

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

2009 PA USATF XC Grand Prix

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

2009 PA USATF XC Grand Prix

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 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-
Directions	\$75/\$50/\$25
Open Team \$	\$150/\$75/\$50
Open Individual \$	Indiv. \$75/\$50; Team \$75/\$25
Master \$	Indiv. \$50; Team \$50
Senior \$	N/A
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 &	Marc Lund, 2680 Bayshore Pkwy, suite 414, Mountain View, CA 94043
Phone Number	
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:

2009 PA USATF XC Grand Prix

Generic Entry Form

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).

2009 PA USATF XC Grand Prix

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 \$	TBD
Open Individual \$	TBD
Master \$	TBD
Senior \$	TBD
Super Senior \$	TBD
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.

2009 PA USATF XC Grand Prix

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
Directions	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 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.

2009 PA USATF XC Grand Prix

Generic Entry Form

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.

2009 PA USATF XC Grand Prix

Generic Entry Form

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

Sponsoring Organization SF Running & Walking

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

Race Director Tim Wason
Race Email tim@srunning.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 & SF Running & Walking, 4475 23rd Street, Suite 4, San Francisco, CA 94114
Phone Number USATF medals for top 3 in 10-yr age divisions. Bubba Gump shrimp salad for all competitors.

Misc. info

[Enter Online](#)