

6TH ANNUAL BEAVER INVITATIONAL
SATURDAY, SEPTEMBER 6, 2008

UPDATE – NEW LOCATION

Women's 5K – 10:00am

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: ASPHALT, DIRT ROADS AND TRAILS, ROLLING HILLS, OAK TREES. THIS IS A SIGNIFICANTLY DIFFERENT COURSE THAN IN THE PAST.

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:

GRANITE BAY, FOLSOM LAKE STATE RECREATION AREA

Directions to the course:

From Hwy 80 in Roseville - Take the Douglas Blvd exit and go east until it dead ends at the Granite Bay beach pay station. After the pay station go straight 200 meters then turn right at the stop sign. Take another right 100 meters up at the next stop sign and follow that road to the race.

From Hwy 50 in Rancho Cordova - You will pass Sunrise, Hazel and Aerojet exits. Take the next exit (Folsom Blvd) and go left at the light. Follow this road for 7.8 miles until you reach Douglas Blvd. Go right until it dead ends at the Granite Bay beach pay station. After the pay station go straight 200 meters then turn right at the stop sign. Take another right 100 meters up at the next stop sign and follow that road to the race.

Entry Deadline: ALL ENTRIES MUST BE DONE THROUGH
WWW.DIRECTATHLETICS.COM. Entry deadline is Thursday, September 4th 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 or 916-296-6635