

CSM CRYSTAL SPRINGS CROSS COUNTRY COURSE

The CSM Crystal Springs Cross Country Course was designed and constructed in 1971 under the direction of College of San Mateo. Prior to that time, there was only a perimeter service road in this area. The course's purpose was to establish a competitive course for the sport of Cross Country.

College of San Mateo has the only permit for use of this area. Permission for use of Jr. & Sr. High Schools, Community Colleges, Colleges/Universities is under the direction of CSM. The competitive season is from September 1st to November 30th. The permit was issued by the PUC, San Francisco Water Dept.

There would be no access to this area if the Cross Country Course had not been built for this specific purpose. **This area is not open to the public.** The San Francisco Water Dept. has granted the public use of the area **provided** they do not interfere with the competitive Cross Country season. For safety reasons, the public and others are not allowed to hike, jog, or run from one hour prior to the competition to one hour after the competition. This allows the athletes a proper warm up and cool down period.

The course is entirely an all dirt course and thusly becomes muddy and slippery when wet or rainy conditions prevail. There are various types of soil in the area and some of them are easily subject to large and deep footprints. These footprints harden and become hazardous when they dry and firm up. The public and others are not to hike, jog, or run anywhere on the course when muddy conditions are possible. **The Cross Country Course and the entire area will be closed when these conditions are threatened.** These hardened footprints are dangerous to competitive runners who are traveling at higher running speeds. Everything will be done to prevent footprints from being developed. All users of the course are asked to cooperate and **not come anywhere on the course under these conditions.** **The only agency that will make the decision to close the course will be College of San Mateo.**

ENJOY THE COURSE BUT BE COGNIZANT OF ITS ORIGINAL PURPOSE AND REASON FOR ITS EXISTENCE.

The San Francisco Water Department can **cancel public access** at anytime since there is no permit for that purpose.

All users are subject to the rules and regulations of **BOTH** the SF Water Dept and College of San Mateo.

Here are some of the basic rules of the area. **NO** dogs, bicycles, motor cycles, horses, flying or ground remote control objects such as drones, model airplanes and cars, kites, Frisbee's, any sport balls such as footballs, basketballs, golf, tennis, soccer, are allowed on the property, and of course no rock throwing.

Smoking or any type of open flame is prohibited. This is not only a watershed area but is also a Game Preserve. Please respect this beautiful area, and don't be the person(s) who are the cause of us losing this wonderful area.

Robert Rush, Course Director College of San Mateo