

USF CROSS COUNTRY/WOMEN'S TRACK TRAINING FACILITIES



UNIVERSITY OF SAN FRANCISCO CROSS COUNTRY/WOMEN'S TRACK

SAN FRANCISCO - A RUNNER'S PARADISE

USF Cross Country trains on terrain as beautiful, dynamic and diverse as the City itself. From the breathtaking majesty of Ocean Beach, to Golden Gate Park, the largest Municipal Park in the United States, the training areas available are endless.

GOLDEN GATE PARK -

Located just a block away from the USF campus, Golden Gate Park offers some of the best running trails in Northern California. Golden Gate Park is bigger than New York's Central Park, covering 1,013 acres and is about three miles long and half a mile wide. There are dozens of trails, meadows, grass playing fields and lakes within its boundaries.



Golden Gate Park offers numerous running trails over varied terrain in the largest municipal park in the United States



Ocean Beach offers stunning views of the Pacific Ocean and the Pacific Coast Trail (upper right corner) runs from the Ocean to the San Francisco Bay

THE PRESIDIO -

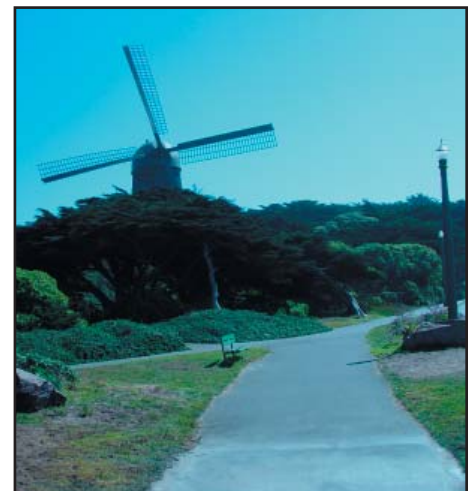
Located less than a mile from the USF campus, the Presidio once was one of the largest military installations on the West Coast, but now is a National Park. The Presidio offers numerous running trails on some of the most scenic, not to mention expensive real estate in the nation.

THE MARINA -

Located less than three miles from the USF campus, the Marina offers varied running opportunities along the San Francisco Bay in the heart of the City's vibrant Marina District.



Stow Lake is located in the center of Golden Gate Park and offers an ideal setting for interval training



The Dutch windmill is located at the Northwest corner of the park and is surrounded by flower gardens

Lindley Meadows serves as the home course for the Dons when they host the USF Invitational.

"San Francisco is an ideal location for distance runners to train. The diverse training areas, breathtaking sights and weather all contribute to an excellent training environment."

- USF head coach
Helen Lehman-Winters

OCEAN BEACH -

Located approximately three miles from the USF campus, Ocean Beach and the Pacific Coast Trail offers truly breathtaking views of the Pacific Ocean and the San Francisco Bay.



USF CROSS COUNTRY/WOMEN'S TRACK TRAINING FACILITIES

UNIVERSITY OF SAN FRANCISCO CROSS COUNTRY/WOMEN'S TRACK

KEZAR STADIUM, SAN FRANCISCO - Legendary Venue Home Practice Facility of USF Women's Track



Kezar Stadium boasts one of the best tracks in Northern California

USF women's track has the luxury of a world class training site at Kezar Stadium in Golden Gate Park. Just blocks away from the USF campus, Kezar is one of the most legendary stadiums on the West Coast. During its long and storied history Kezar has served as home for the San Francisco 49ers of the

NFL, from 1946-1970. Cal and Stanford football also played their home games there.

In addition USF's fabled 1951 Undefeated, Untied & Uninvited football team also called Kezar home. In 2001, NFL and USF Hall-of-Famer Bob St. Clair had the field at Kezar named for him after starring there as a member of

"Kezar Stadium provides an outstanding training venue for our inaugural season of women's track at USF."

Helen Lehman-Winters

the Dons and San Francisco 49ers.

USF's men's soccer called Kezar home during the mid-70's until the early 80's and the Dons won three national titles (1975-76, 1980) during the span.

Kezar has served as the site of countless prep, NCAA and national level track and field events during its history and USF's Ollie Matson, a dual medalist at the 1952 Olympics in Helsinki, trained there.

Kezar has hosted numerous concerts from Led Zeppelin and the Grateful Dead to Neil Young and Bob Dylan. The stadium was also featured prominently in the Hollywood classic Dirty Harry.

THE KORET CENTER

The University of San Francisco is proud to feature the Koret Health and Recreation Center. The state-of-the-art facility was developed by the University of San Francisco in collaboration with alumni, special donors and the Koret Foundation. Since its opening in 1989, the Koret Health and Recreation Center has provided an outstanding recreational and fitness environment for USF students, faculty, staff, alumni and members.

The facility features an Olympic size indoor swimming pool, two gymnasiums with a total of four full length basketball courts, five regulation racquetball courts, a 3200 square foot weight room complete with state-of-the-art equipment, an aerobics/dance room, combatives room, separate alumni and student lounges, the Crossroads Too Deli and cardiovascular alley featuring top-of-the-line aerobic training equipment (Precor machines, rowing machines, stairmasters, stationary bicycles, treadmills and more.

THE MORAN CENTER (VARSITY WEIGHT ROOM)



The pride of the athletics department is the remodeled weight room, renamed the Moran Center thanks to generous donations from Monsignor Bernard Moran and USF Alum Art Zief (in the name of Art Zief, Jr.).

The Moran Center is located in Memorial Gym and is reserved solely for USF Athletes. The student-athletes have access to the best equipment available in order to maximize their training efforts.

Prior to the 2002-2003 season, the Moran Center added four Samson power stations, which offers a dramatic improvement in function and efficiency.



The Koret's Cardio Alley



The World Class Koret Pool



CROSS COUNTRY/TRACK