

Cougar Challenge 5K/8K



5K/8K Course

- Flat and fast
- On dirt and grass
- Easy course to personal best

Date

- Saturday, October 15, 2016

Time

Women - 5K start: 8:00 AM

Men - 8K start: 8:45 AM

Entry Fee

- Early Registration: \$15 per individual
 - Day of Race Registration: \$25 per individual
 - \$100 for college team, per gender (unlimited)
 - Entrants can pre-register or sign up on raceday
- College teams register on DirectAthletics.com (Deadline: Oct. 13, noon)*

For more info

- Call (760) 750-7105
- Email sscott@csusm.edu

Directions

From Interstate 5

- Take 78 east, exit Twin Oaks Valley Rd.
- Head south, make a left at the stop light after Barham
- Park in the lot on the left

From Interstate 15

- Take 78 west, exit Twin Oaks Valley Rd.
- Head south, make a left at the stop light after Barham
- Park in the lot on the left



Entry Form

Saturday, October 15, 2016

5K 8am/8K 8:45am

\$15 per individual

\$100 per team (same gender)

Print Clearly & Mail to:

CSUSM Cross Country

Steve Scott

333 South Twin Oaks Valley

San Marcos, CA 92096

Checks Payable to "CSUSM Foundation"

First _____ Last _____

Mailing Address _____

City _____ State _____ Zip _____

Phone _____ Age on Race Day _____

Email _____

Male or Female (Circle One)



2016 Cal State San Marcos Cougar Challenge 5K/8K
Saturday, October 15, 2016
Mangrum Track

Schedule of Events

8 AM – Women's 5K start

8:45 AM – Men's 8K start

Entry Fees

College Teams

Sign up at DirectAthletics.com

Note: Registration closes at noon on Oct. 13

Cost is \$100 per gender

Pay and pick up packet on morning of race

Parking

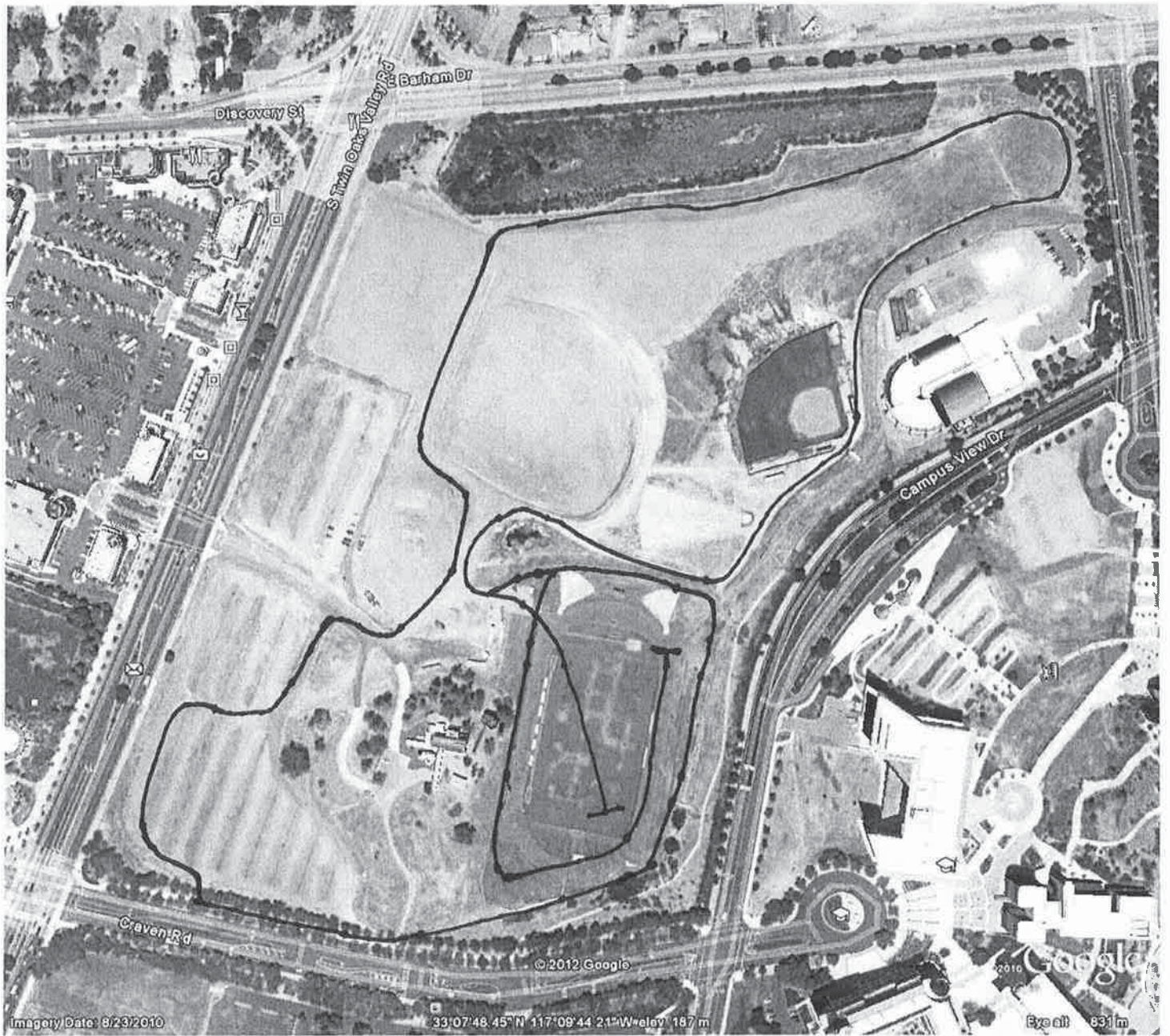
From Interstate 5:

- Merge onto eastbound Highway 78
- Drive approximately 14 miles on eastbound Highway 78, then exit at Twin Oaks Valley Road
- Turn right to go south on Twin Oaks Valley Road
- Turn left at the second stoplight to enter campus (across from the 'Ralphs' shopping center)
- Make first left into Lot Z next to baseball field (Parking is FREE during CSUSM Athletics' events)
- Walk east to Mangrum Field

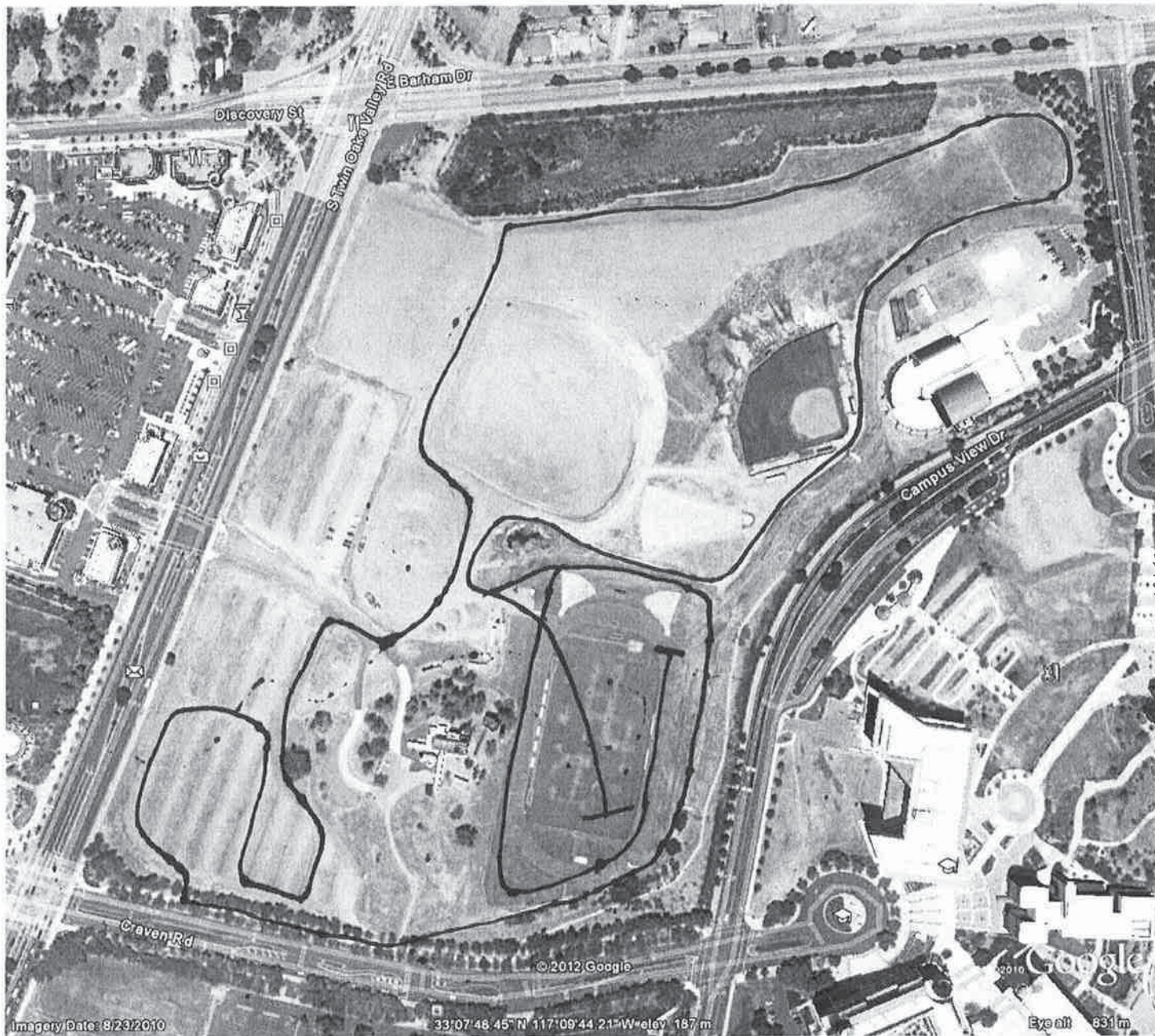
From Interstate 15:

- Merge onto westbound Highway 78
- Drive approximately 4.5 miles on westbound Highway 78, then exit at Twin Oaks Valley Road
- Turn left to go south on Twin Oaks Valley Road
- Turn left at the third stoplight to enter campus (across from the 'Ralphs' shopping center)
- Make first left into Lot Z next to baseball field (Parking is FREE during CSUSM Athletics' events)
- Walk east to Mangrum Field

All results will be posted at www.CSUSMCougars.com following both races.



SK 2 laps



8k 3 laps