



# Tour de Cuesta

Hosted by: VS Athletics

**Date:** Friday, September 16<sup>th</sup>, 2011

**Location:** Fairbanks Cross Country Course, San Luis Obispo, Ca

**Food:** Each school will receive a coupon book for various downtown San Luis Obispo restaurants to provide to their athletes.

**Time:** 3:00 p.m. Women's - 5k  
3:45 p.m. Men's - 4 mile  
4:30 p.m. Awards

**Entry Fee:** \$50.00 - Women (unlimited entries)  
\$50.00 - Men (unlimited entries)  
\$10.00 - Individuals (not on a team of 5)

**Checks:** Payable to: **Cuesta College Cross Country**  
P.O Box 8106  
San Luis Obispo, Ca 93401

**Awards:** Green Singlet – Fastest runner to 1<sup>st</sup> Mile  
Red Polka Dot Singlet – Fastest runner to top of Tower Hill  
White Singlet – Fastest freshman  
Yellow Singlet – Fastest overall finisher  
Small Plaque – Course record holder  
Large Plaque – Best team score  
Award Medals – Places 1<sup>st</sup> through 14<sup>th</sup>

**Course Description:** The Fairbanks course is a challenging circuit. Both men's and women's courses tour a compact, all-dirt course with climbs up K.B Hill (2 for men), Tower Hill and an 800 meter traverse up switchbacks before a fast downhill sprint to the finish. EPIC!!!

**Registration:** [www.directathletics.com](http://www.directathletics.com).

**Deadline:** Tuesday, September 13<sup>th</sup> at 6 p.m.

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