



**The Great Cow Run
- The Higashi Roman Memorial Run -
September 11, 2010**

Directions to Cerritos Regional Park

19800 Bloomfield Ave
Cerritos, CA 90703

(Please be sure to recheck directions before distributing.)

From the 605 North (Including 405)

Exit on Del Amo Boulevard
Make a right off the exit onto Del Amo.
Make a left onto Bloomfield.
Make a right onto 195th.

Buses may drop off athletes at the first parking lot on the right.
Athletes may proceed towards the lake and stay to the right.

From the 605 South (Including 5 South/105 South)

Take the 91 East.
Exit on Bloomfield.
Make a right off the exit onto Bloomfield.
Make a left onto 195th.

Buses may drop off athletes at the first parking lot on the right.
Athletes may proceed towards the lake and stay to the right.

From the 5 North

Take the 91 West
Exit on Bloomfield/Artesia
Make a left off the exit onto Artesia.
Make a left onto Bloomfield.
Make a left onto 195th.

Buses may drop off athletes at the first parking lot on the right.
Athletes may proceed towards the lake and stay to the right.

Parking for Buses

Buses should continue east on 195th around the perimeter of the park.

Make a left at the stop sign onto Shoemaker.

Make a left onto South.

Make a right onto Bloomfield.

Then left into the Bloomfield lot at Cerritos High School.

Buses may also turn left at 183rd and left into the 183rd lot at Cerritos High School.

Buses may find parking closer to the park at their own risk.

Parking for Spectators

Parking at Cerritos Regional Park can sometimes be limited. Please provide this information to your potential spectators!
Please do not park illegally including in the Target parking lot, if you do so, you park at your own risk and may be towed.

There are neighborhoods across the park on the west side of Bloomfield.

However, if you park at this location, please do not J-walk across the street!

Encourage spectators to use the crosswalk at 195th and Bloomfield.

Arrive early as the parking lots may fill up quickly!