



Host
A USATF Sanctioned Cross Country Meet

Sunday Nov. 3, 2019

Location: Bedwell Bayfront Park, Bayfront Expressway and Marsh Road, Menlo Park CA 94025 (limited parking in the vicinity, arrive early)

Schedule: 8:00AM Registration
9:00 AM Course Walk
10:00 AM First Race

Entry Fee: \$8.00 per athlete (cash or money order – no personal checks) NO REFUNDS

The races will be run in the order below. Some races may be combined depending on the number of runners. Awards will be given to the top three finishers in each division

Age Division	Distance	Age (as of 12/31/2019)
Group 1	2K (1.25miles)	8 and under
Group 2	3K (1.87miles)	9-10
Group 3	3K (1.87miles)	11-12
Group 4	4K (2.5miles)	13-14
Group 5+	5K (3.1miles)	15-18

Directions:

From Sacramento or the East Bay: Get to 880. Take the Dumbarton Bridge (84 West). Turn right onto Marsh Road to enter Bayfront Park. Continue until the road ends.

From the Bay Area: Get to 101 heading towards Menlo Park. Take the Marsh Road exit, heading east. Cross over Bayfront Expressway into Bayfront Park. Continue until the road ends.

Course: The course has gravel, dirt, rocks and asphalt with gentle hills. No spikes allowed.

Contact: Coach Michael Davidson or Coach Stacey Davidson
650-207-5580 or 650-2017-5582

Coach.Michael@peninsulaflyers.org Or Coach.Stacey@peninsulaflyers.org



Cross Country Meet

Registration Form and Waiver

Athlete's Name: _____

Athlete's Team: _____

Athlete's USATF #: _____ (optional)

Gender:

Mark box with 'X'

MALE	FEMALE	BIB #

Age Group:

Mark box with 'X'

Group 1 Born 2011 or later	Group 2 Born 2009-2010	Group 3 Born 2007-2008	Group 4 Born 2005-2006	Group 5/6 Born 2001 -2004

PARTICIPANT WAIVER AND RELEASE OF LIABILITY FOR ATHLETES UNDER THE AGE OF 18

In consideration of acceptance of this entry, I, intending to be legally bound for myself, my child, my child's parents, my heirs, personal representatives, estate, successors, and assigns, hereby waive all claims that my child or I may have against Peninsula Flyers, its officers, its coaches, and its volunteers, the City of Menlo Park arising in any way out of my child's participation in this event and release all liability to Peninsula Flyers, its officers, its coaches, and its volunteers and the City of Menlo Park, and may have from my child's participation in this event.

I hereby attest that I have full knowledge of the risks involved in this cross-country event, including, but not limited to, the risk of injury from bicycle riders who will be sharing the trail in which this event will be held, that injuries often occur and that I assume all expenses in case of accident, illness, injury, or any other incapacity.

Parent or Legal guardian must sign for each athlete under the age of 18.

Parent/Guardian signature: _____ Dated _____ 2019

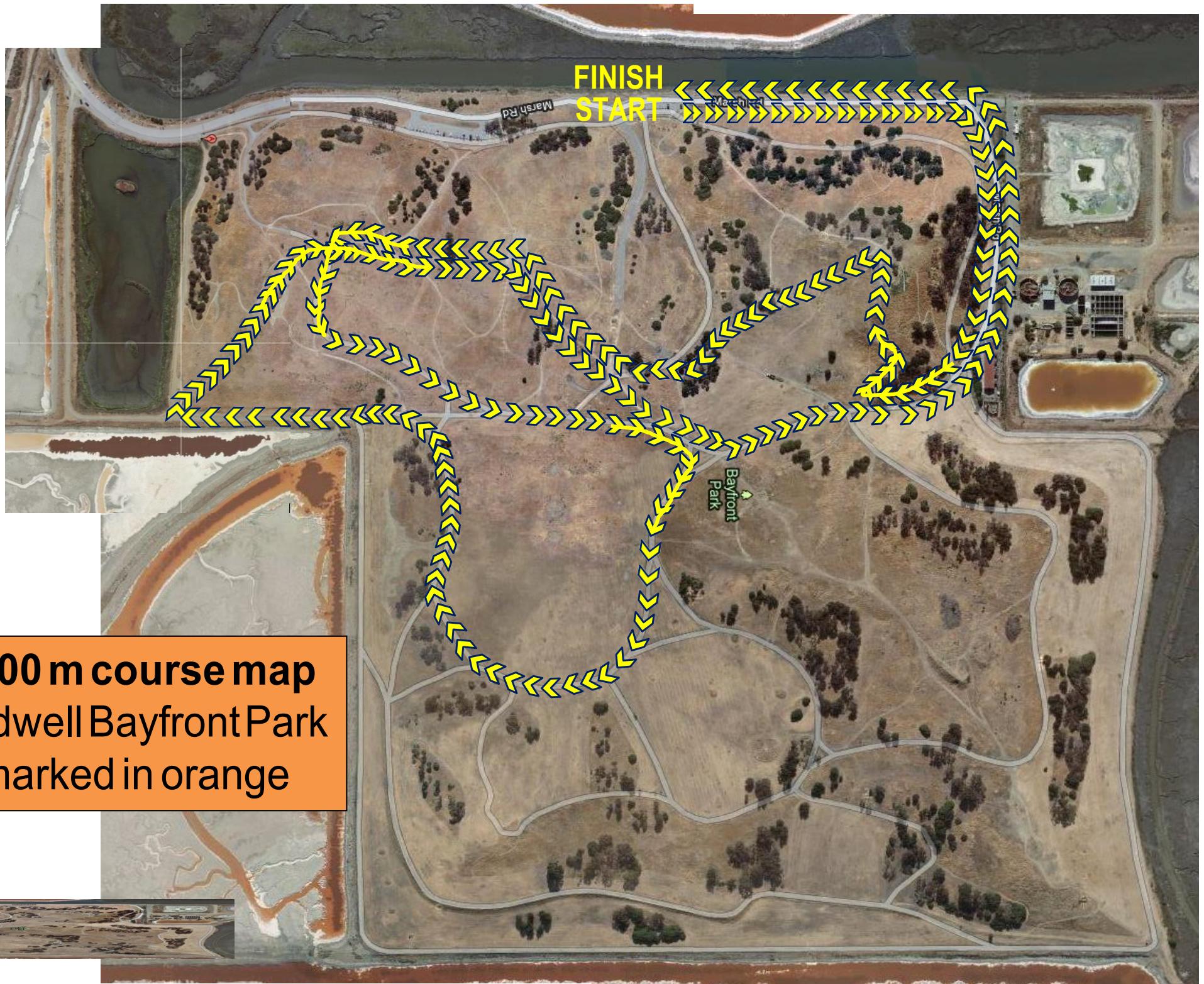


2000 m course map
Bedwell Bayfront Park
marked in green

Google earth



**3000 m course map
Bedwell Bayfront Park
marked in pink**



4000 m course map
Bedwell Bayfront Park
marked in orange

