

7TH ANNUAL BEAVER INVITATIONAL
SATURDAY, SEPTEMBER 19, 2009

Women's 5K – 10:15am

Men's 4 mile – 11:00am

TEAM SCORING: STANDARD SCORING (TOP 5 SCORE, NEXT 2 DISPLACE, UNLIMITED NUMBERS CAN RACE – BUT PLEASE TRY TO ONLY ENTER ATHLETES THAT WILL RACE. **NO ADDS AFTER ENTRIES CLOSE**).

COURSE DESCRIPTION: GRASS START AND FINISH, LEVEE ROADS, DIRT ROADS AND TRAILS, ROLLING HILLS, OAK TREES. THIS IS A SIGNIFICANTLY DIFFERENT COURSE THAN TWO YEARS AGO AT THIS PARK.

ATHLETIC TRAINER: WE WILL HAVE A CERTIFIED ATHLETIC TRAINER AT THE MEET FOR EMERGENCIES. WATER WILL BE PROVIDED BEFORE AND AFTER THE RACES.

COURSE LOCATION:

COURSE IS AT BEALS POINT, FOLSOM LAKE STATE RECREATION AREA
7806 Folsom-Auburn Road, Folsom CA 95630

Directions to course:

From downtown Sacramento take HWY 50 east approx 13 miles past CSU Sacramento. Take the Folsom Blvd exit, then turn left at the light on to Folsom Blvd. Turn right at the second light past Folsom Dam Road onto Beals Point Road (about 5-6 miles). Government vehicles will get into the park for free. All others will have to pay \$7 to get into the park. If you are driving a NON-govt bus please let me know.

Entry Deadline: ALL ENTRIES MUST BE DONE THROUGH

WWW.DIRECTATHLETICS.COM. Entry deadline is Tuesday, September 16th at 5:00pm.

Entry Fee: \$40 per team (men's and women's are considered separate teams)
\$6 per individual

Make checks payable to: ARC Athletics
4700 College Oak Drive
Sacramento, CA 95841

***Entry fees or PO **MUST** be paid before race numbers will be issued.

Awards: T-shirts will be awarded to the Top 14 individuals in both the men's and women's races.
T-shirts will also be for sale for \$12.

Results will be uploaded and available after both races and awards have been given out.

If you come to the park the day before to run the course you will have to pay to get in the park (\$7 per vehicle) Buses are a crapshoot!!!! They may let you in, they may try to charge you an extreme amount. Just drop your athletes off and have the bus park at the corner of Douglas and Auburn-Folsom. The day of the meet all buses and govt vans will get in free.

For more info call Rick Anderson at 916-484-8143