

**2017 PA USATF XC Grand Prix Schedule**

	17th Annual UC Santa Cruz Cross Country Challenge	25th Annual Phil Widener Empire Open	32st Annual Golden Gate Park Open	7th Annual Rebels XC Challenge	13th Annual Garin Park XC Challenge	9th Annual Willow Hills XC Open	20th Annual Matt Yeo Memorial Aggies XC Open	22nd Annual John Lawson Tamalpa Challenge	32nd Annual PA Cross Country Championship
<b>2017 Date</b>	19-Aug-17	26-Aug-17	10-Sep-17 (Sunday)	16-Sep-17	23-Sep-17	7-Oct-17	21-Oct-17	05-Nov-17 (Sunday)	19-Nov-17 (Sunday)
<b>Women's Race (Time/Distance)</b>	9:00am/4.0 miles	9:00am/3.4 miles	9:00am/4+ miles	9:00am/6 km	10:30am/5 km	9:00am/5 km	9:00am/4.2 miles	9:00am/4.25mi	9:00am/4 mi (2 loops)
<b>Open Men's Race (Time/Distance)</b>	10:30am/4.0 miles	10:30am/3.4 miles	10:30am/4+ miles	10:30am/6 km	9:00am/5km	10:30am/5 km	10:30am/4.2 miles	11:00am/4.25mi	11:00am/6 mi (3 loops)
<b>Master Men's Race (Time/Distance)</b>	9:45am/4.0 miles	9:45am/3.4 miles	9:45am/4+ miles	9:45am/6 km	9:45am/5km	9:45am/5 km	9:45am/4.2 miles	10:00am/4.25mi	9:45am/6 mi (3 loops)
<b>Location</b>	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	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.
<b>Directions</b>	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 Chinguapin 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.)	<b>From Hwy 50</b> 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.	<b>From South Bay:</b> 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. <b>From San Francisco:</b> 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.	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.	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.
<b>Open Team \$</b>	\$100/\$75/\$50	\$75/\$50/\$25	\$150/\$75	\$125/\$75	\$75/\$50/\$25	\$75/\$50	\$150/\$75/\$50	\$120/\$75	\$150/\$75
<b>Open Individual \$</b>	\$50/\$30/\$20	\$150/\$75/\$25	\$200/\$100/\$50	\$125/\$75/\$25	\$150/\$75/\$50	\$100	\$100/\$75/\$50	\$120/\$75	\$200/\$100/\$50
<b>Master \$</b>	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. \$100 Team \$50/\$25	Indiv. \$50/\$25 Team \$50/\$25	Indiv. \$75 Team \$75/\$50	Indiv. \$50/\$25 Team \$50/\$25
<b>Senior \$</b>	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/\$25	Indiv. \$30/\$20 Team \$30/\$20	Indiv. \$45 Team \$30	Indiv. \$25
<b>Super Senior \$</b>	N/A	Indiv. \$25 Team \$25	N/A	N/A	N/A	Indiv. \$50 Team \$50/\$25	N/A	Indiv. \$35 Team \$25	N/A

<b>Veteran \$</b>	N/A	N/A	N/A	N/A	N/A	Indiv. \$50 Team \$50	N/A	Indiv. \$25	N/A
<b>Sponsoring Organization</b>	Santa Cruz Track Club	Empire Runners Club	SF Running & Walking	River City Rebels	West Valley Track Club	Buffalo Chips Running Club	Asics Aggies Running Club	Tamalpa Runners	SF Running & Walking
<b>Total Prize Purse</b>	\$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)
<b>Race Director with email</b>	<a href="#">Larry Berg</a>	<a href="#">Bill Rogers</a>	<a href="#">Tim Wason</a>	<a href="#">Andy Harris</a>	<a href="#">Karen Saxena</a>	<a href="#">Arnold Utterback</a>	<a href="#">Kevin Searls</a>	<a href="#">Pedro Cifuentes</a>	<a href="#">Tim Wason</a>
<b>Telephone</b>	408-390-0335	707-481-1924	415-823-2276	916-531-8503	650-856-6778	916-541-3608	925-963-8534	415-235-6648	415-823-2276
<b>Cost, Pre-Reg.</b>	\$20 if post-marked by Aug 12th <a href="#">Register Online</a>	Mail-in paper form--\$20, postmark by August 19.  Online-\$20 (no fees), deadline Aug 23 <a href="#">Empire Open Info and Online Registration</a>	\$20 if received by Sept 6th. Online reg at Race Roster also by Sept. 6th, 11:59pm  Register Online	\$20 if post-marked by Sept 8th  <a href="#">Register Online</a>	\$20 if postmarked by Sept. 17th.  <a href="#">Register Online</a>	\$20 if post-marked by Oct. 4th. \$20 online by Oct. 5th (no fee)  <a href="#">Register Online</a>	\$20 if post-marked by Oct 17th.  <a href="#">Register Online</a>	\$20 if post-marked by Oct 28th.  Register Online	\$30 if postmarked by 11/10, received by 11/14, or online by Wed 11/15.  Register Online
<b>Cost, Late/Race Day</b>	\$25	\$25 Race day substitution \$10 (See <a href="#">webpage</a> for subbing information)	\$25 (cash or check)	\$25	\$30	\$25	\$25	\$25	\$35 (cash or check)
<b>Check Payable to:</b>	SCTC	Empire Runners Club	SF Running & Walking	River City Rebels	WVTC	Buffalo Chips Running Club	Aggies Running Club	Tamalpa Runners	SF Running & Walking
<b>Registration Address &amp; Phone Number</b>	SCTC, c/o Larry Berg 155 Molly Way, Santa Cruz CA 95065	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	Arnold Utterback, P.O. Box 19908, Sacramento, CA 95819	Kevin Searls 4110 Canyon Way Martinez CA 94553	Ken Grebenstein, 709 Oakdale Ave, Corte Madera, CA 94925	SF Running & Walking, c/o Homer Chan, 874 Filbert St. San Francisco, CA 94133
<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.	"Top 10" performance T-shirts awarded to first 10 finishers of each race  Downloadable multiple entry form available on <a href="#">webpage</a> .	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 comped athletes must pre-register. Cash or checks only on race day.	<b>PA course records:</b> Open men: Chris Frias 15:21 (2014). Open women: Julia Sizek 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.	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.	<a href="#">China Camp course, Directions, course map and details</a> , a 4.25 mile eyeloop course, rolling with lots of single track. About 1/4 mile of road. Beer mugs to first 350 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.	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!