



5K 'CROSS RUN

Cyclocross Race
Eco-Fitness Festival

Saturday November 8th

Hansen Dam Park, Los Angeles



Pre-register @ www.sportsbaseonline.com
Limited to First 200 runners!!

EVENT SCHEDULE

Sunday November 2nd	Lake Casitas	Ventura
Saturday November 8th	Hansen Dam Park	Los Angeles
Sunday November 23rd	Irvine Lake Park	Orange
Sunday December 7th	Pelona Vista Park	Palmdale
Sunday December 21st Final	Pierce College	Woodland Hills

Race start will be at 8:00am

10 and under kids fun race at 10:00am

5k 'Cross run takes place on the cyclocross course consisting pavement, dirt and grass. Enter the Go Green Racer points challenge on how to reduce your impact on the planet. 5k Cross run is limited to first 300 runners!

Online registration is encouraged!

Pre-Register before 9:00pm (Pacific) Thursday before reach race.

Go to: www.SoCalCross.org then link to Sportsbase Online for Eco-Sportfest '08

Adult Pre-Reg Entry: \$25

Adult Race Day Entry: \$30

Juniors 10 to 18 years of age race FREE!

Kids 10& under race FREE on their own Go Green Racer KIDS course.

Go Green Racer 5k series pass available online: 5 races for the price of 4!

Packet pickup and race day of registration will begin at 6:30am the day of.

Race fields will consist of 16 different age fields for juniors, men and women:

CATEGORIES: 10& under KIDS RACE, 10-14, 15-18, 19-29, 30-39, 40-49, 50-59, 60-69, 70+

Race Awards to the top three finishers in each age division.

Overall Series Champions awards in each race category (Best 3 of 5 events)

benefiting:



C.I.C.L.E.

www.cicle.org

Series Powered by:



EVENT SCHEDULE DIRECTIONS

Sunday November 2nd

Lake Casitas, Ventura

From the south (Los Angeles):

Take the 101 Freeway north to Ventura

Take the 33 Freeway towards Ojai (starts as Freeway and continues as 2 lane road)

After approximately 10 miles from the 101, in Mira Monte, look for a McDonalds, then a Taco Bell and then a Wendys on the right hand side of the road

At the stop light immediately after the Wendys (Intersection of Baldwin Road (Highway 150) and the 33), turn left on to Highway 150 (Baldwin Road)

Go west on Highway 150 approximately 3 miles

Turn left on Santa Ana Road

Entrance to Lake is within 100 yards of turning on right hand side

From the north (Santa Barbara):

Take the 101 Freeway south to Ventura

Take the 33 Freeway towards Ojai (starts as Freeway and continues as 2 lane road)

Follow the directions for 4 thru 7 above.

From the north (Carpinteria via the scenic route, narrow and winding in places):

Take the 101 Freeway south to Carpinteria

Take Highway 150 directly to Lake Casitas

Saturday November 8th

Hansen Dam Park, Los Angeles

From 5 or 405 freeways take the 210 Foothill Freeway EASTBOUND. Or from the 210 WESTBOUND.

Exit Osborne. Head west on Foothill then LEFT onto Osborne, turn LEFT onto Dronefield; Follow Dronefield down into picnic area parking lot. Or Northbound on Glenoaks, turn right onto Osborne and right on Dronefield.

Map Quest address: 11770 Foothill Blvd., San Fernando, CA 91342

Sunday November 23rd

Irvine Lake Park, Orange

4621 Santiago Canyon Road, Silverado.

Take the Costa Mesa (55) Freeway to the Chapman Avenue East off ramp. Go east on Chapman Avenue for 9.5 miles (Chapman turns into Santiago Canyon Road). Irvine Lake is on your left.

Sunday December 7th

Pelona Vista Park, Palmdale

37700 Tierra Subida

From Golden State Freeway, (Interstate 5), go NORTH on Antelope Valley Freeway, (Highway 14), towards Palmdale. Go approx 30 Miles north on the 14

Freeway to Avenue "S" exit. At bottom of ramp at Avenue "S", turn left (West) onto Avenue "S". Go under freeway, and continue West on Avenue "S" until new signals at Tierra Subida Blvd. Turn Right (North) on Tierra Subida Blvd. The Pelona Vista facility is on the right side of Tierra Subida.

Sunday December 21st Final

Pierce College, Woodland Hills

6201 Winnetka Avenue

Woodland Hills, CA 91371

From Pasadena/Points South: Take the 210 West to 134 West. Continue onto the 101 North. Take exit 25 for Winnetka Ave. and turn right. Left at Brahma Dr., left at Stadium Way. Turn right onto Pierce College Campus.

From Points North: Take the 101 South. Exit Winnetka Ave. and turn right. Left at Brahma Dr., left at Stadium Way.