

# FREE SPIRIT CROSS COUNTRY INVITATIONAL

DATE/TIME: Sunday, October 7, 2007 at 9:15 am.  
Course walk at 8:15 am.

LOCATION: Mt. SAC Cross Country Course  
Walnut, California

COURSE: Challenging course over asphalt and dirt trails with flat and rolling hill combos, plus switch backs and tough hills.

AWARDS: Medals will be given to 1<sup>st</sup> thru 8<sup>th</sup> place.  
Participant ribbons will be given to all that didn't get medals.

DIRECTIONS: Mt. SAC is between the Pomona and San Bernardino Fwys. and west of the Orange Fwy (57).

\*From the Inland Empire area take San Bernardino Fwy west to the (57) Fwy, go south 1 mile to Temple Ave. and turn Right and go west approximately 2 miles and turn Left at Bonita and park in lot on Right.