

## **Empire Open – Basic Information:**

### **Date**

Saturday, August 29, 2009 @ 9:00 AM local time

### **Fees**

\$15 online or mail-in pre-registration. \$20 race day.

[www.empirerunners.org](http://www.empirerunners.org) to register

email [Kenneth.j.burgess@uscg.mil](mailto:Kenneth.j.burgess@uscg.mil) once registered; cc [kjburg@gmail.com](mailto:kjburg@gmail.com)

### **Registration Closing Date**

Wednesday, August 26, 2009 @ 11:59 PM

### **Brief Description**

The Empire Runners Club presents the 17th annual running of this event, 3.43 miles mostly on dirt and gravel trails with a small section on an asphalt bike path. As part of the 2009 PA/USATF Cross County Grand Prix Series, this race will include competitors of all ages from northern California and parts of Nevada. It is open to the public, but only PA/USATF members can vie for cash prize money.

### **Technical T's To Top Ten**

High quality technical t-shirts will be awarded to the first 10 finishers in each of the three races.

### **Women's Open Race**

9:00 AM start

### **Men's Masters (40 and older) Race**

9:45 AM start

### **Men's Open Race**

10:30 AM start

### **Additional Information**

Pick up bib numbers on race day. Registration begins at 8:00 AM. Race Day entry fee: \$20.

Depart Island: 0730  
 Driver: Ken Burgess  
 Meet in parking lot next to Bldg 52, Coast Guard Island

## COAST GUARD ISLAND TENANTS



Meet Attendees:

- Ken Burgess – Driver – Prereg Online \$18.50 (active.com)
- Jason Scott
- Thomas Pequignot
- Nathan Menefee
- Brian J. Monaghan
- Charlie Epperson
- Jerome Kennedy













### Address

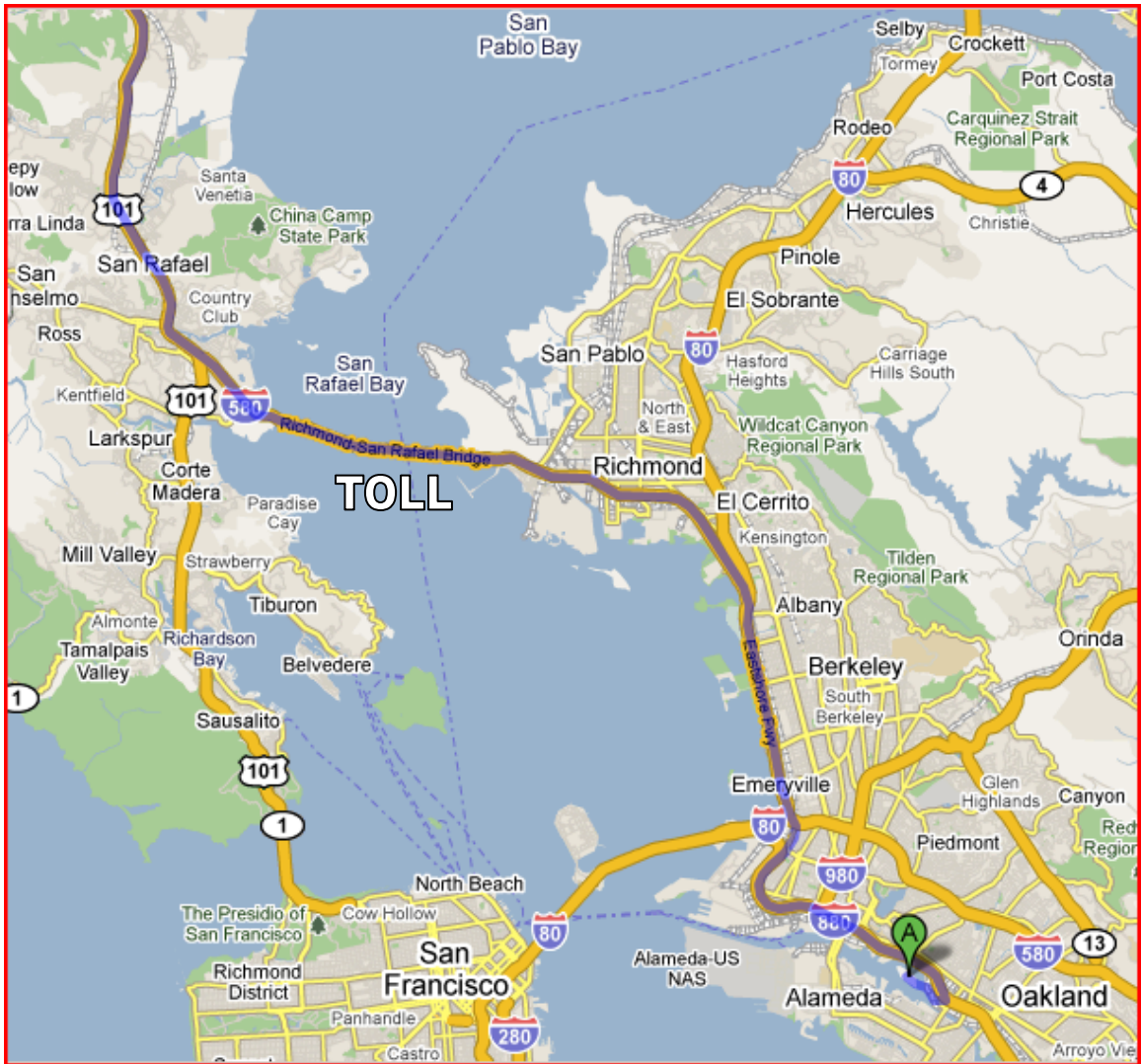
Spring Lake Regional Park  
 Jackrabbit Boat Ramp area

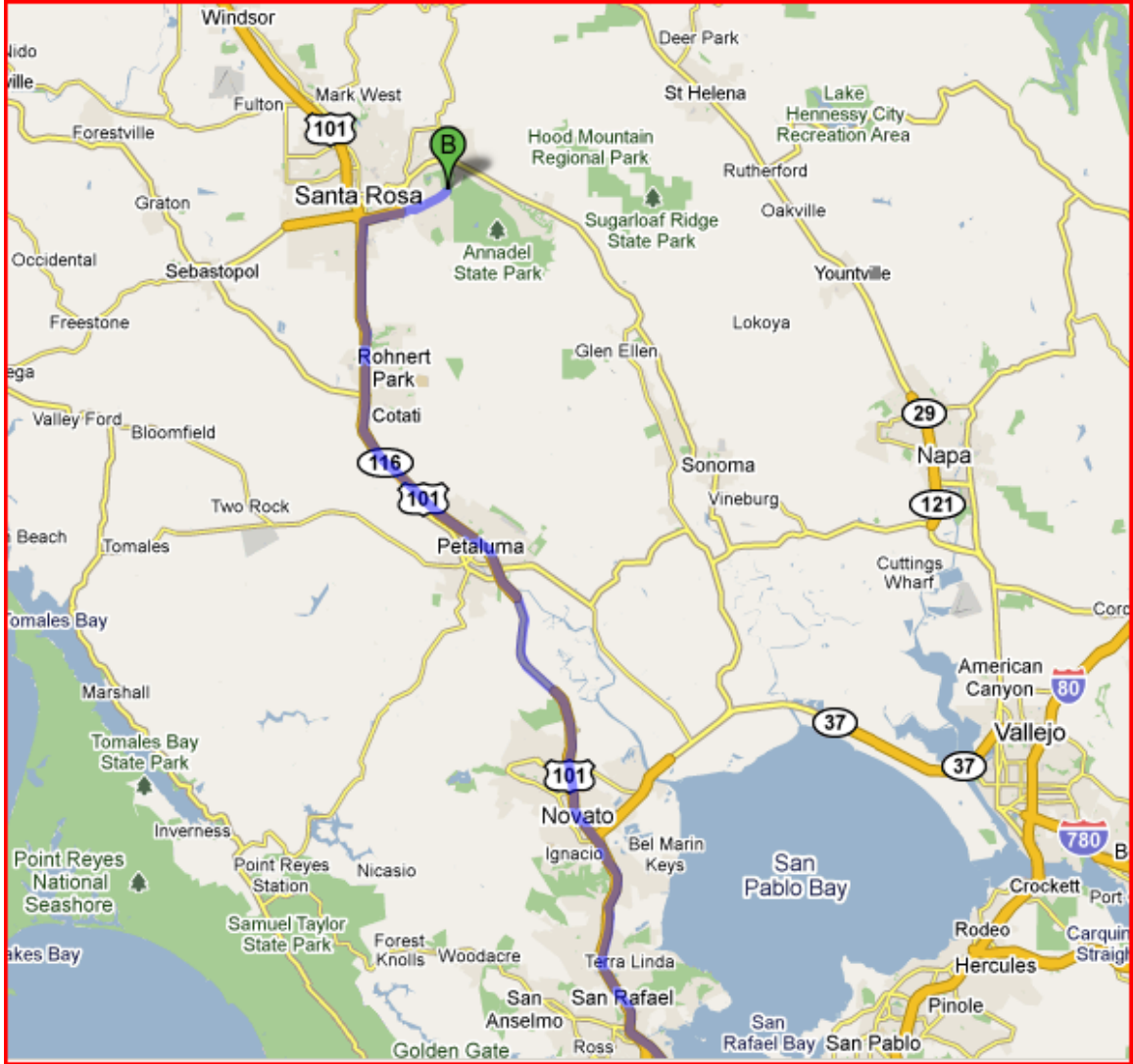
### Directions

From Hwy 101: Take Hwy 12, east toward Sonoma 1 mile until the highway ends at Farmer's Lane stoplight. Cross intersection, continue straight onto Hoen for 1.5 miles to Newanga stopsign. Left on Newanga 1/4 mile to Spring Lake Park entrance.

## Google Directions

	5. Turn <b>right</b> at <b>Embarcadero</b> About 1 min	go 0.3 mi total 0.9 mi
	6. Continue on <b>E 7th St</b>	go 0.2 mi total 1.1 mi
	7. Turn <b>left</b> at <b>23rd Ave</b> About 1 min	go 0.2 mi total 1.3 mi
	8. Take the ramp on the <b>left</b> onto <b>I-880 N</b> About 6 mins	go 5.1 mi total 6.3 mi
	9. Take the exit onto <b>I-580 W/I-80 E</b> toward <b>Sacramento/San Rafael</b> About 5 mins	go 5.2 mi total 11.5 mi
	10. Slight <b>right</b> at <b>I-580 W/John T Knox Fwy</b> (signs for <b>San Rafael/I-580</b> ) Continue to follow I-580 W Partial toll road About 14 mins	go 13.3 mi total 24.8 mi
	11. Take the exit onto <b>Redwood Hwy/US-101 N</b> About 35 mins	go 36.9 mi total 61.6 mi
	12. Take the exit onto <b>CA-12 E</b> toward <b>Sonoma</b> About 2 mins	go 1.8 mi total 63.5 mi
	13. Continue on <b>Hoen Frontage Rd</b> About 1 min	go 0.4 mi total 63.8 mi
	14. Slight <b>left</b> at <b>Hoen Ave</b> About 4 mins	go 1.2 mi total 65.0 mi
	15. Turn <b>left</b> at <b>Newanga Ave</b>	go 318 ft total 65.1 mi
	16. Turn <b>right</b> to stay on <b>Newanga Ave</b> About 2 mins	go 0.5 mi total 65.6 mi
	Spring Lake Regional Park 5585 Newanga Ave, Santa Rosa, CA 95405-7431 - (707) 539-8092	







**Parking**

Costs \$6. Turn right upon entering and park in the Oak Knolls Picnic Area. The race starts and finishes 1/4 mile away on the grassy field on the west side of the lake. Alternative parking is free at Howarth Park, about 1 1/4 miles on bike path from the start.

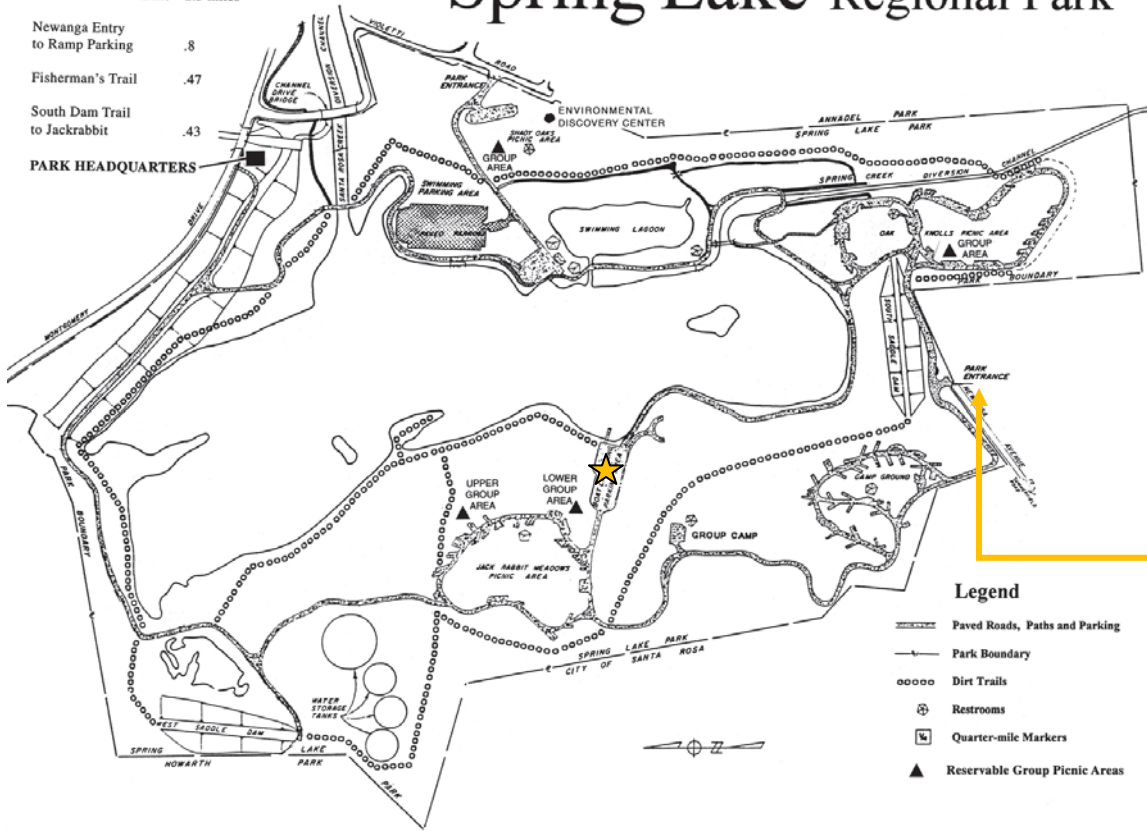
\*\*If you pay for parking, please let me know, I will keep it on the ledger for club expenses – Ken

**Mileage . . .**

- Bike Path around Lake 2.3 miles
- Newanga Entry to Ramp Parking .8
- Fisherman's Trail .47
- South Dam Trail to Jackrabbit .43

**PARK HEADQUARTERS**

# Spring Lake Regional Park



Park Entrance. Note – map above is rotated and not aligned north south as is the picture to the left. You are going to the star – which is the boat ramp area.



This course is 3.43 miles and features a lot of rock-filled trails, some packed dirt, a bit of asphalt, a few reasonable uphill, and one of the scariest downhill you will ever run in race, and you have to run it twice. The course map is quite good with some interesting descriptive terms (the scary downhill is marked with the word "Screefall"). The course goes 100 meters across a field ("Weed Patch") and then uphill on a road until you take a right onto a rocky trail. I believe this is one course where you can go out either fast or slow and do fine. If you are a good rocky trail runner, you may wish to get out and get position. If not, there is plenty of time and places to pass easily after the trails. The course is basically a half a loop followed by a full loop, so you can easily see the whole course before the race and decide how you want to attack it.



**Empire Open 3.43-Mile Course**

- Trail Sections (dirt/rock/gravel)
- Paved Sections (road/bike path)
- First Mile
- Second Mile
- Third Mile
- Final 0.43
- Restroom
- Other Roads
- Other Bike Paths
- Other Trails