



**SANTA ROSA EXPRESS  
YOUTH CROSS COUNTRY MEET**

*SUNDAY, NOVEMBER 14th, 2010*

Spring Lake Park in Santa Rosa, California

Entry Fee - \$6 Per Athlete      Cash or Check (Payable to 'SRX')

The course has grass, gravel, dirt, rocks and asphalt with rolling hills. No spikes allowed.

Age Division Name	XC Distance	Age Division Description
Sub-Bantams	2000m	Born 2002 or later; in Junior Olympic meets, Sub-Bantams must run as Bantams
Bantams	3000m	Born 2000 or 2001
Midgets	3000m	Born 1998 or 1999
Youth	4000m	Born 1996 or 1997
Intermediates	5000m	Born 1994 or 1995
Young	5000m	Born 1992 or 1993

The races will be run in the order above. Some races may be combined (depending on the number of runners) but the results and awards will be determined by sex and age group.

TIME SCHEDULE

Turn in Entry.....8:00 to 9:00

Course Walk.....9:00 to 10:00

First Race (Sub-Bantams).....10:00

The next race starts shortly after the last runner in the previous race crosses the finish line

Registration and the Start/Finish Area is on the West Side of the Park so you will have to Walk Part-Way around the Lake

**E-MAIL YOUR ENTRY by FRIDAY, NOVEMBER 12th**

Just E-mail to [SantaRosaExpress@gmail.com](mailto:SantaRosaExpress@gmail.com) typing the athlete's name, age group and club/unattached.

When you check in on Sunday morning pay \$6 per athlete and we will give you your stickers

Race day entries will also be accepted, but we would appreciate clubs & unattached athletes emailing us with entries by Friday, November 12.

If you need additional information please contact Sam Stamey  
(707) 545-1535 or [santarosaexpress@gmail.com](mailto:santarosaexpress@gmail.com)

**Directions to Spring Lake Park**

[Click here for Google map directions](#)

FROM US 101: In Santa Rosa head east on Highway 12 to the end of the freeway. Continue ahead on Hoen Avenue. Go about 2 miles and turn left on Newanga Avenue. Newanga runs into the park. When you go in the gate turn right and park up above.

FROM I-80: Just west of Fairfield, get onto Highway 12 going west (toward Napa). Stay on Highway 12, passing near Napa, then through Sonoma. About 15 miles west of Sonoma, turn left on Los Alamos Road, then right on Melita which will become Montgomery Drive to the left. Go about one mile on Montgomery and turn left on Channel Drive. Around the first turn, turn right on Violetti Road. Enter the park on your right and go to the bottom of the hill.

FROM I-5 HEADING SOUTH: Go west on Highway 20 near Williams. Turn left onto Highway 53, which will soon become Highway 29. When you get to the bottom of the unending hill, just before you get to Calistoga, turn right onto Tubbs Lane. When it ends, turn left on Foothill for a very short distance and turn right at the stop sign onto Petrified Forest Road (which will later become Calistoga Road). Be sure to follow the sign to Highway 12. About 1 mile after you get to the bottom of the winding hill, turn right onto Highway 12. Go about 1\_ miles, turn left onto Mission Blvd., then left onto Montgomery Drive and go about two miles. Turn right on Channel Drive. Around the first turn, turn right on Violetti Road. Enter the park on your right and go to the bottom of the hill.

## The Entry Form

Please turn this Entry Form in, with \$6 cash or check (payable to “SRX”), for each athlete when you check in between 8:00 and 9:00. You will receive a sticker to place near the top of the running shirt.

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip Code \_\_\_\_\_

Phone # \_\_\_\_\_ Email Address \_\_\_\_\_

Club Name \_\_\_\_\_ Sex \_\_\_\_\_ Age Group \_\_\_\_\_

USATF # \_\_\_\_\_