

PAT RYAN INVITATIONAL

8th ANNUAL

- DATE: Friday, October 17, 2008
- TIME: 3:00 PM Women 5 K
3:30 PM Men 4.0 Mi.
- LOCATION: Spring Lake Park, Santa Rosa, CA
- COURSE: Asphalt pathway, winding, few mild hills
- ENTRIES: www.directathletics.com
- ENTRY FEE: \$35.00 Men, \$35.00 Women (or \$5.00 individual)
- DEADLINE: Wednesday, October 15, 2008. 6:00PM
- DIRECTIONS: Highway 101 North to Santa Rosa. Take Highway 12 off ramp East towards Sonoma. Freeway ends at Farmer's Lane. Continue Straight ahead as road becomes Hoen. Continue east to the end of Hoen (Summerfield is the cross street). Continue straight ahead through the intersection and then take first left (sign to Spring Lake Park) and follow road to park entrance. Turn right after entrance and proceed to parking lot. www.mapquest.com
- PARKING: There should be no charge for team parking. However, parking Passes will be available at the Spring Lake Park check in station. Place passes on the windshield of the automobile.
- TRAINER: Training staff will be on site. Bring tape and supplies.
- ACCOMMODATIONS: Restrooms on site. No locker rooms.
- CONTACT: Ron Whitney, (707) 527-4456, rwhitney@santaroa.edu

