

PA USATF XC Championship Course at Golden Gate Park San Francisco

Most years this course runs on the same course as the Golden Gate Park Open, only instead of doing 2 loops, you do 3 loops. Over the years the loop has had small changes due construction and course change requests from the City of San Francisco, but reading the description provided for the Golden Gate Park Open and looking at the map below you should get a good idea of the course layout. The course will vary a lot when there are plans to run a subsequent championship race in Golden Gate Park (e.g. 1995 and 2006). Besides the additional distance, the biggest difference in this race from the Golden Gate Park Open is the footing. It will always be softer than the Open just from the watering, and if there has been significant rain it can be muddy and there can be standing water. Short spikes (remember there is a small amount of asphalt) can be helpful on the turns.

Typical Golden Gate XC Courses

SAME COURSE FOR NOV 19 PA/W REG XC

2006 USA Club National Cross Country Championship Course
December 9, 2006
(course tour - December 8 - afternoon)

- 2K Loop
 - 4K Loop
 - 6K-2K+4K
 - 10K-2K+2x4K

Mile Markers (mi)

Surface between — = DIRT or GRASS

Golden Gate Open Championship Starts

This same course will be used for the Western-Regional Cross-Country Championships on November 19, 2006 — come and preview! Call SF Running & Walking, 415-348-6254 or go to the Western Regional web site at www.USATF.org

2nd 4 mile markers in this meadow on the trail with horse track. Finish after 3 loops

Time W Reg/PA Nov 19th, Sunday — USATF National Club XC Champs, Sat 12/09/06

9:30 AM Community 6K	Community 6K
10:30 AM No race	Master's Women 6K Champs
11:30 AM Master's Men 10K Champs	Master's Men 10K Champs
12:45 PM Open & Masters Women 6K Champs	Open Women 6K Champs
1:30 PM Open Men 10K Champs	Open Men 10K Champs

SF Running and Walking/ML Designs
06.08.06

REGISTER FOR DEC 9 USATF CLUB XC CHAMPS AT WWW.PAUSATF.ORG

(LINK FROM HOME PAGE)

1, 3 and 5 mile markers in this field