

HOTELS:

Best Western Garden Inn

101 Gosai Drive
Bentleyville, PA 15314
724-239-4321

Rate: \$69.99/night/double
Continental Breakfast included

Other Hotels:

Hampton Inn Belle Vernon

1525 Broad Ave. Ext
Belle Vernon, PA
724-929-8100

Rate: \$101+ tax
Continental Breakfast included

Holiday Inn Express

25 Smita Lane
Bentleyville, PA 15314
724-239-7700

DIRECTIONS:

Directions to I-70

From East: PA Turnpike to New Stanton Exit

From North: I-79 South to I-70

Directions to Hampton Inn:

I-70 West to Exit 43-A, PA 201 toward Fayette City. Sharp Right at Rostraver Road, Right at Finley Road.

Directions to Bentleyville Hotels

I-70 West to Exit to Exit 32-B, PA 917 South toward Bentleyville; Slight Left at SR 2040/Wilson Road. 1st Left onto Gosai

Directions to Track From Hotels:

From Belle Vernon I-70 West or from Bentleyville I-70 East to Exit 37-A for PA 43 South, PA 43 South (toll) to Exit 32 toward California. Turn Right at Malden, 1st Right onto PA-88 South. Track/Football Stadium will be on right; continue to entrance to Roadman Park

2011 USATF NATIONAL CLUB CROSS COUNTRY CHAMPIONSHIP

and USA Open & Masters Men's 10 km and Open & Masters Women's 6 km Championships

December 10, 2011

Jefferson Park Golf Course - Seattle, WA

The USATF National Club Cross Country Championships will feature the top clubs from across the United States as they vie for honors and bragging rights as the nation's top cross country team.

More than 100 clubs and 1,100 competitors are expected to compete at Jefferson Park Golf Course in the Emerald City, Seattle. USATF Pacific Northwest, Club Northwest, the Seattle Sports Commission, the Seattle Parks & Recreation Department, and ProMotion Events are working hard to provide a complete championship experience with a Northwest flavor!

EVENT WEBSITE:

<http://www.usatf.org/events/2011/USATFClubXCChampionships/index.asp>

[CChampionships/index.asp](http://www.usatf.org/events/2011/USATFClubXCChampionships/index.asp)

2011 USATF Three Rivers

www.usatf.org



www.usatf-threerivers.org

2011 USATF Three Rivers Masters & Open Cross Country Championship



USATF Three Rivers

Sunday November 6, 2011



California University PA

Masters & Open XC Championship

Distance—5K

ENTRY INFORMATION

ENTRY FEE: \$ 15.00 /ATHLETE

Entry fee includes T-Shirt

USATF Membership Required



Day of Meet Registration—7:30am—8:30am

Number Pick-Up

November 21—Course: 7:30AM

Awards

Medals to top 3 places in each age division

Prize money to \$50—1st & \$25—2nd Place

Open Men & Open Women

Masters Men & Masters Women

Must have valid 2011 or 2012 USATF Three Rivers Membership # to be eligible for prize money

Never been a member of USA Track & Field? JOIN NOW with a Trial Membership!

The Trial Membership is setup as a \$10 membership (for both youth and adults) that will provide the individual with a 2011 membership that expires on December 31, 2011. The membership provides access to all of the discounts and special offers available to current members

Join at: www.usatf.org/membership

Offer expires Oct. 31, 2010

must register online for trial offer

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www.usatf-threerivers.org



RACE SCHEDULE

8:30am - COURSE WALK 9:00am—FIRST RACE

Race Order—2k; 3k; 4k; 5k

Youth division races will be combined depending on entry numbers..

All 5k runners will be combined.

Course Description

The surface is mostly grass with several sections of packed slag and one road crossing on artificial grass. The start and finish are on flat grass surfaces with hills throughout the course. Spikes are advised

NOTE: The course is located off-campus at CAL. It is in Roadman Park, adjacent to Adamson Stadium.

Restrooms: Port-a-Johns on site Come Dressed to Run!

Meet Directors

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Joe Sarver

jsjs@comcast.net or 724-503-3234

Mark Schwartz

mschwartzusatf@yahoo.com or 412-362-5511

ENTRY FORM

Name: _____

Address: _____

City _____

State _____ Zip _____

USATF # _____

Club _____

Age _____ Gender _____

In consideration of my being accepted for participation in the 2010 Three Rivers Association XC Championship Meet I intend to be legally bound for myself, my heirs, executors and administrators, waive and forever discharge any and all rights and claims for damages which may hereafter occur to me against USA Track & Field, Three Rivers Athletic Association, and California University PA or their officers, agents, representatives, successors, and/or assigns for any and all damages which may be sustained or suffered by me in connection with or entry in, or arising out of my travel to, participating in and returning from said competition. I further attest that I am physically fit for the competition in the event(s) I have listed above.

Signature _____

T-SHIRT SIZE _____

Mail Entry Form/Fee to:

USATF Three Rivers XC Championship 109 Evans Drive McMurray, PA 15317 (checks payable to USATF Three Rivers)