address & Phone Number Ken Grebenstein, 709 Oakdale Ave, Corte Madera, CA 94925

Misc. info Beer mugs to all finishers. Please carpool and make sure car is parked off the road. This race is a memorial to John Lawson, a Tamalpa Runner who, at 44, died suddenly of a heart attack in 2000.

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Race Name 24th Annual PA Cross Country Championship
Date 22-Nov-2009 (Sunday)
Women's Race 9:00am/4.0 miles
Open Men's Race 11:00am/6.0 miles
Master Men's Race 9:45am/6.0 miles
Location Lindley Meadow, 30th Ave and JFK Dr., Golden Gate Park, San Francisco.

Directions 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.)

Open Team \$
Open Individual \$
Master \$ Indiv. \$50 Team \$50
Senior \$ NA
Super Senior \$ NA
Veteran \$

Sponsoring Organization SF Running & Walking

Total Prize Purse \$1500 (1.5 point weighted race)

Race Director Tim Wason
Race Email tim@sfrunning.com
Telephone 415-647-2276
Cost, Pre-Reg. \$25 if postmarked by Nov.14, or online at Active.com by midnight, Nov 18th (small service fee). .
Cost, Late/Race Day \$30
Check Payable to: SF Running & Walking
Registration Address & Phone Number SF Running & Walking, 4475 23rd Street, Suite 4, San Francisco, CA 94114
USATF medals for top 3 in 10-yr age divisions. Bubba Gump shrimp salad for all competitors.

Misc. info [Enter Online](#)