

Stanford Cross Country Invitational
Saturday, September 24, 2011 @ Stanford University Golf Course

- ❖ Have a good breakfast! Our race is around lunchtime so you might want a mid-morning snack like a banana and some nuts. Don't be low on fuel but don't have a full stomach, either!
- ❖ Weather is going to be perfect for race day it will start of cool and the temperature should be around 78 for the race. Remember to have a glass of water when you wake up and sip water during the morning. ***(It's always a great day to race!)***
- ❖ Meet at the Monta Vista bus circle at 10:00 and we can meet outside the entrance gates and go in together. **You are responsible for your own transportation.**
- ❖ We will set up camp between the start and the A mark on the map.
- ❖ **Remember:** Good luck to your teammates and competitors, thank you to your drivers and the race officials!

Athlete/Spectator Parking (Parking Structure 5)

From Interstate 280 (north or south) Take the Sand Hill Road exit, east towards campus. Cross over Junipero Serra Blvd, the next possible right is Stock Farm Road. Turn right on Stock Farm Road, drive to your first possible left, this is Oak Road. Turn left onto Oak Road and enter the parking structure on the right side of the road. After parking you will need to take a 3 minute walk to the starting line of Cross Country event. Walk back to Oak Road, turn and walk west on Oak Road, you will cross Stock Farm Road, continue to follow Oak Road until you reach Searsville Road. Turn left onto Searsville Road, continue to walk to the first possible right, this is Fremont Road, turn right and walk one block to the main entrance of the Cross Country event.

Admission: Spectators may purchase admission tickets for \$7.00 on the day of the meet only at the course.

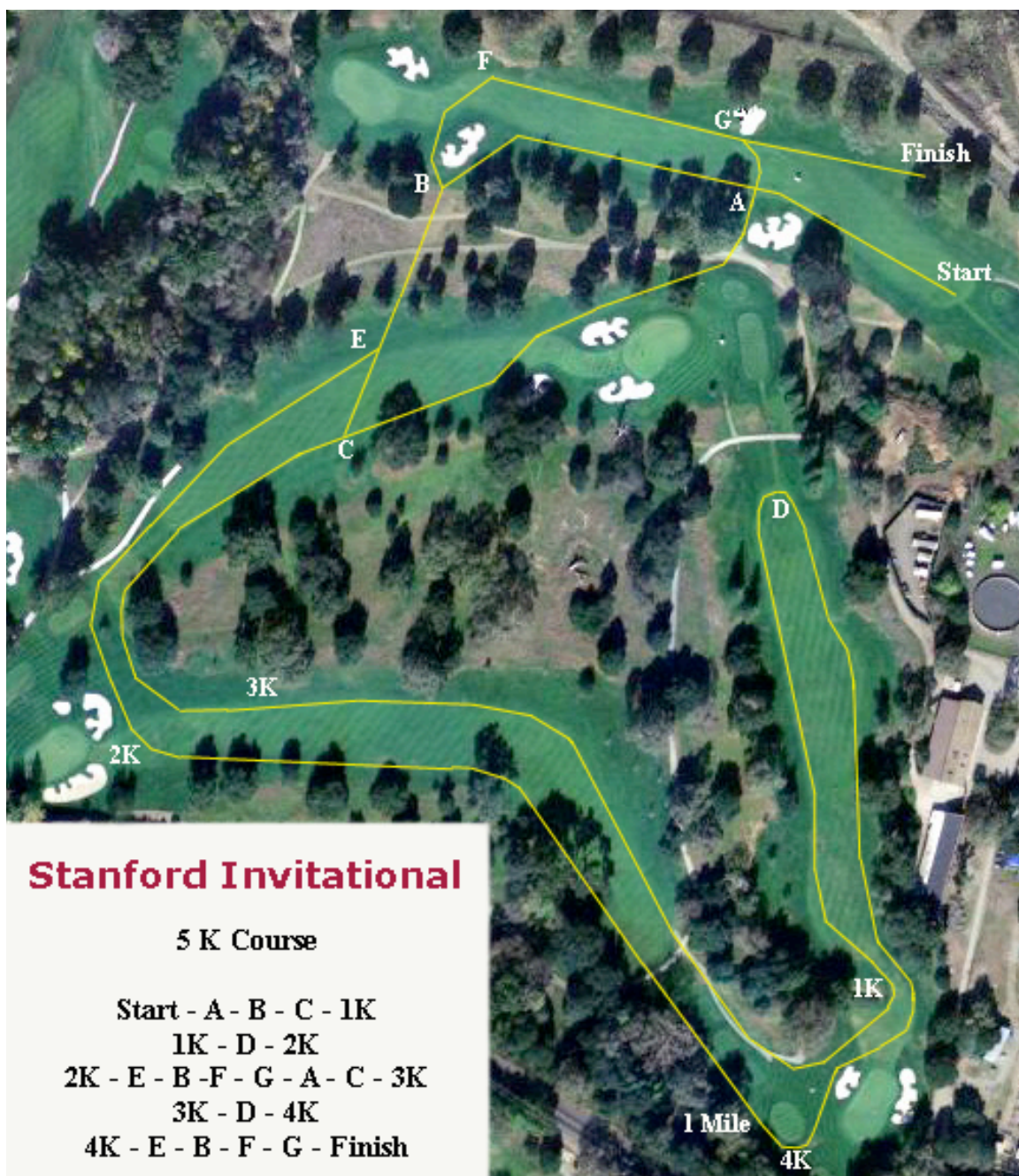
Please stay away from the stable and barn areas. NEVER RUN ON THE GREENS, ACROSS TEES, OR THROUGH SAND TRAPS. NO FRISBEEES, FOOTBALLS, BIKES OR PETS WILL BE ALLOWED ANYWHERE ON THE PREMISES.

Division 1 5K Boys 12:10	Division 1 5K Girls 12:40
Kevin Bishop	Nandini Chitale
Ryan Bishop	Kirsten Do
Takuto Doshiro	Bridget Gottlieb
Shivam Khanna	Pearl Law
Michael Lu	Risako Tanida
Ajay Rajamani	Sameera Vemulapalli
Emilio Torres	Jenny Xu
	Julia Chang (Alternate)

(We may be accepted into the 'Seeded' race but for now we are assuming we are Div 1-Open)

"Racing is the ultimate expression of a runner's ability, training, and motivation."

--Jack Daniels



Chip and Bib Instructions:

- 1) ALL athletes MUST wear the corresponding Bib / Pull tag and shoe chip(s).
- 2) ALL athletes MUST wear the corresponding numbered "chip(s)". -- Chips are numbered on the Black side. Make sure to match the correct numbers to the corresponding athlete numbers. --Chips are to be tied into the shoelaces as shown. Do NOT put the chip in your sock, on your ankle, or in your pocket, etc. Only wear as shown.
- 3) ALL chips MUST be returned and/or collected after each race at the finish line or the packet pick-up location.
- 4) There is a \$25 charge for each chip not returned

