



Leg 1: 3.0 miles, Easy



Runner/Walker 1

CrossWalk Community Church
2590 First Street, Napa, CA

Run on Left.

L - 0.2 still Coffield Ave.

R - 0.3 Solano Ave.

L - 1.0 West Pueblo Ave.

R - 2.4 Redwood Rd.

L - 2.5 Dry Creek Rd. in crosswalk (run on R).

Exchange 1.

Dry Creek Rd. at Trower Ave., Napa, CA.

Van

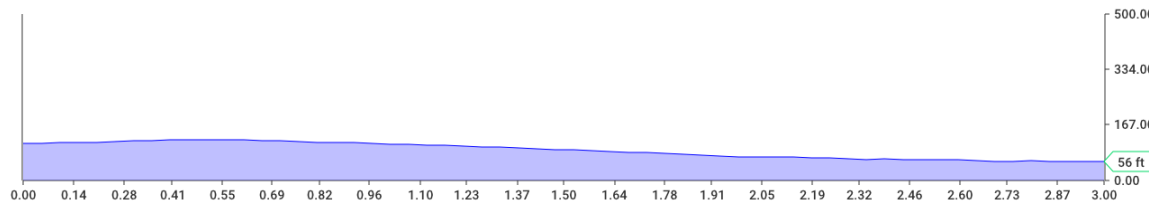
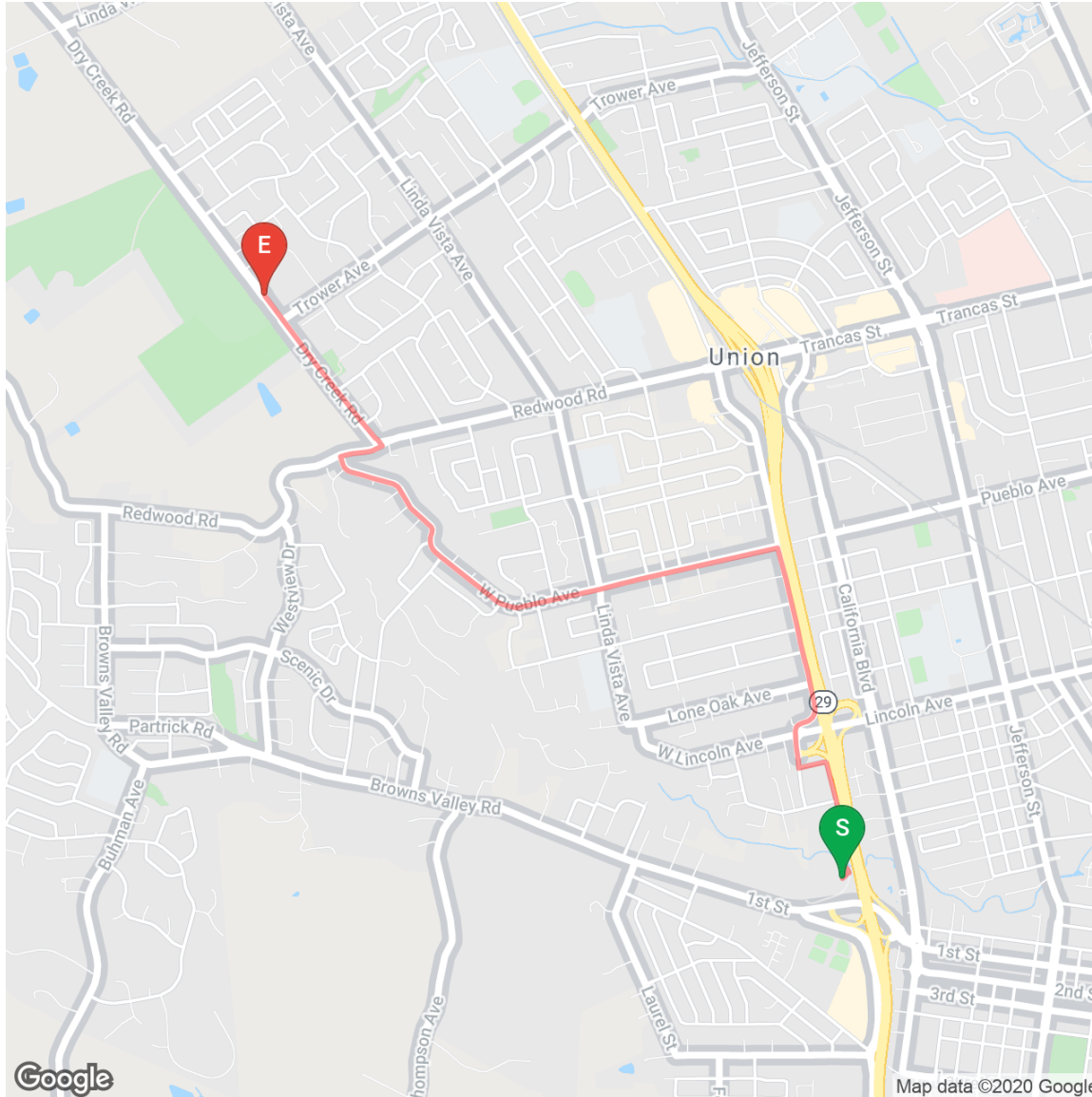
L on First St. from CW Church 0.3 miles.

R on Hwy. 29 N 1.2 miles to Redwood Rd.

L on Redwood Rd. 1 mile.

R on Dry Creek Rd. 0.5 miles to Trower Ave.

Park on Church of Jesus Christ LDS lot.





Leg 2: 5.3 miles, Moderate



Runner/Walker 2

Dry Creek Rd. at Trower Ave., Napa, CA

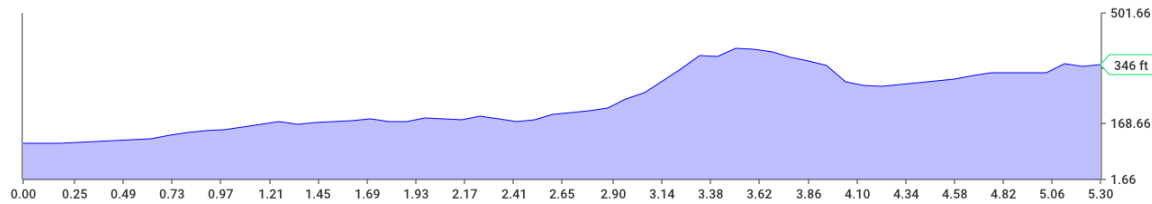
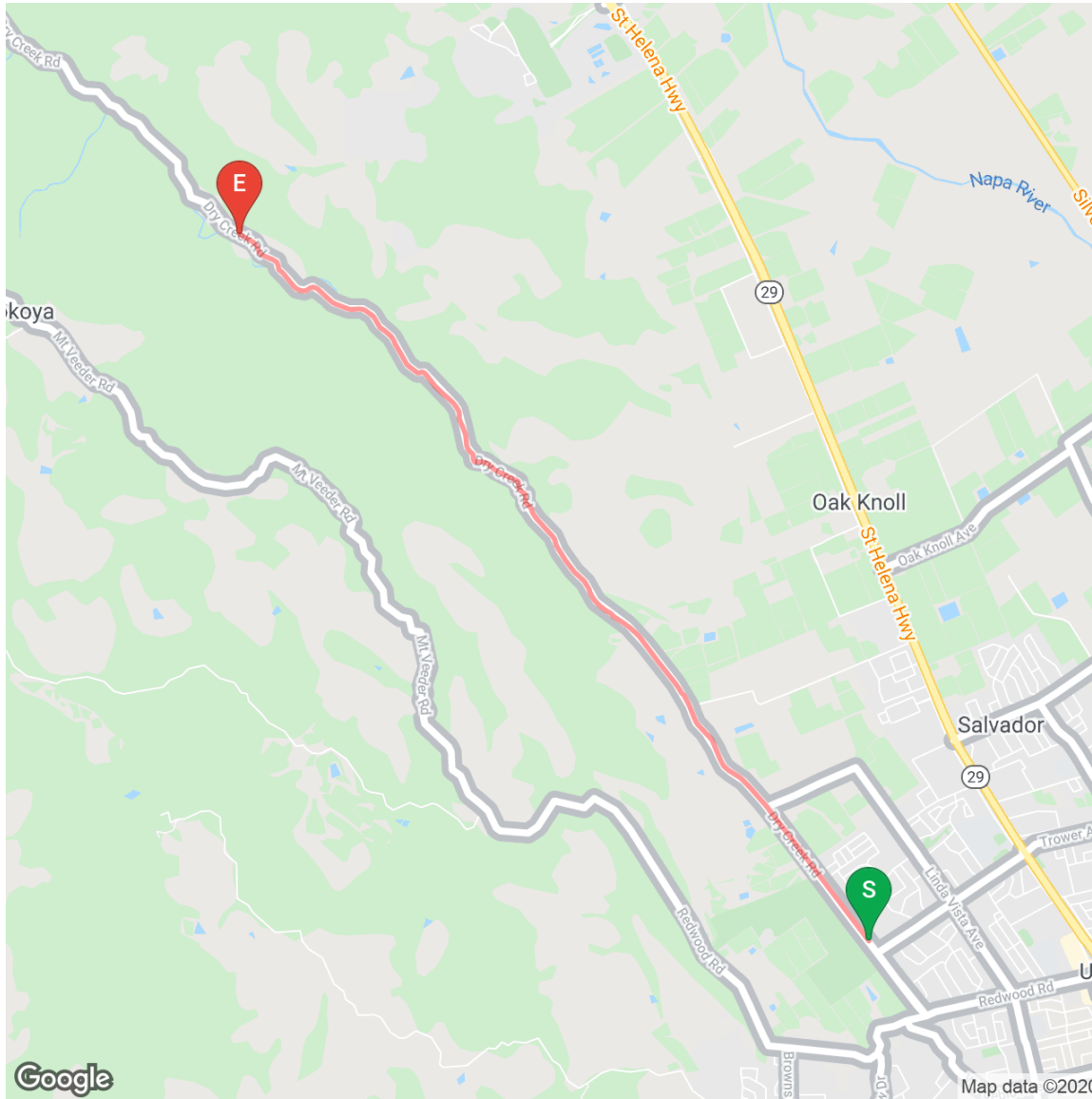
Run on Left. No Turns.

Exchange 2.

5171 Dry Creek Rd., Napa, CA.

Van

L to park on semicircular drive.





Leg 3: 3.2 miles, Moderate

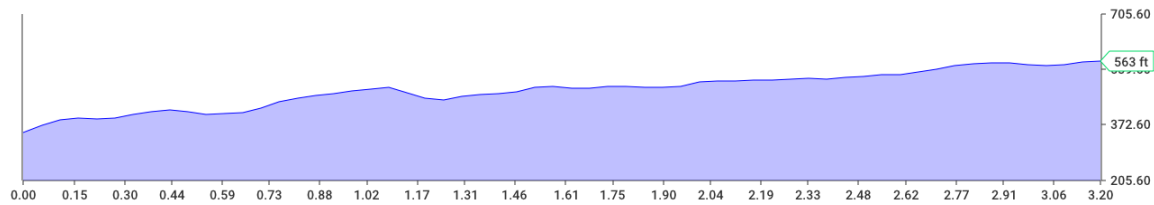
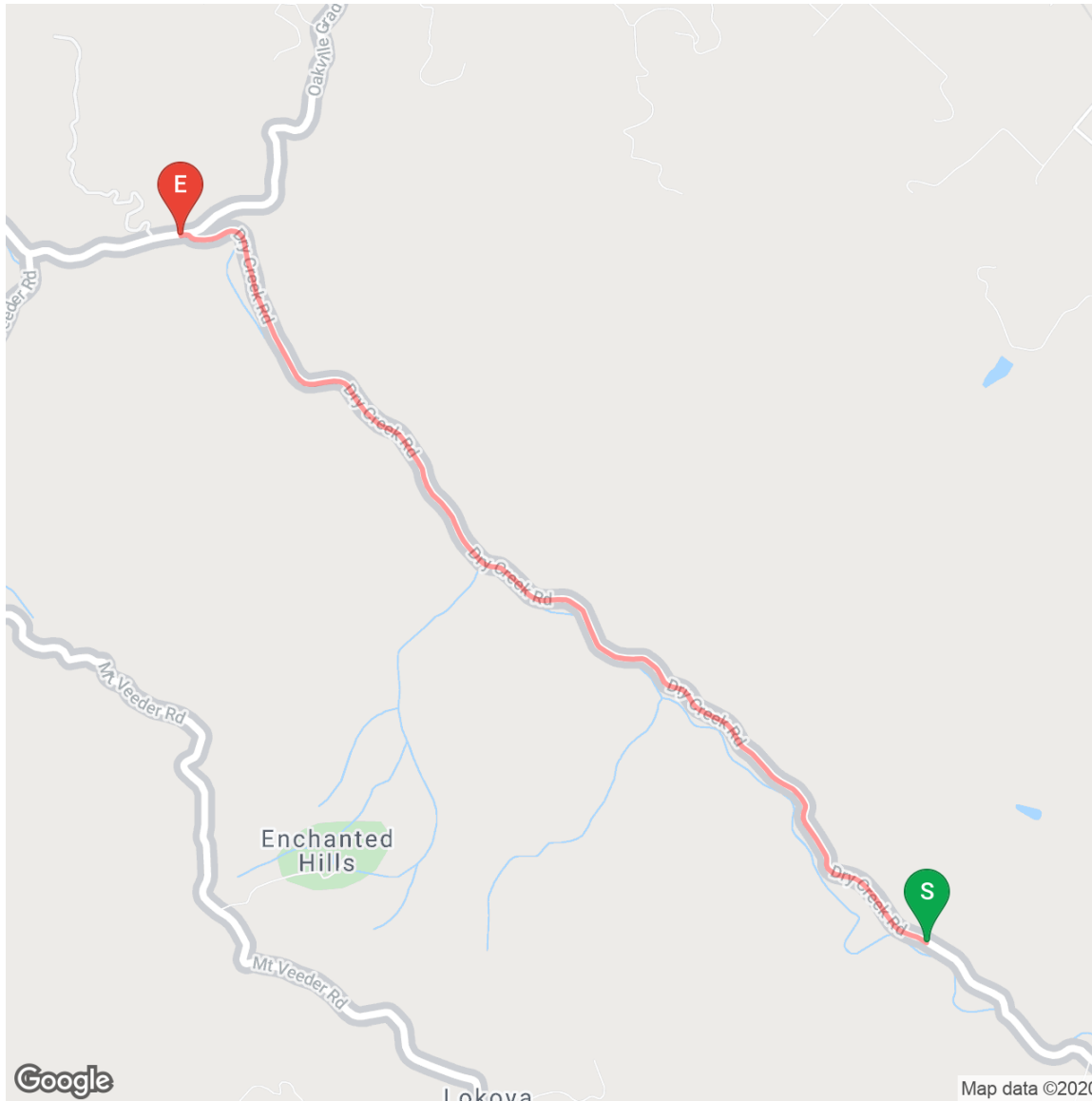


Runner/Walker 3

5171 Dry Creek Rd, Napa, CA
 Run on Left.
 L - 3.2 Dry Creek Rd. at Exchange.
 Exchange 3.
 Dry Creek Lokoya Fire Dept.
 5900 Dry Creek Rd, Napa, CA.

Van

R to park at fire station.





Leg 4: 3.7 miles, Hard



Runner/Walker 4

Dry Creek Lokoya Fire Dept.
5900 Dry Creek Rd., Napa, CA

Run on Left.

L - 0.4 Mt. Veeder Rd.

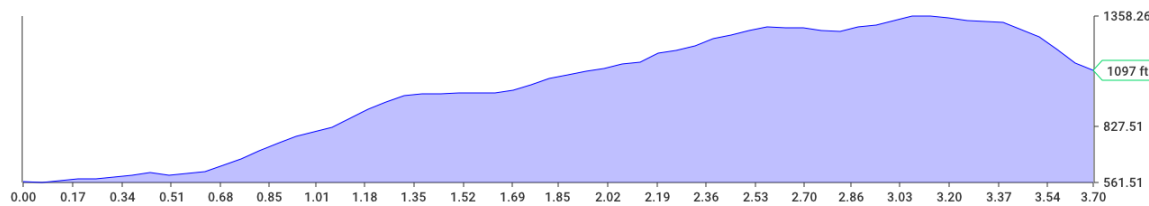
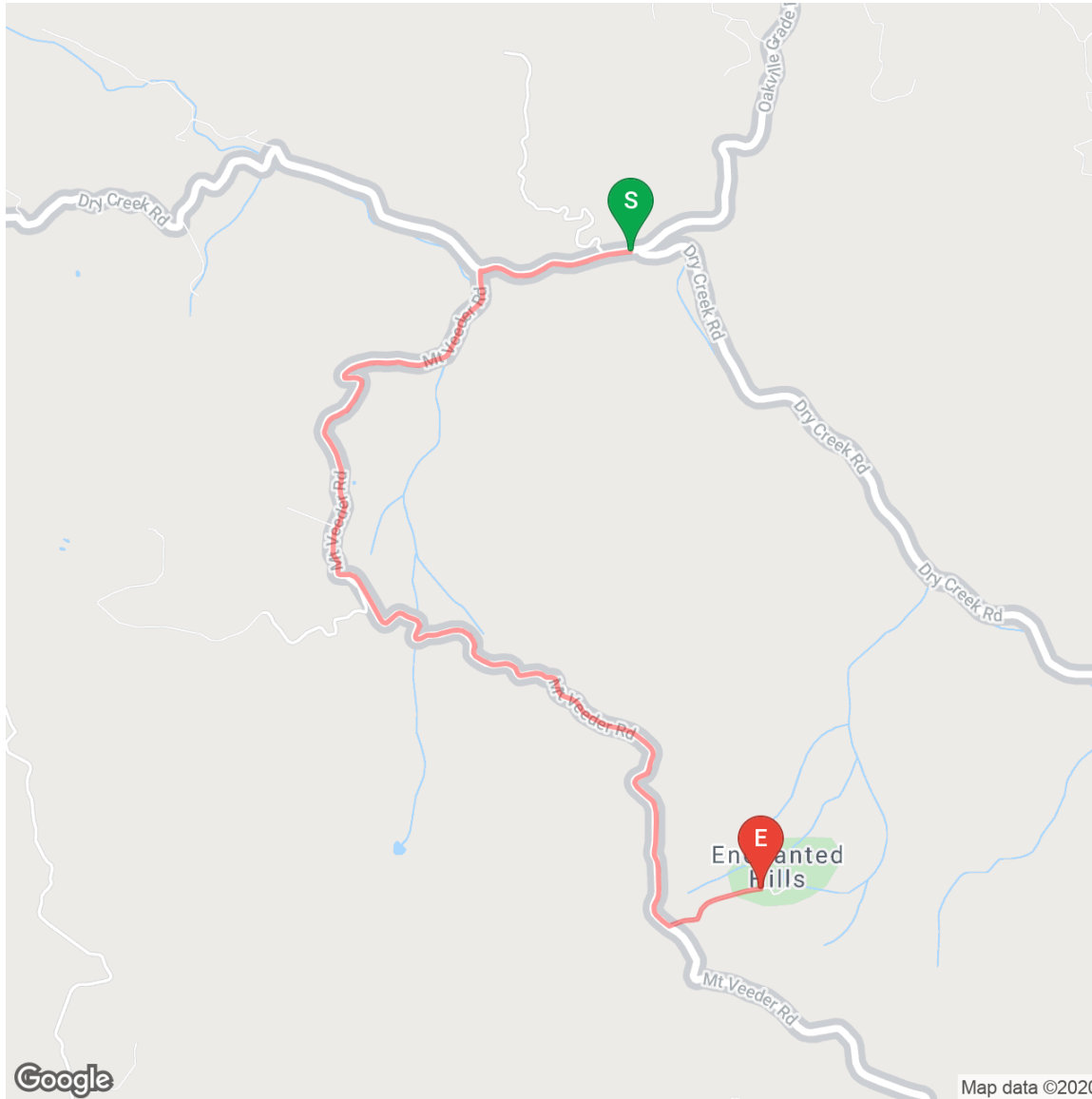
L - 3.3 road to camp parking.

Exchange 4.

Enchanted Hills Camp
3410 Mt. Veeder Rd., Napa, CA.

Van

L down hill to camp parking.





Leg 5: 3.3 miles, Moderate

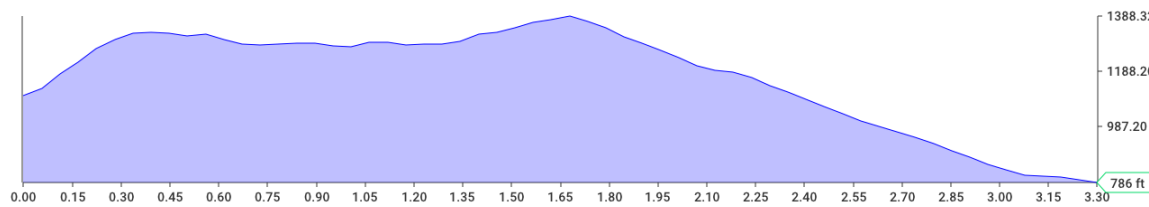
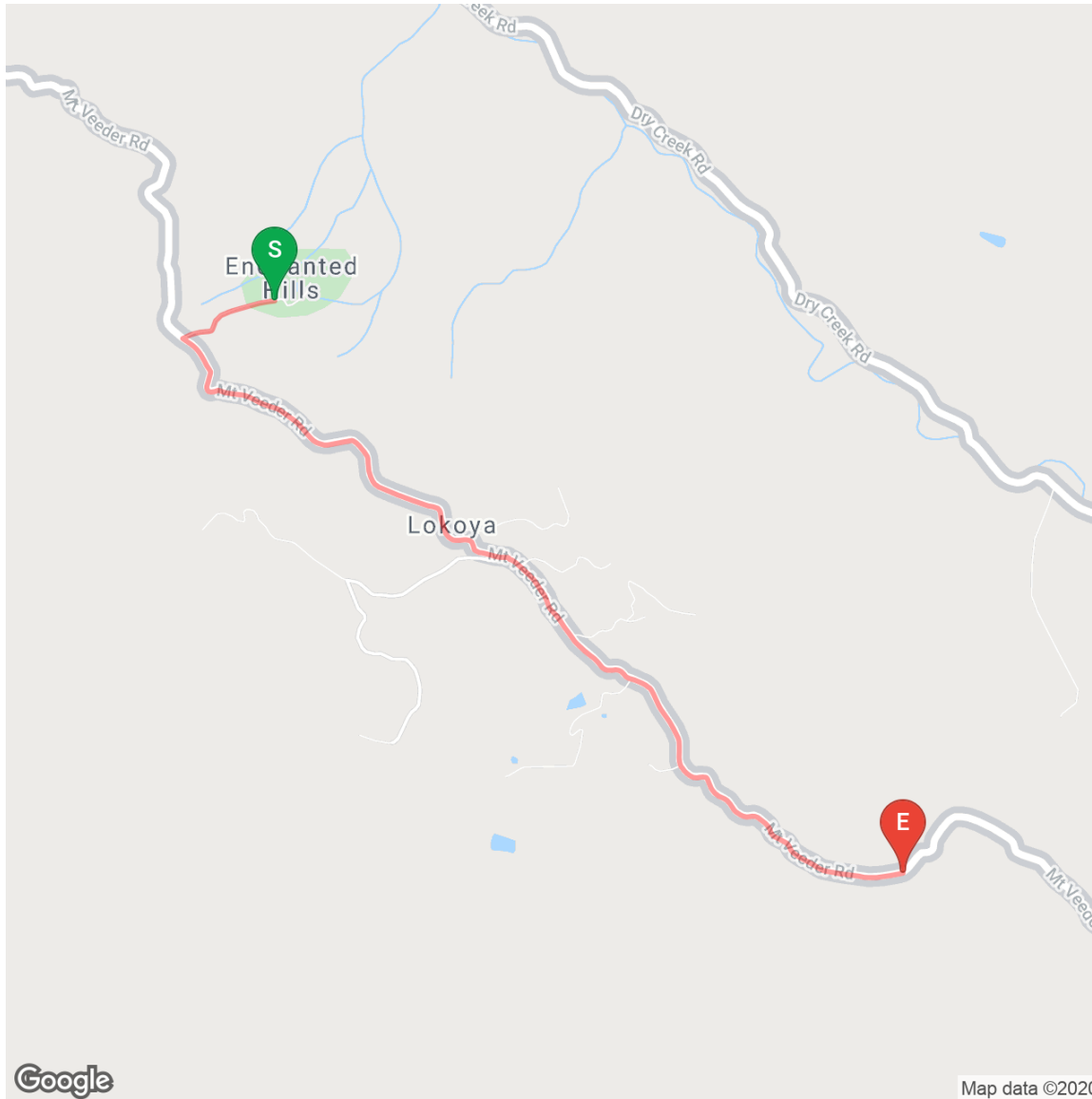


Runner/Walker 5

Enchanted Hills Camp
 3410 Mt. Veeder Rd., Napa, CA
 Run on Right.
 L - 0.4 Mt. Veeder Rd.
 Exchange 5.
 1801 Mt. Veeder Rd., Napa, CA.

Van

Park beyond exchange.
 Do not block driveway.





Leg 6: 7.9 miles, Moderate



Runner/Walker 6

1801 Mt. Veeder Rd., Napa, CA

Run on Right

R - 5.4 Browns Valley Rd. to First St.

Exchange 6, Van Exchange.

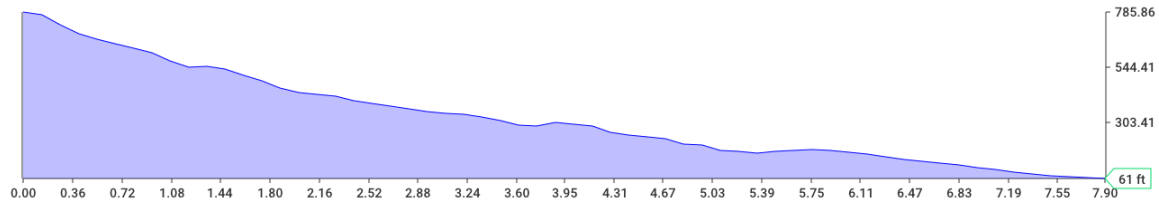
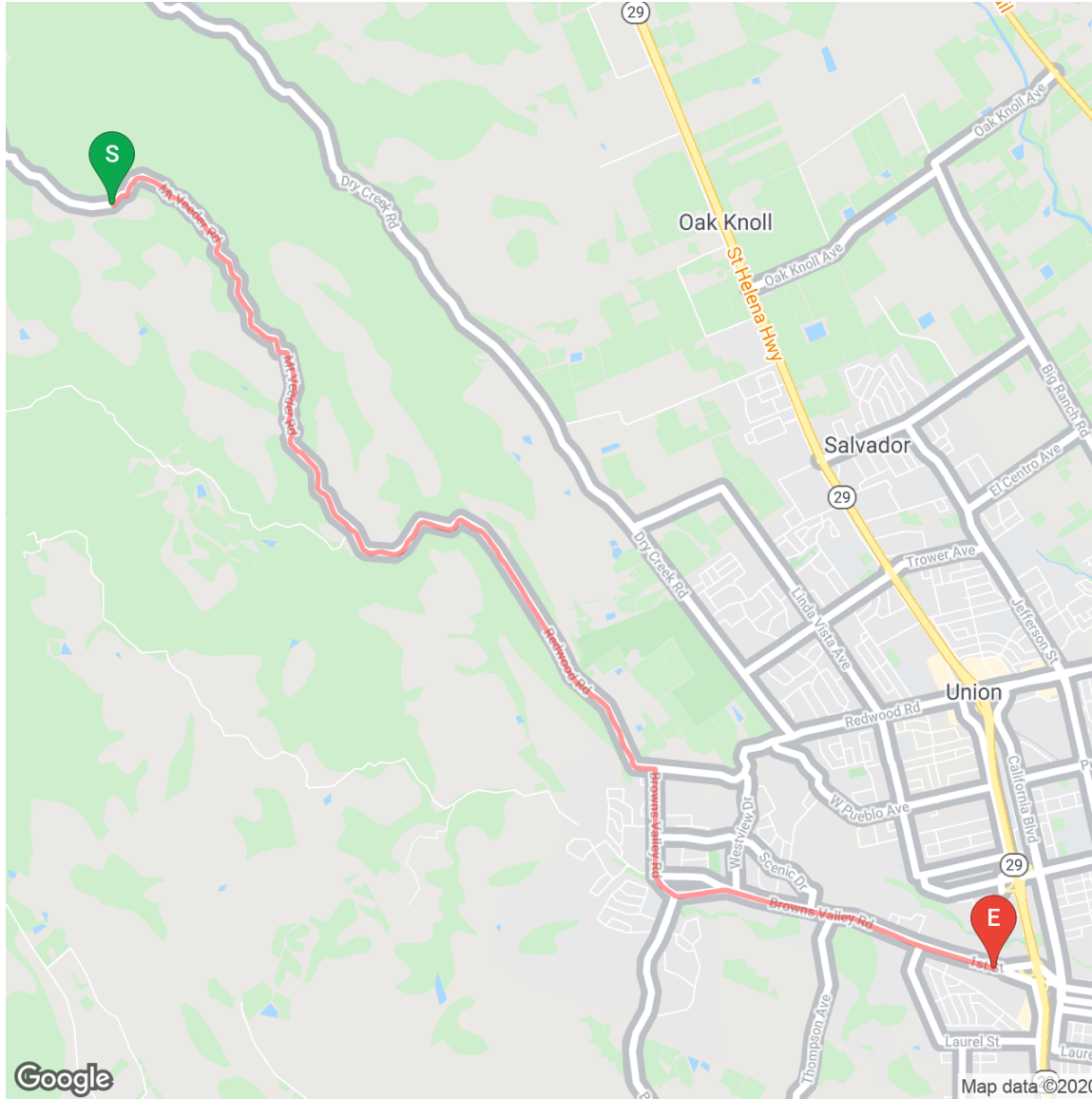
CrossWalk Community Church

2590 First Street, Napa, CA.

Van

L at Freeway Dr. to park on church lot.

Only outgoing runner may cross First St.





Leg 7: 4.4 miles, Moderate



Runner/Walker 7

CrossWalk Community Church
2590 First Street, Napa, CA

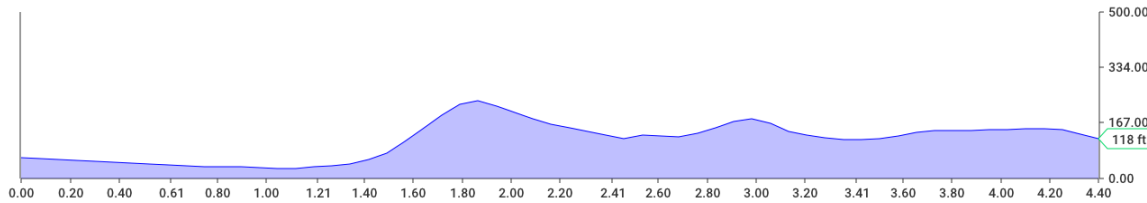
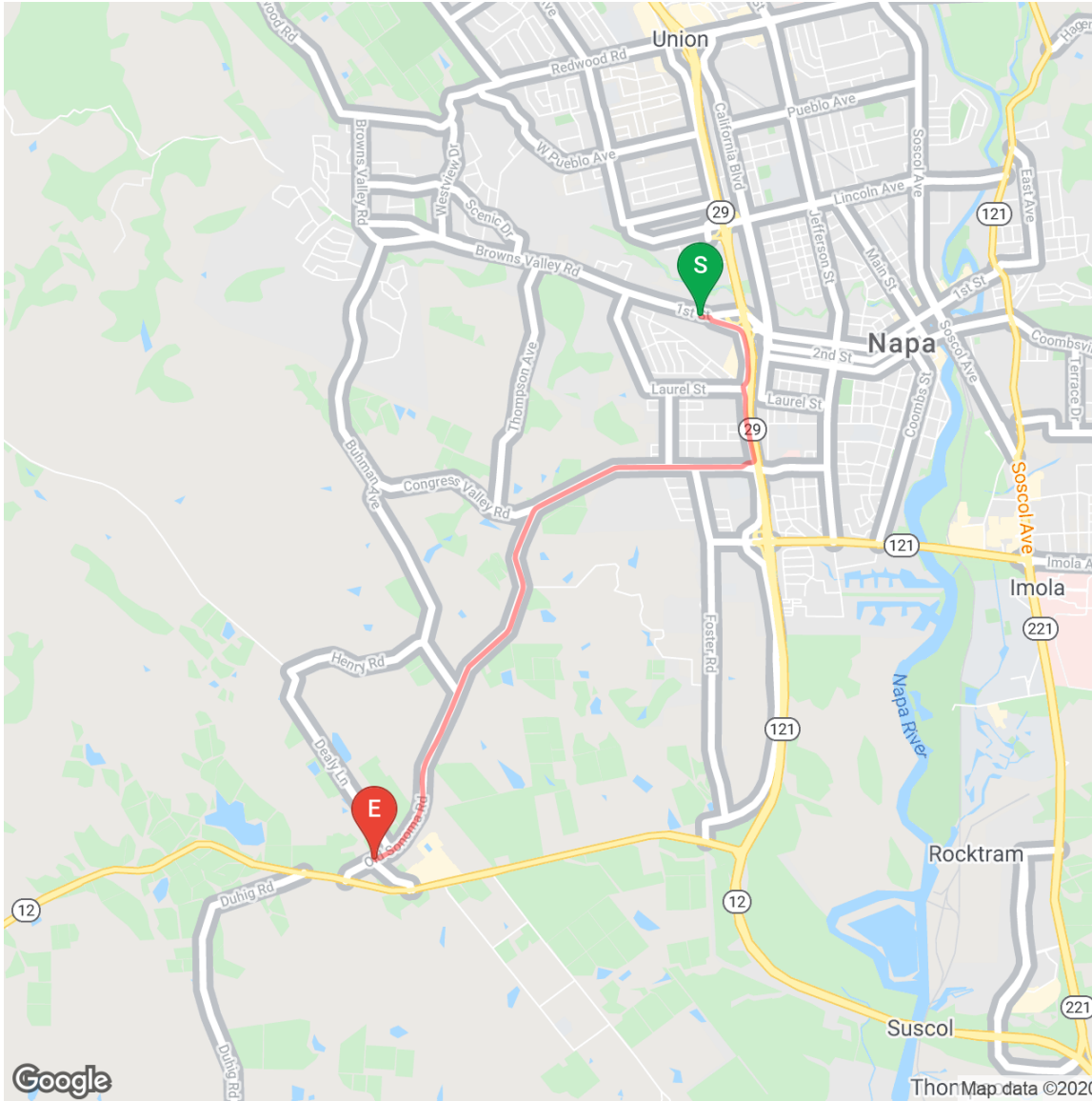
L - 0.6 still Freeway Dr.
R - 0.9 Old Sonoma Rd.

Exchange 7.

Old Sonoma Rd. at Old Sonoma Hwy., Napa, CA.

Van

L on Old Sonoma Hwy.
R through gate to park.





Leg 8: 6.2 miles, Moderate

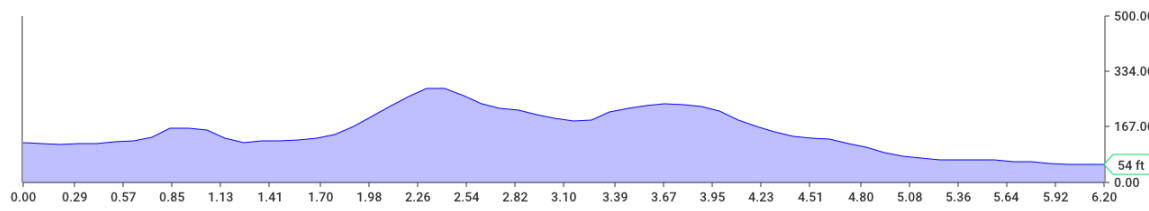
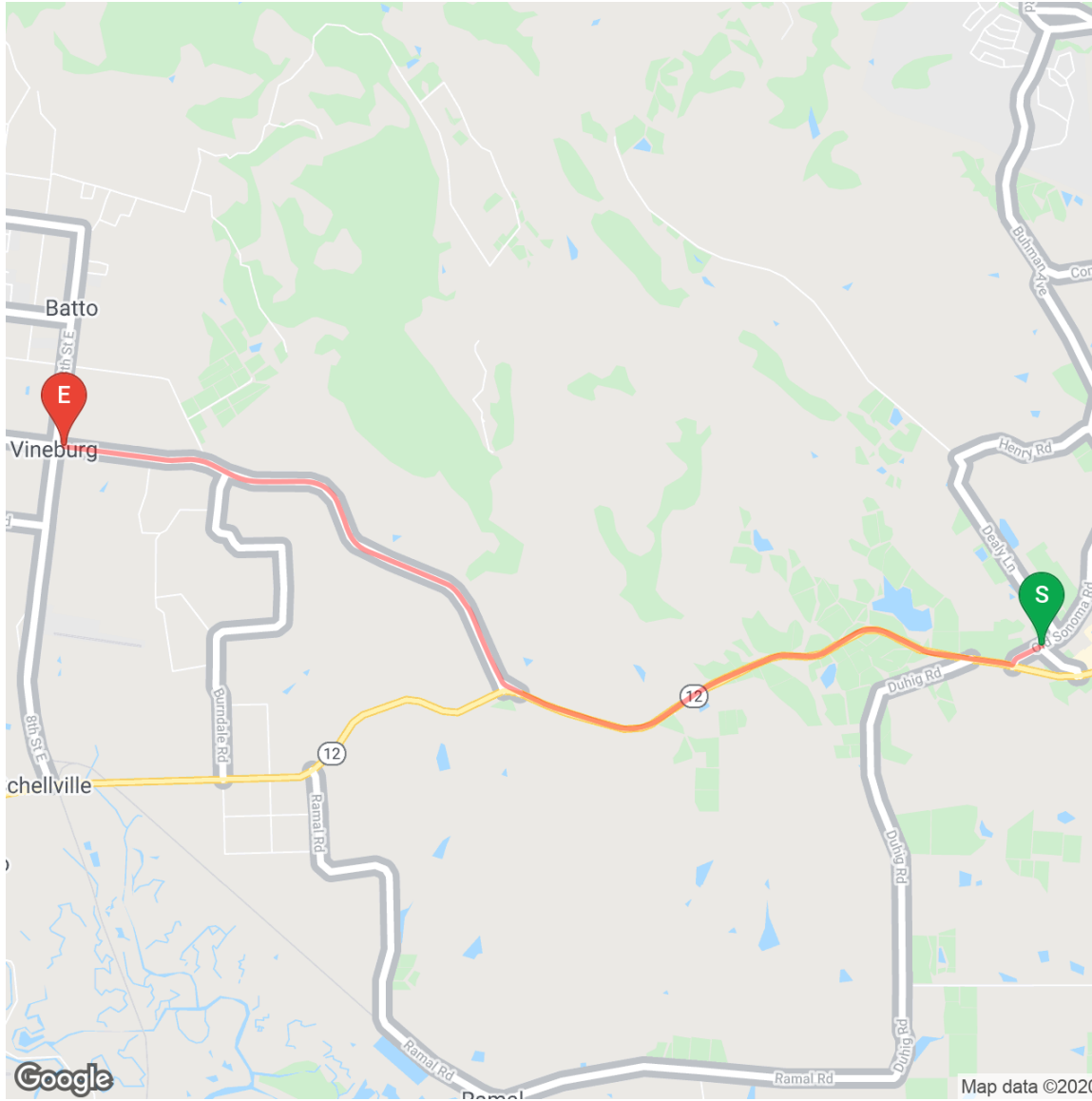


Runner/Walker 8

Old Sonoma Rd. at Old Sonoma Hwy., Napa, CA
 R - 0.2 Hwy. 12/121.
 R - 3.1 Napa Rd.
 Exchange 8.
 Vineburg Deli & Grocery
 997 Napa Rd., Vineburg, CA..

Van

R on Old Sonoma Hwy.
 R on Hwy. 12/121 (do not slow/stop on Hwy.)
 L on 8th St. E.
 L on first drive to park on dirt shoulder.
 No parking at Deli.





Leg 9: 4.4 miles, Easy

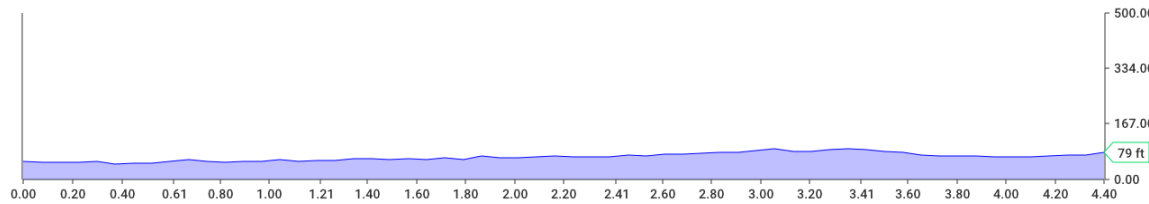
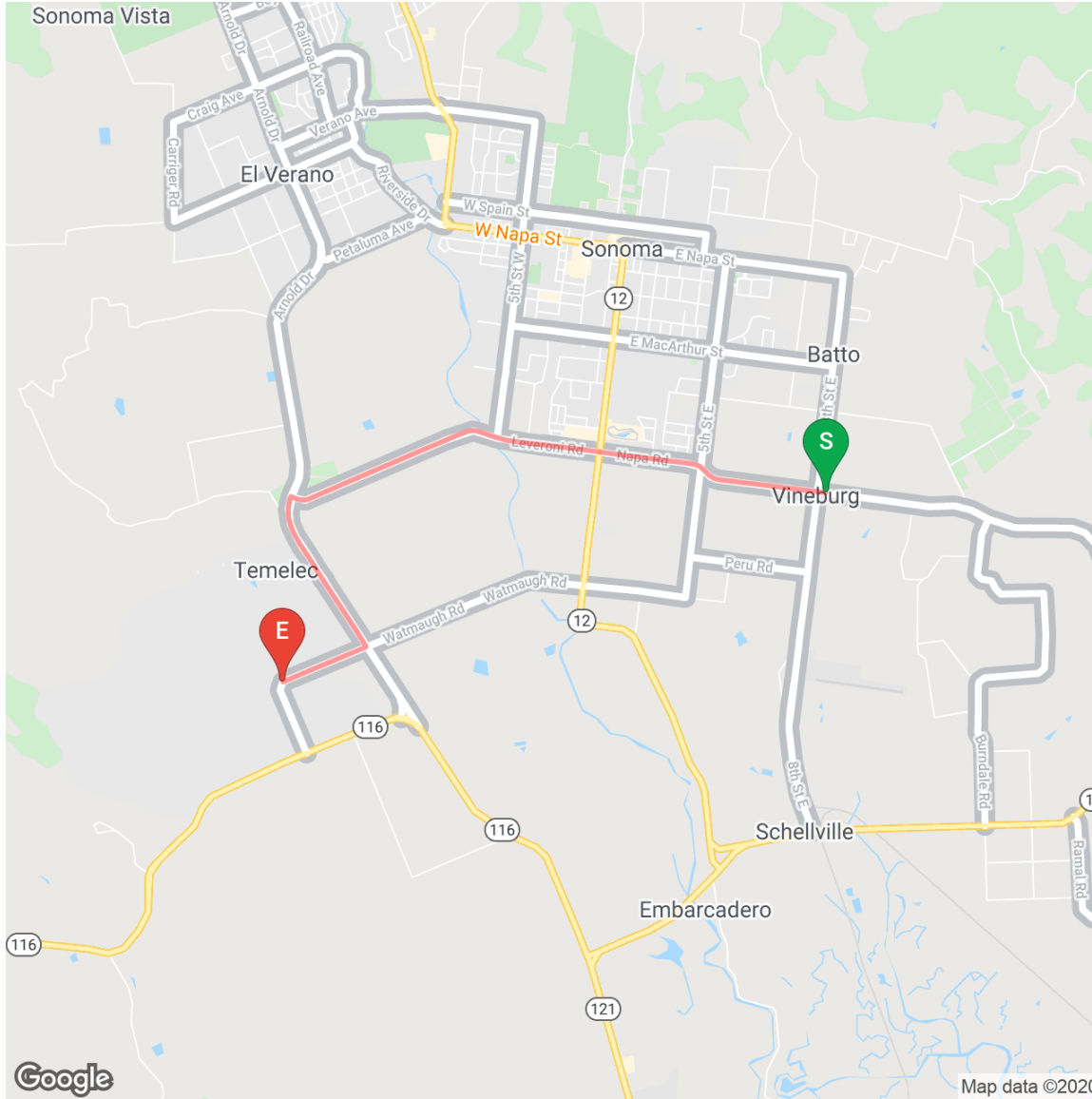


Runner/Walker 9

Vineburg Deli & Grocery
 997 Napa Rd., Vineburg, CA.
 L - 3.0 Arnold Dr.
 R - 3.9 Watmaugh Rd.
 Exchange 9.
 Field of Greens
 1777 W. Watmaugh Rd., Sonoma, CA.

Van

R on Bear Flag Rd. to park.





Leg 10: 6.0 miles, Hard

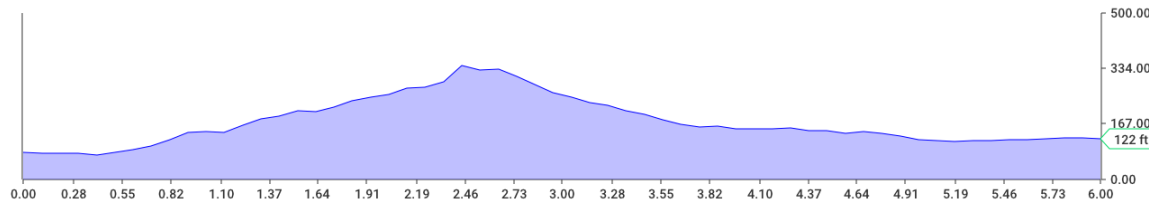
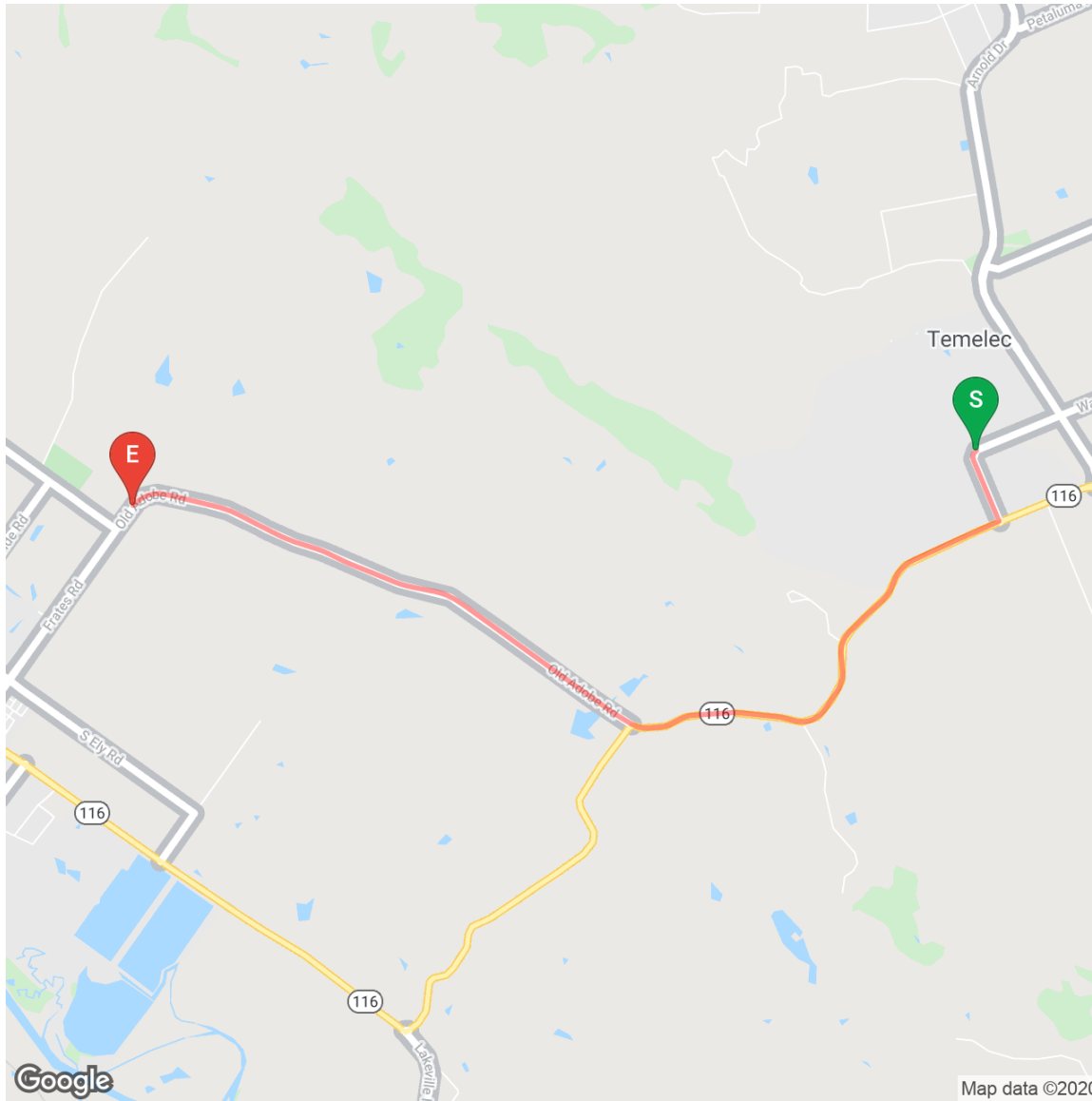


Runner/Walker 10

Field of Greens
1777 W. Watmaugh Rd., Sonoma, CA
R - 0.4 Hwy. 116 (Stage Gulch Rd.)
S - 3.0 Old Adobe Rd.
Exchange 10.
Green String Farm
3571 Old Adobe Rd., Petaluma, CA.

Van

Do not slow/stop on Hwy. 116.





Leg 11: 9.0 miles, Very Hard



Runner/Walker 11

Green String Farm
3571 Old Adobe Rd., Petaluma, CA.

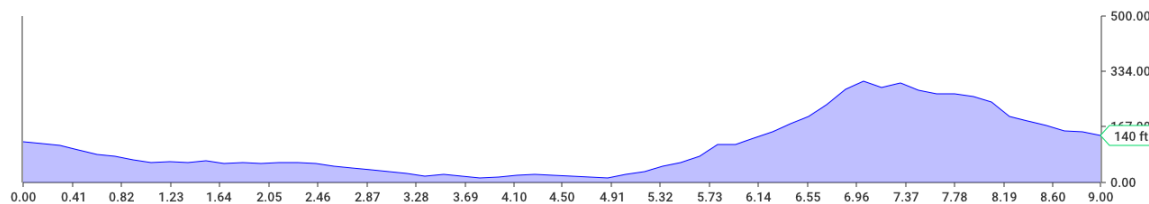
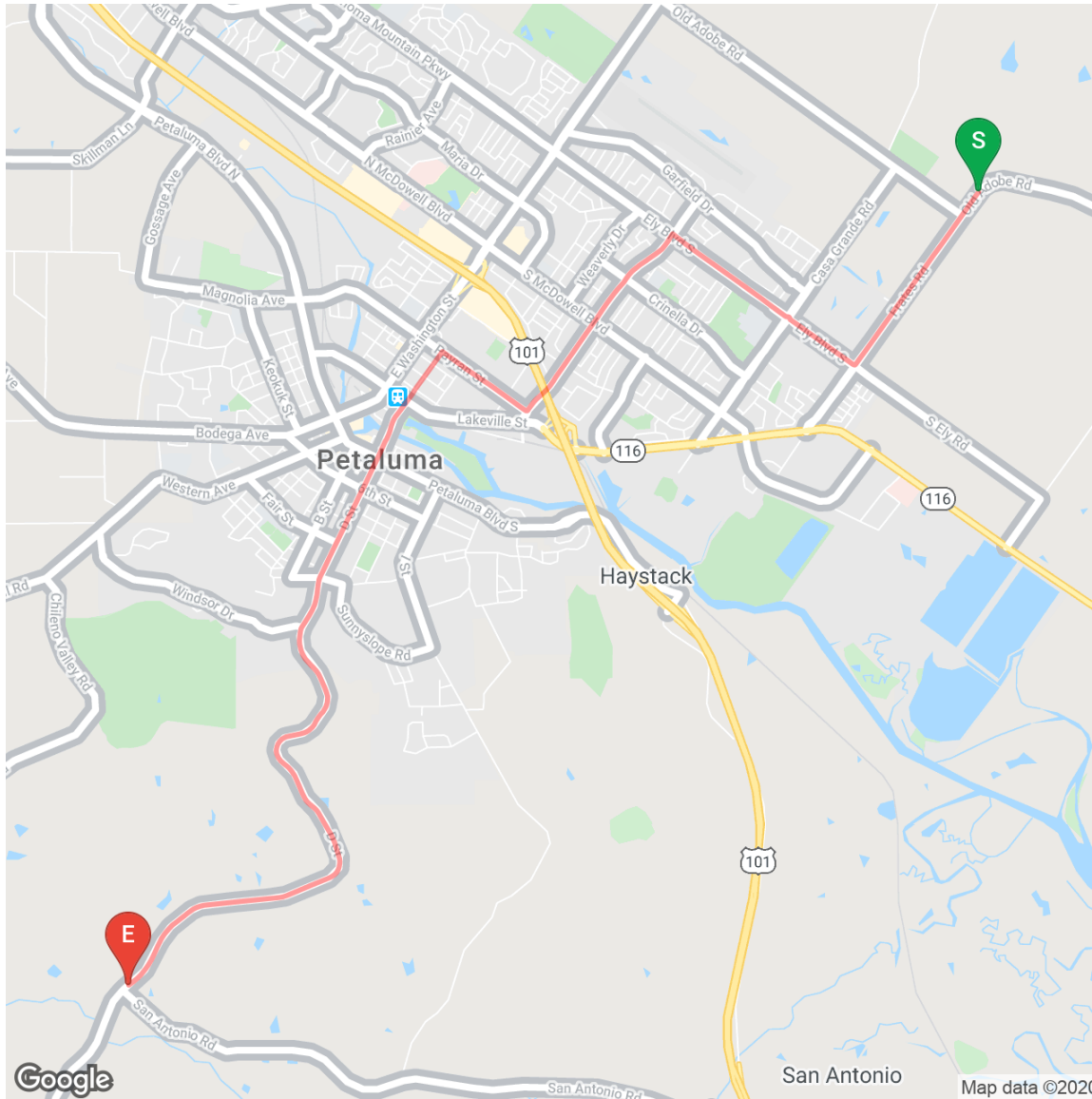
- S - 0.2 flashing red light to Frates Rd.
- R - 1.2 Ely Blvd.
- L - 2.4 Caulfield Ln.
- R - 3.6 Payran St.
- L - 4.2 D Street East

Exchange 11.

Lavio Ranch/Rowley Dairy
4990 D Street East, Petaluma, CA..

Van

Park on dirt/grass near white fence.





Leg 12: 4.8 miles, Hard



Runner/Walker 12

Lavio Ranch/Rowley Dairy
4990 D Street East, Petaluma, CA.

No turns.

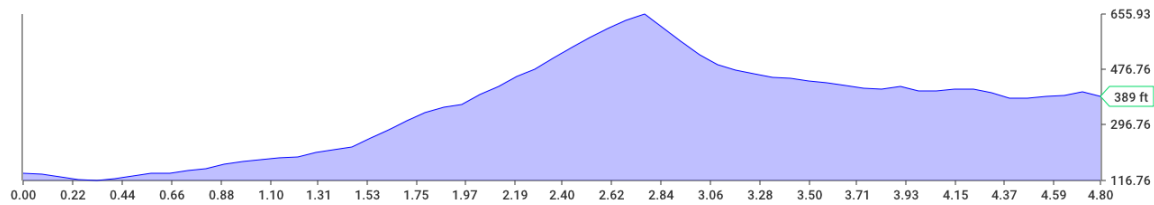
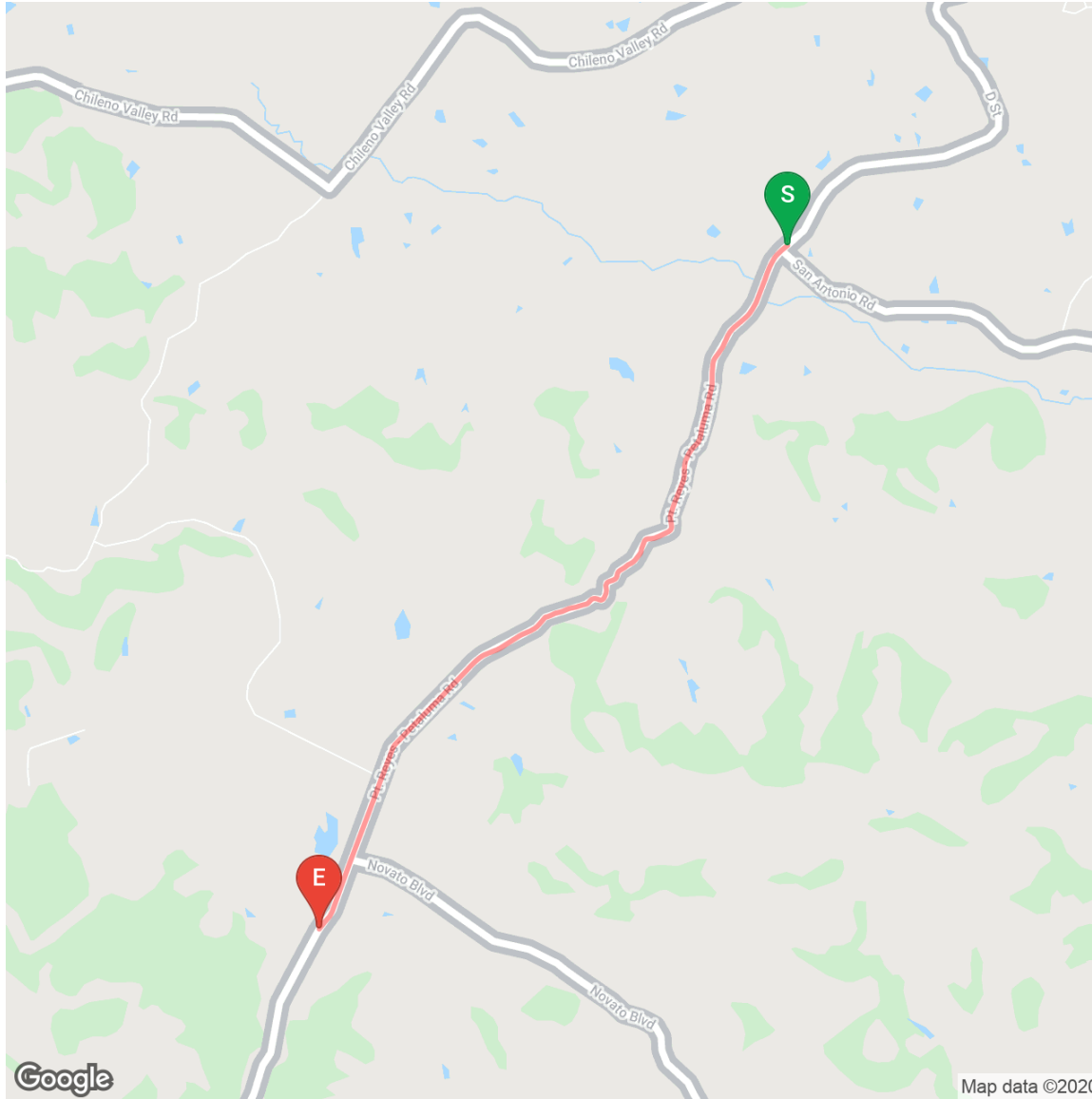
Exchange 12, Walk Start, Van Exchange .

Marin French Cheese Co.

7510 Pt. Reyes Petaluma Rd., Navato, CA.

Van

Park behind visitor center.





Leg 13: 6 miles, Moderate

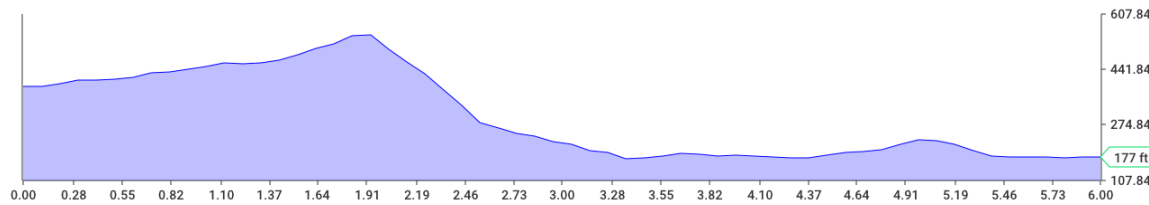
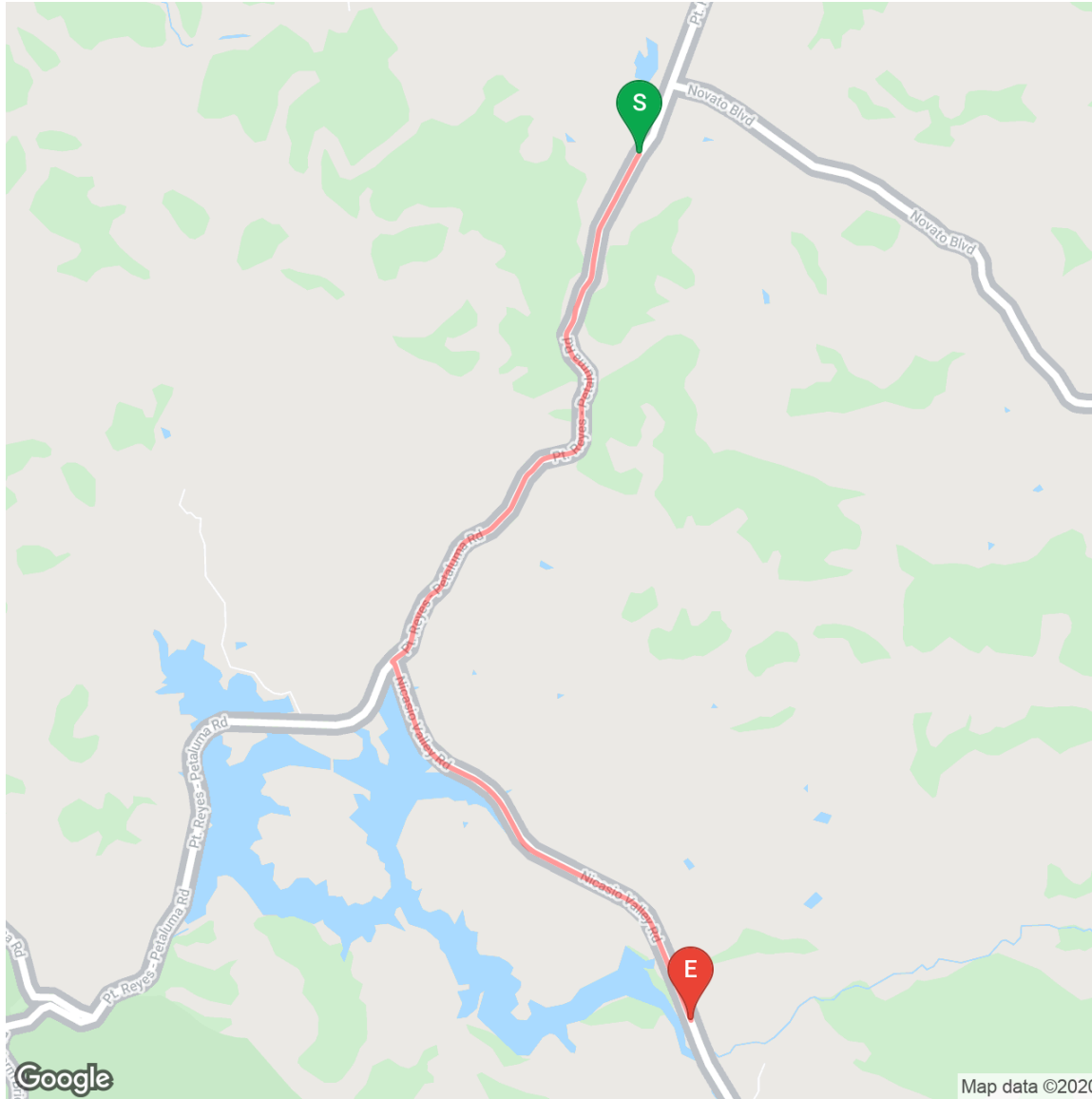


Runner/Walker 1

Marin French Cheese Co.
 7510 Pt. Reyes Petaluma Rd., Navato, CA
 L - 3.3 Nicasio Valley Rd.
 Exchange 13.
 Nicasio Elementary School
 5555 Nicasio Valley Rd., Nicasio, CA..

Van

Park on school lot.





Leg 14: 5 miles, Hard



Runner/Walker 2

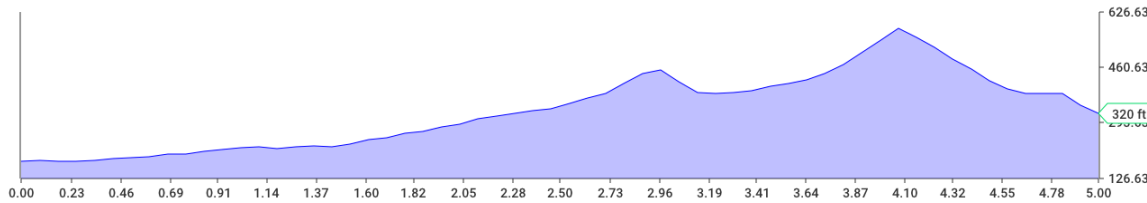
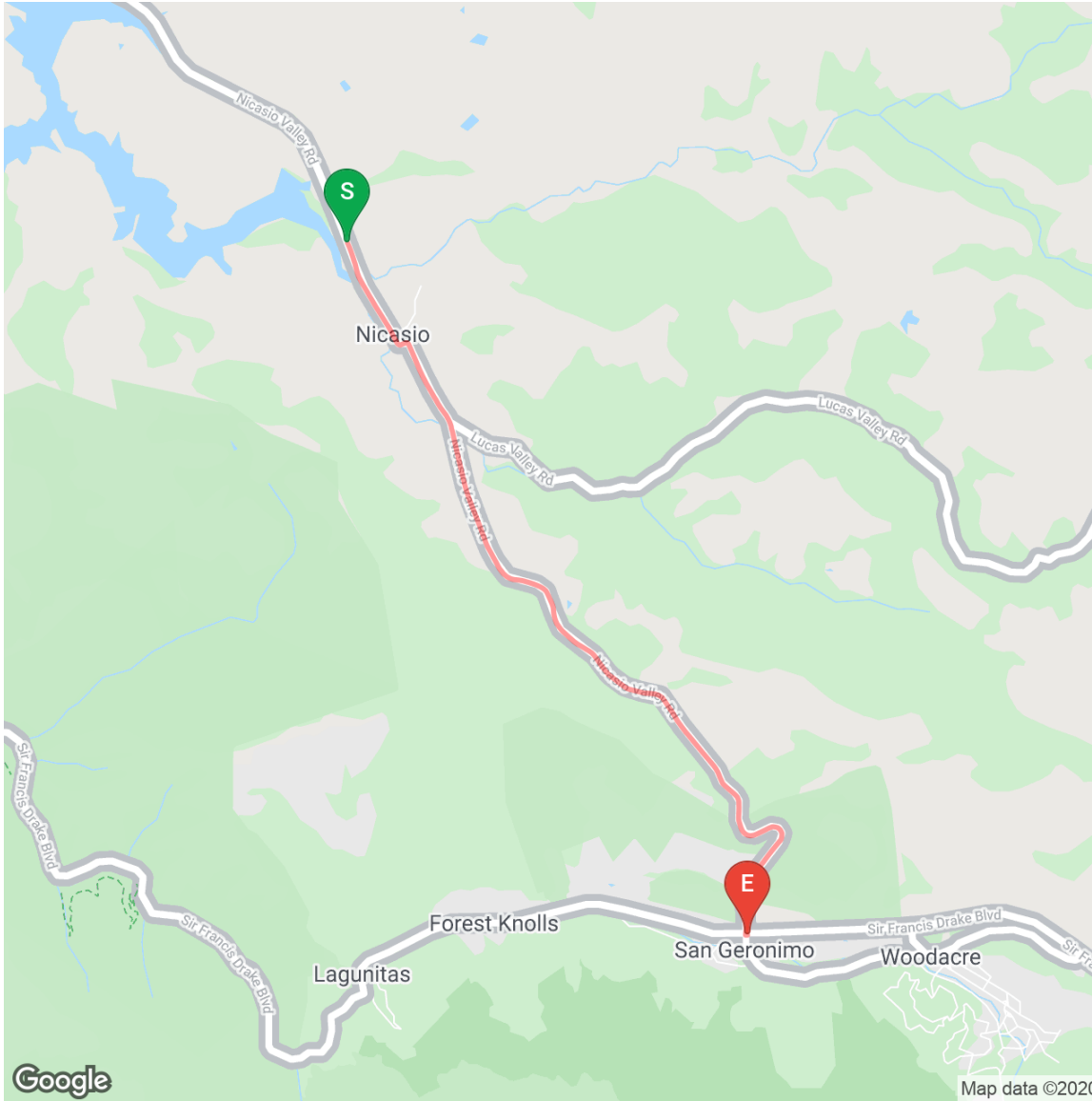
Nicasio Elementary School
5555 Nicasio Valley Rd., Nicasio, CA.
L - 4.9 Sir Francis Drake Blvd.

Exchange 14.

San Geronimo Valley Presbyterian Church
6001 Sir Francis Drake, San Geronimo, CA..

Van

Park behind church.





Leg 15: 6.5 miles, Hard



Runner/Walker 3

San Geronimo Valley Presbyterian Church
6001 Sir Francis Drake, San Geronimo, CA.

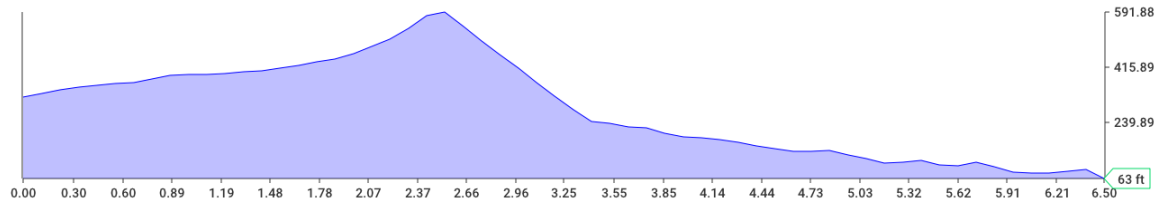
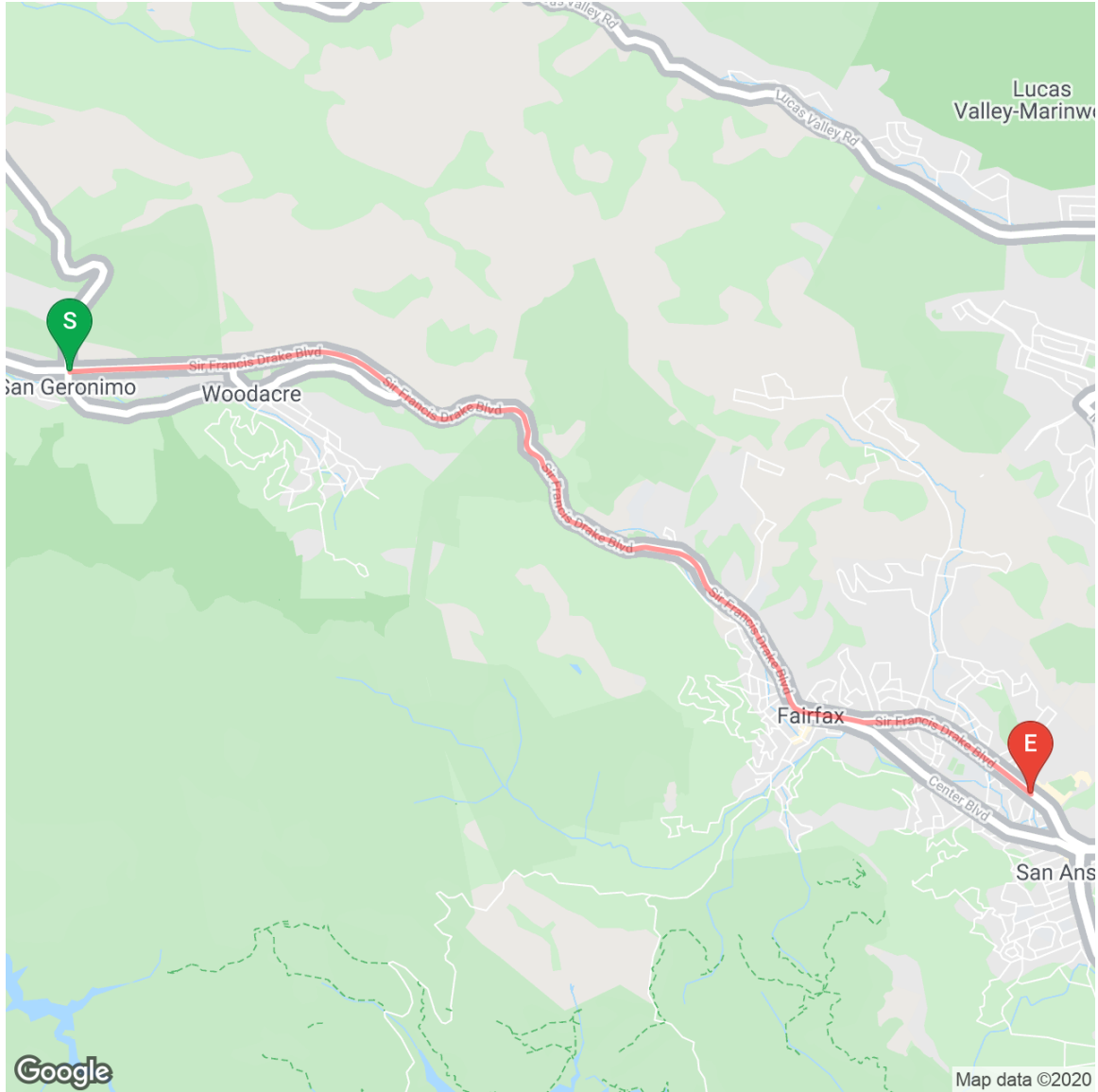
No turns.

Exchange 15.

Red Hill Center/Elizabeth Medical Clinic
915 Sir Francis Drake, San Anselmo, CA..

Van

R to park behind church.





Leg 16: 5.3 miles, Easy



Runner/Walker 4

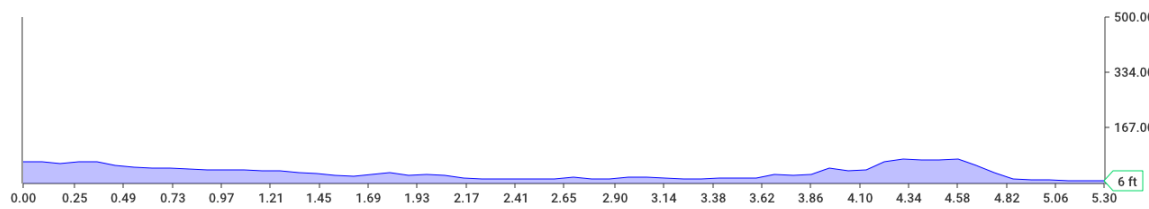
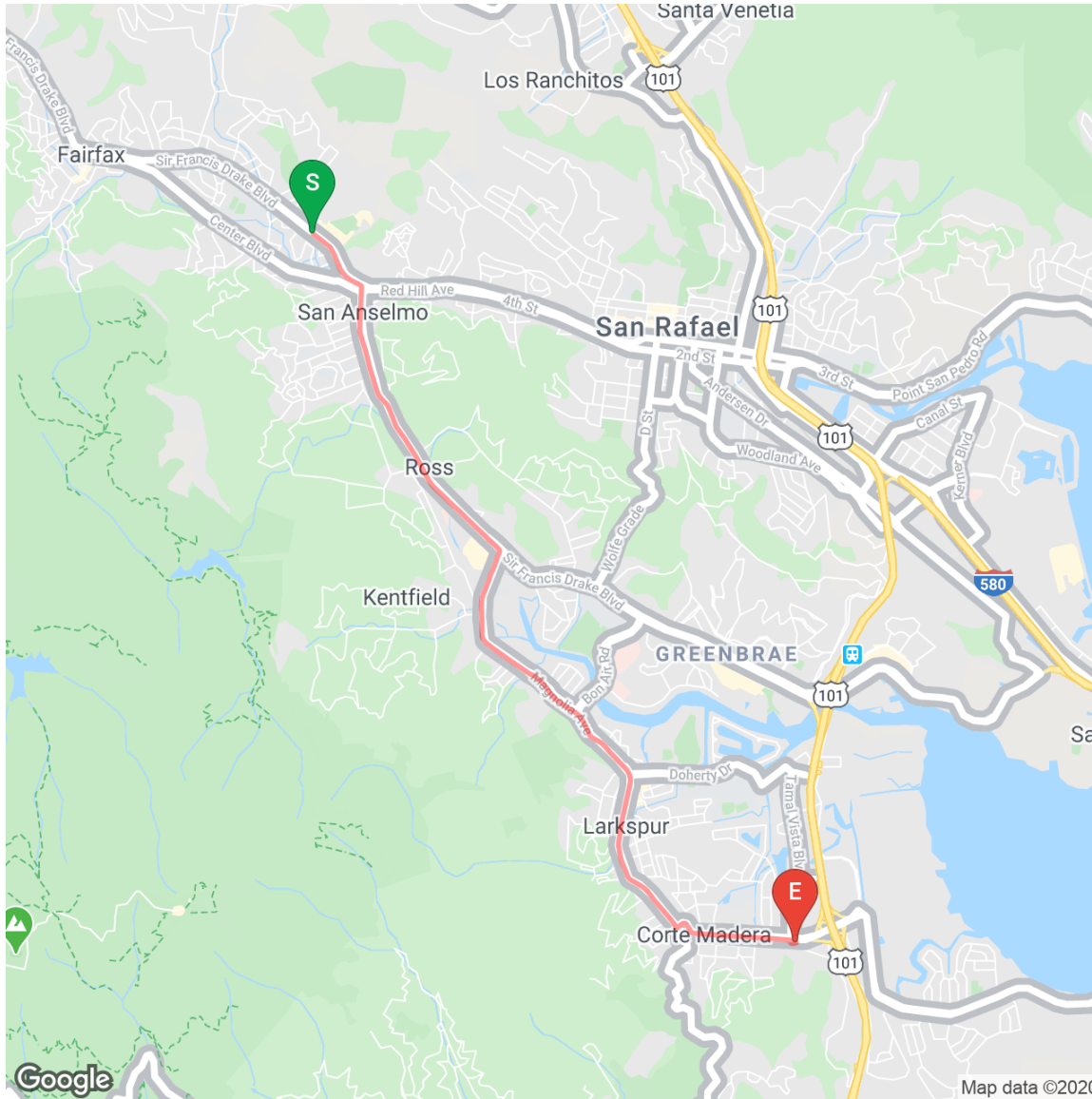
Red Hill Center/Elizabeth Medical Clinic
 915 Sir Francis Drake, San Anselmo, CA.
 Veer R - 0.3 Sir Francis Drake Blvd.
 R - 2.0 College Ave. to Magnolia to Corte Madera.
 L - 4.5 Redwood Ave.
 Veer R - 4.6 Tamalpais Dr.
 R - 5.3 Sanford St.
 L - 5.32 Casa Buena Dr.

Exchange 16.

Union Bank/Peet's Coffee & Tea
 71 Casa Buena Dr, Corte Madera, CA..

Van

R on Sais Ave. to exit church parking.
 R on Sir Francis Drake Blvd.
 Park in lot or beyond exchange on Casa Buena.





Leg 17: 4.9 miles, Easy



Runner/Walker 5

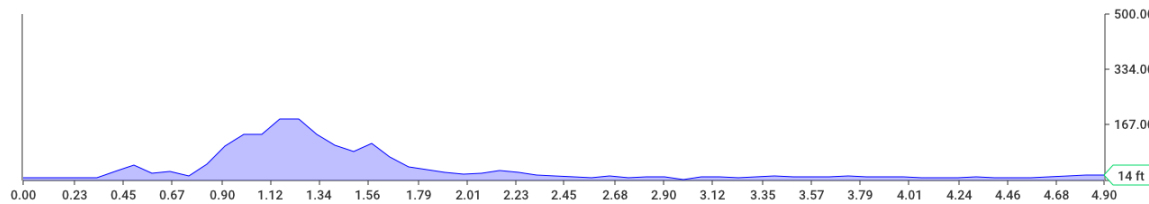
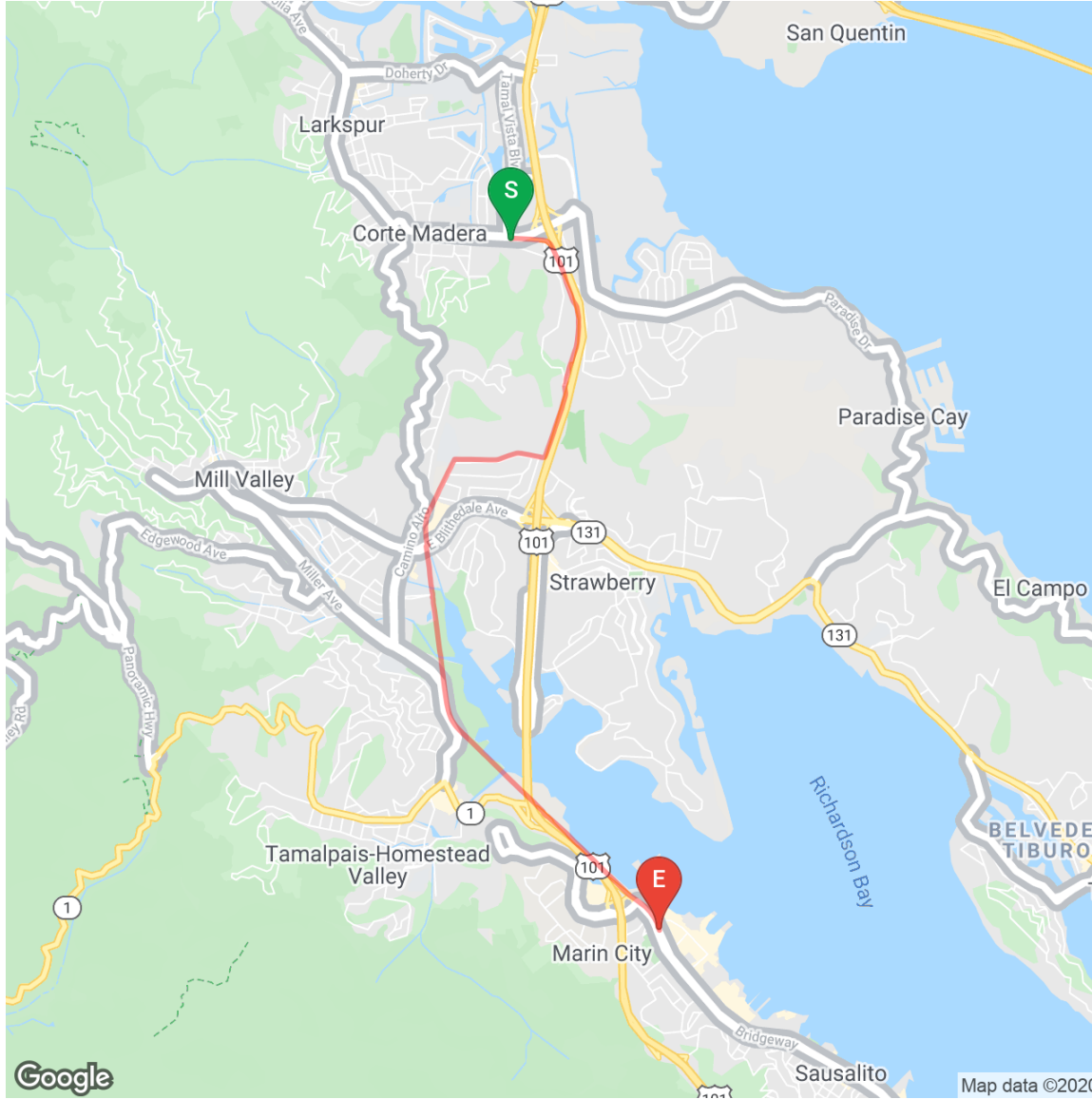
Union Bank/Peet's Coffee & Tea
71 Casa Buena Dr, Corte Madera, CA.

- S - 1.1 bike path.
- R - 1.5 Lomita Dr.
- L - 2.0 still Lomita Dr.
- S - 2.8 cross Blithedale Ave. to bike path.

Exchange 17.
3030 Bridgeway Blvd., Sausalito, CA..

Van

- L at 0.9 on Hwy. 101 S 3 miles.
- Exit Marin City/Sausalito.
- L on Donahue (under Hwy 101).
- R on Bridgeway.
- L on Gate 5 Rd.





Leg 18: 5.8 miles, Hard



Runner/Walker 6

3030 Bridgeway Blvd., Sausalito, CA.

Run/walk on L to Golden Gate Bridge (GGB).

L - 2.2 Second St.

L - 2.4 South St. to Alexander Ave.

Veer L - 3.8 before tunnel to GGB E walkway.

L - 5.6 GGB Roundhouse Cafe and down ramp.

R - 5.7 GGB Cafe through tunnel (under Hwy. 101).

R - 5.8 Merchant Rd.

Exchange 18, Van Exchange.

Merchant Rd. at Cranston Rd.

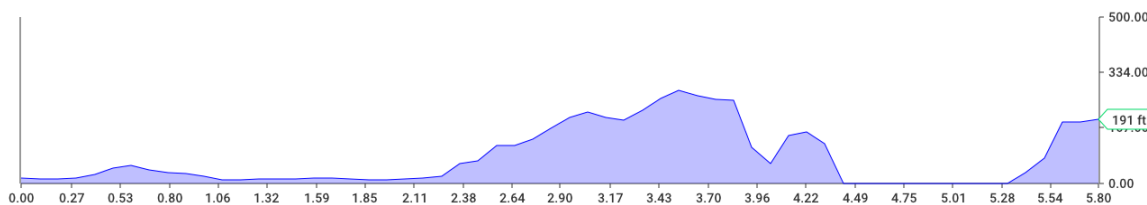
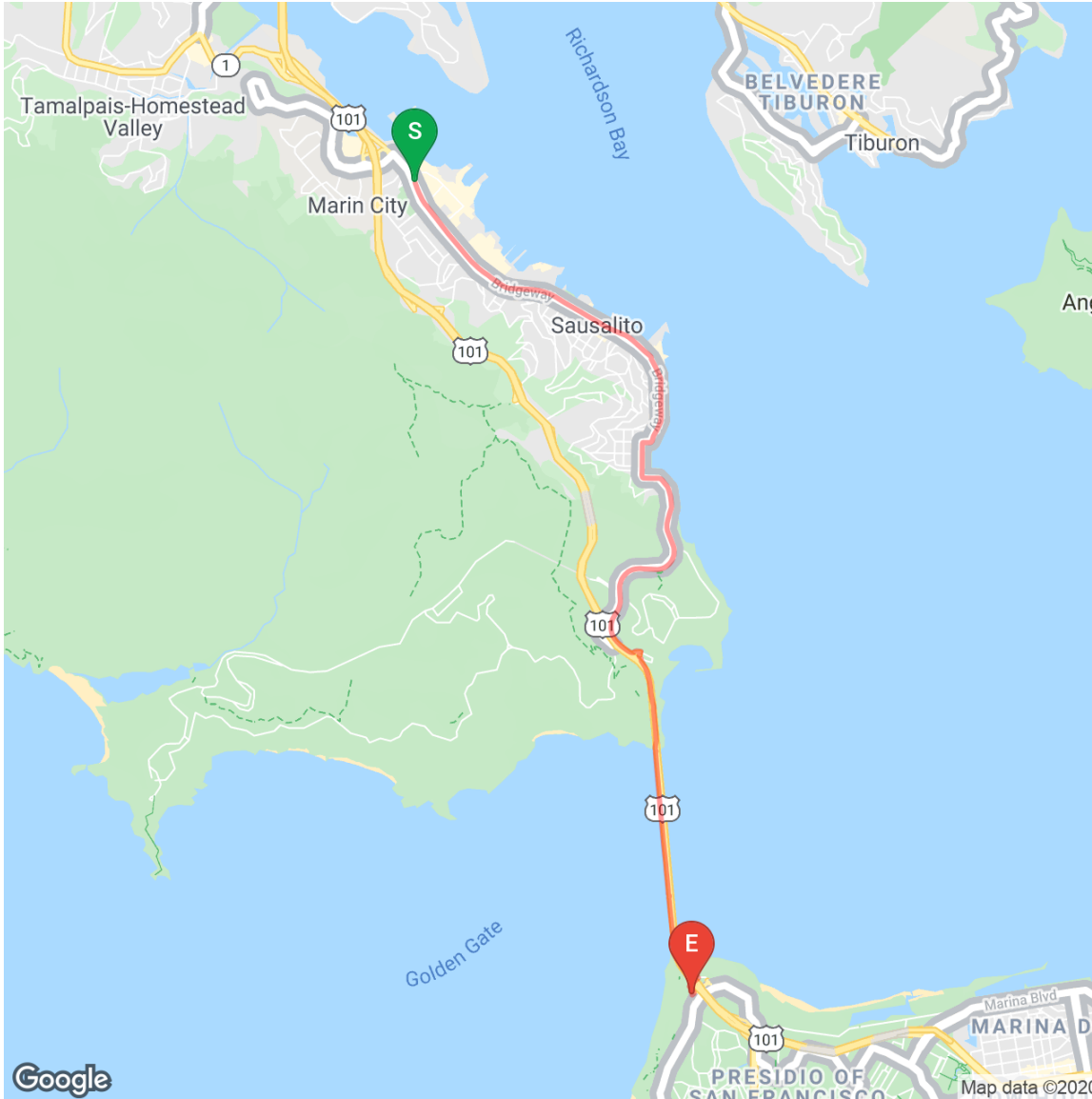
Golden Gate Bridge, San Francisco, CA..

Van

S at 3.8 through tunnel to Hwy. 101 S.

Cross GGB to R toll lane.

R on Merchant Rd.





Leg 19: 7 miles, Hard



Runner/Walker 7

Merchant Rd. at Cranston Rd.

Golden Gate Bridge, San Francisco, CA.

R - 0.2 Lincoln Ave. to El Camino del Mar

L - 2.4 Legion of Honor Dr. (Palace of Legion of Honor).

R - 2.8 Clement St. to Seal Rock at 45th Ave.

L - 3.6 El Camino del Mar.

R - 3.65 Point Lobos Ave. to Great Hwy.

Exchange 19.

Great Hwy. at Sloat Blvd., San Francisco, CA..

Van

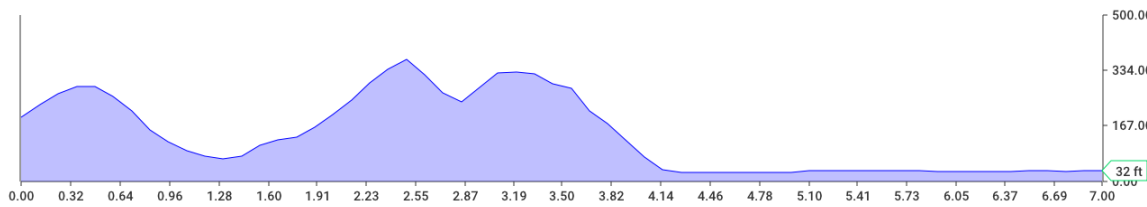
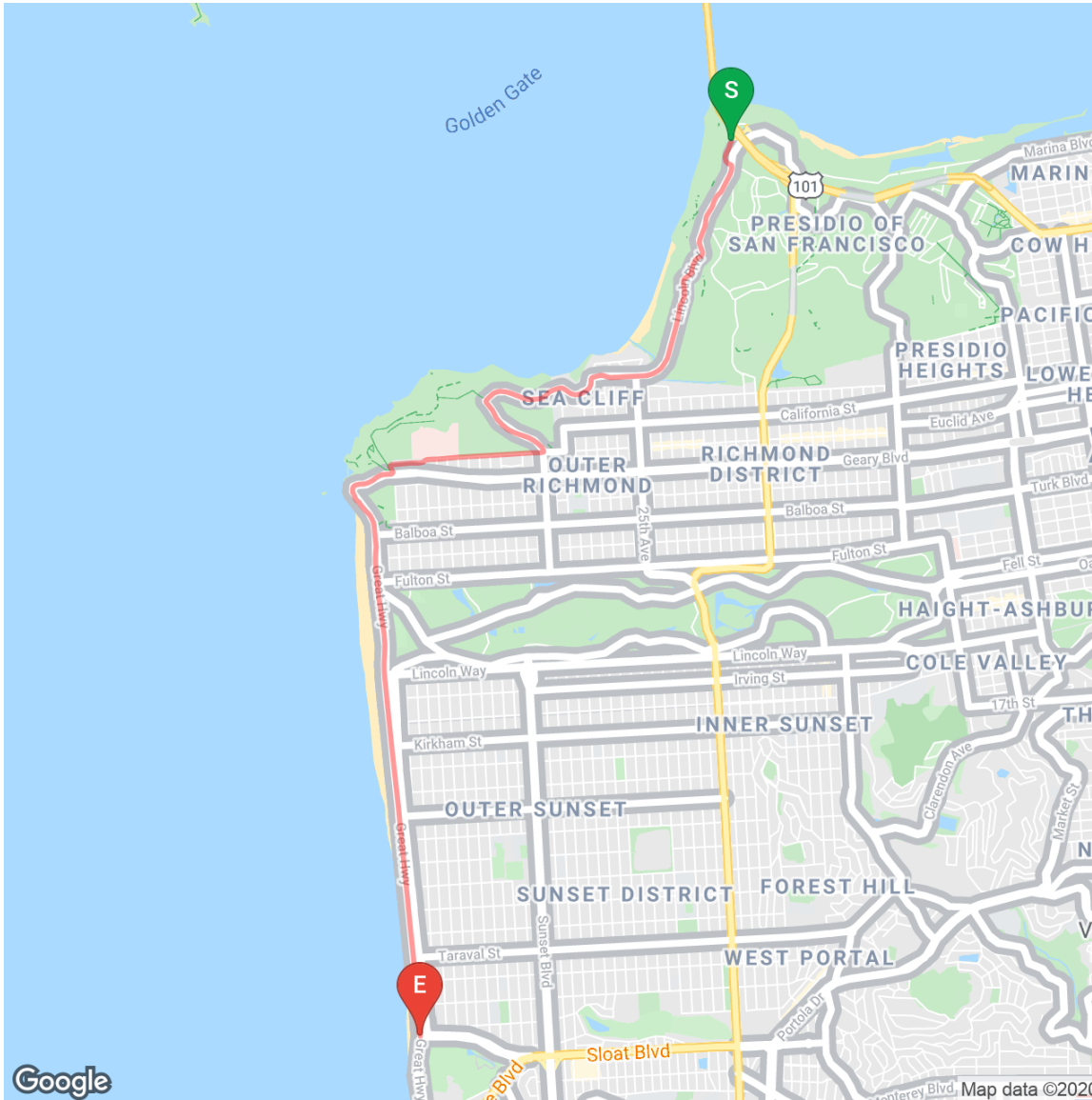
L on Merchant to Hwy. 101 S.

Veer R on Veterans Blvd. to Park Presidio.

R on Fulton.

L on Great Highway.

L on Sloat Blvd. to park.





Leg 20: 5.9 miles, Hard



Runner/Walker 8

Great Hwy. at Sloat Blvd., San Francisco, CA.

R - 0.8 Hwy. 35 (Skyline Blvd.).

R - 3.8 Westmoor Ave.

L - 3.85 Skyline Dr.

L - 5.1 Gateway Dr.

L - 5.9 Hickey Blvd.

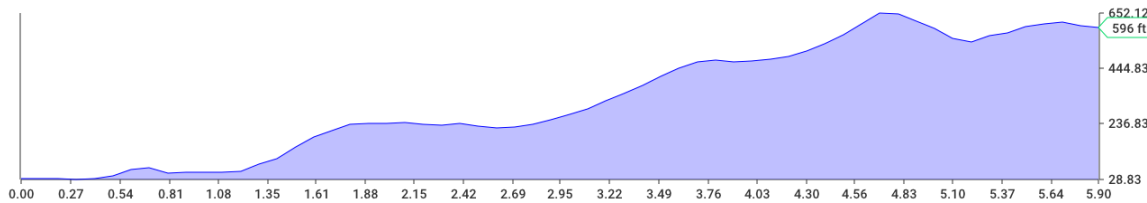
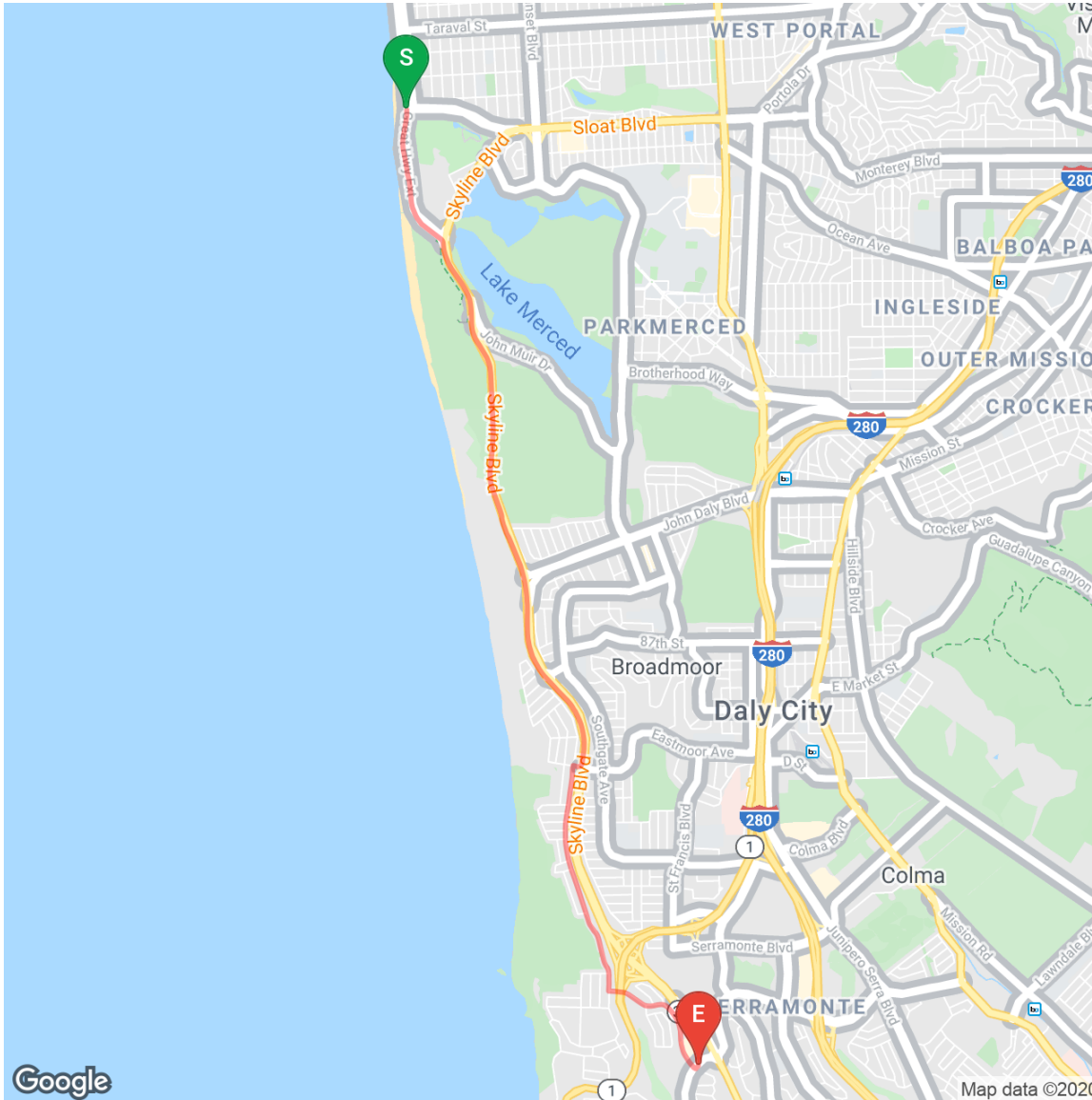
Exchange 20.

Hickey Shell/Fairmont Center

679 Hickey Blvd, Pacifica, CA..

Van

Park in Fairmont Shopping Center.





Leg 21: 6.5 miles, Moderate



Runner/Walker 9

Hickey Shell/Fairmont Center
679 Hickey Blvd, Pacifica, CA.

R - 0.1 Hwy. 35 (Skyline Blvd.)

Veer R - 4.2 San Andreas bike path.

L - 5.8 Larkspur Dr.

R - 5.85 Skyline Blvd.

Exchange 21.

Skyline Chevron

400 Skyline Blvd., Millbrae, CA..

Van

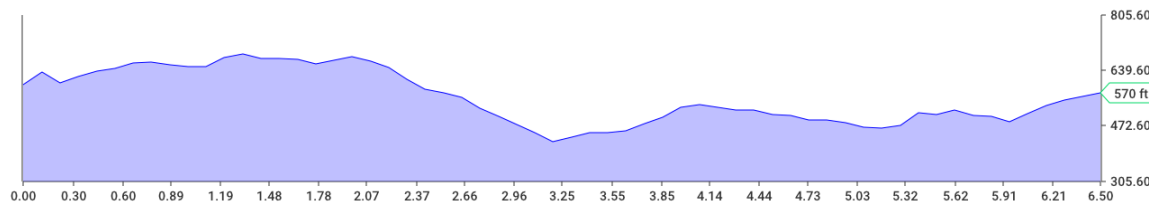
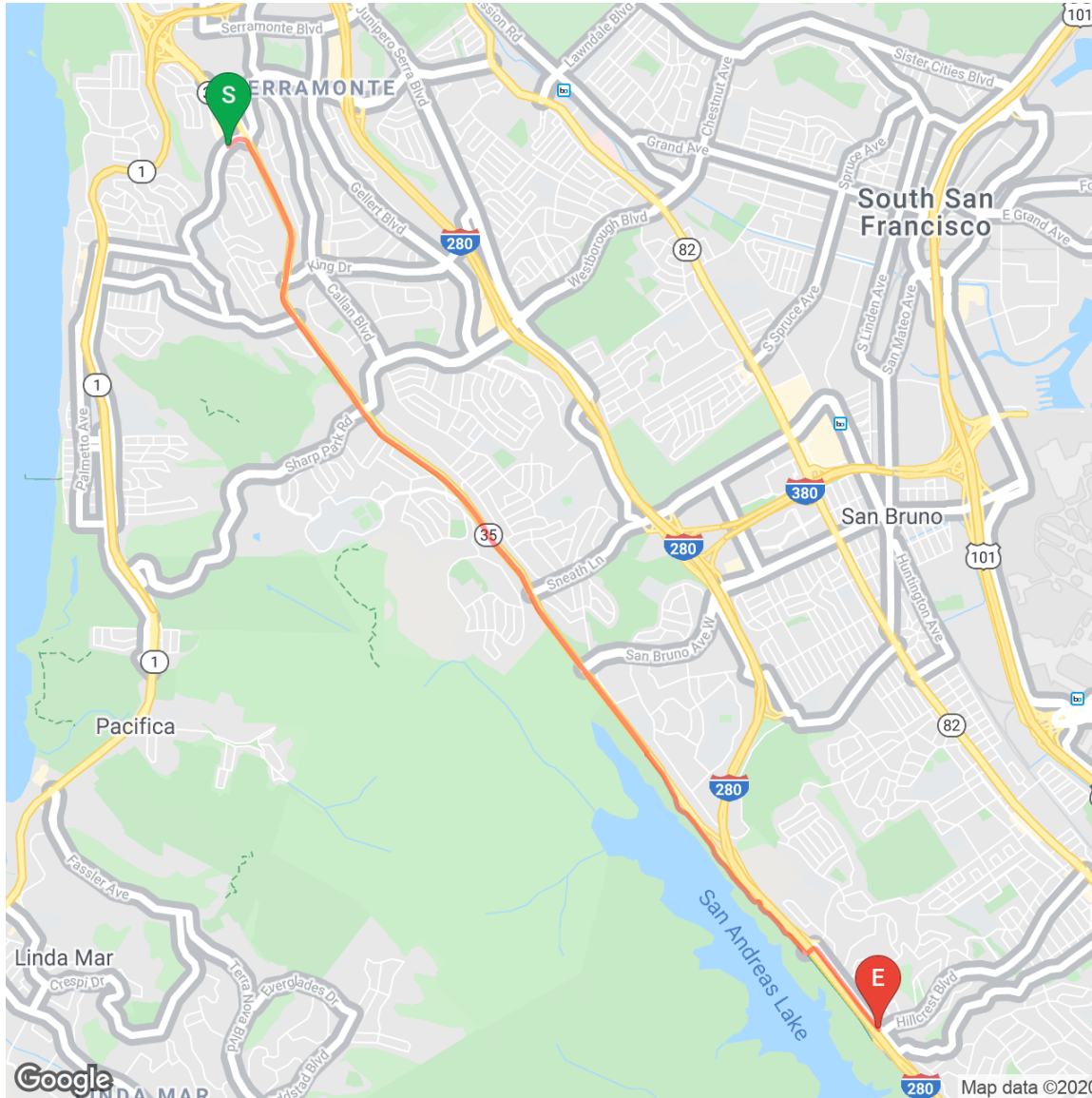
S at 4.2 to Hwy. 280 S 1 mile

Exit Larkspur/Millbrae.

L on Larkspur Dr.

R on Skyline Blvd.

R on Hillcrest Blvd. to park.





Leg 22: 4.2 miles, Easy



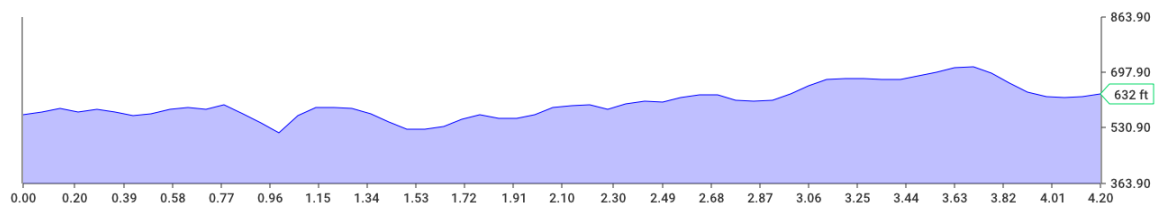
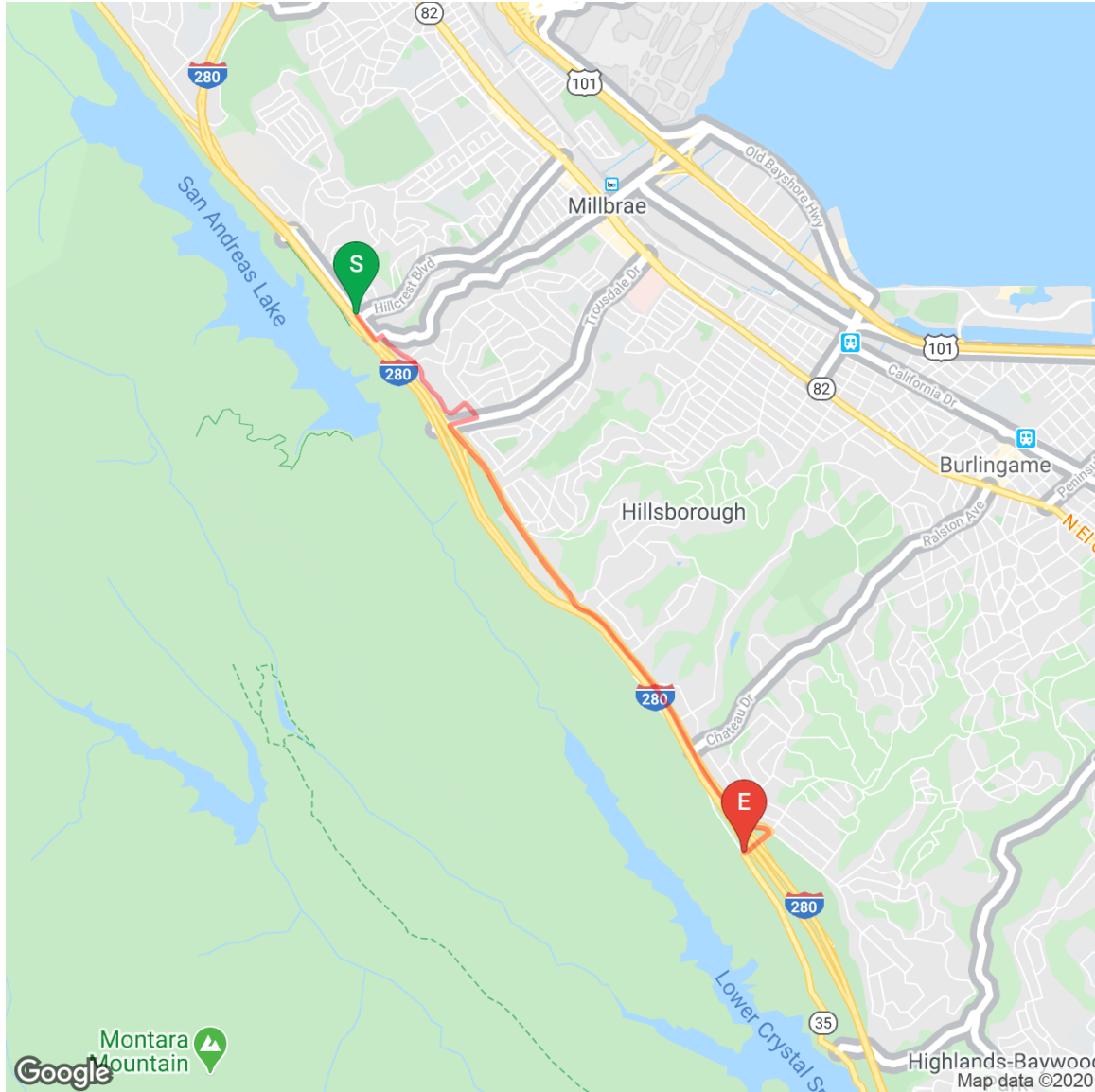
Runner/Walker 10

Skyline Chevron
 400 Skyline Blvd., Millbrae, CA.
 L - 0.15 Millbrae Ave.
 R - 0.2 Vallejo Dr. to Frontera Way
 R - 0.9 Hunt Dr.
 R - 1.0 Trousdale Dr.
 L - 1.1 Skyline Blvd.
 R - 4.0 Golf Course Dr./Hayne Rd.

Exchange 22.
 Skyline Blvd. at Golf Course Dr.
 San Mateo County, CA..

Van

L from Hillcrest Blvd. to Hwy 280 S 3.5 miles.
 Exit Black Mountain Rd./Hayne Rd.
 R on Hayne Rd. to park.





Leg 23: 3.7 miles, Easy



Runner/Walker 11

Skyline Blvd. at Golf Course Dr.
San Mateo County, CA.

L - 2.9 Hwy. 92.

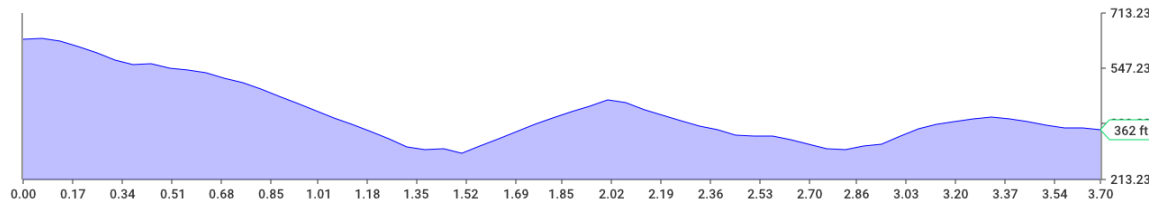
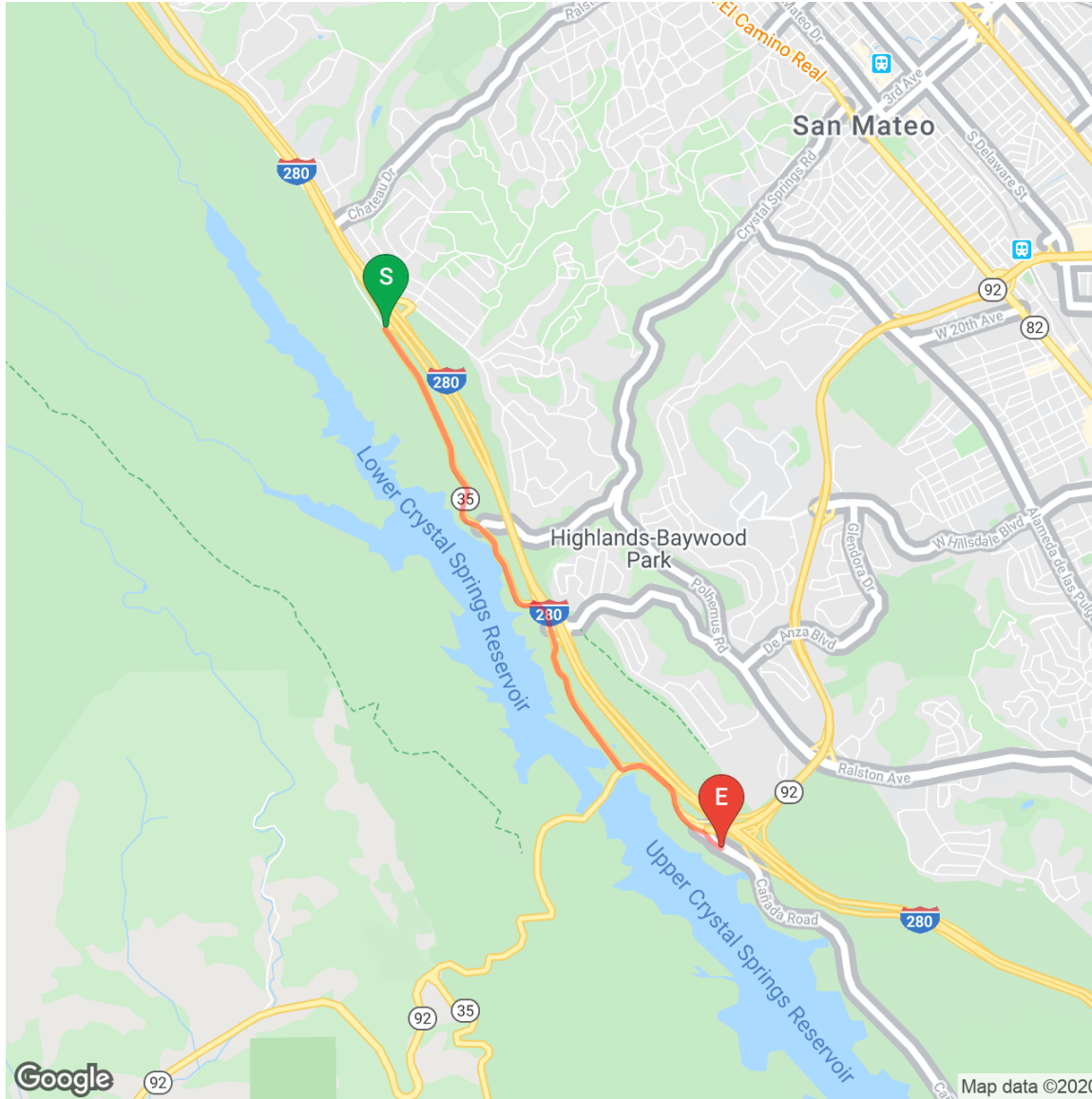
R - 3.6 Canada Rd.

Exchange 23.

Canada Rd at Highway 92
San Mateo County, CA..

Van

Park on shoulder beyond exchange.





Leg 24: 5.9 miles, Moderate



Runner/Walker 12

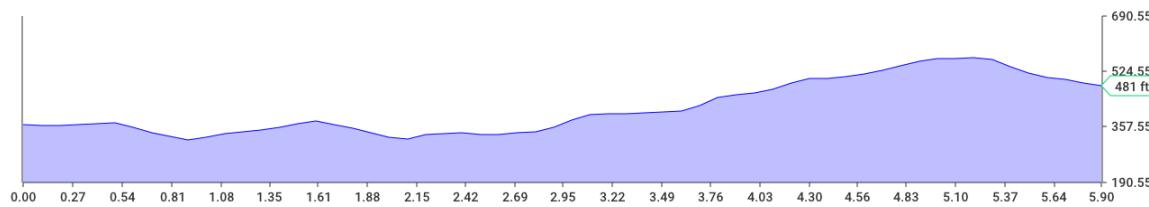
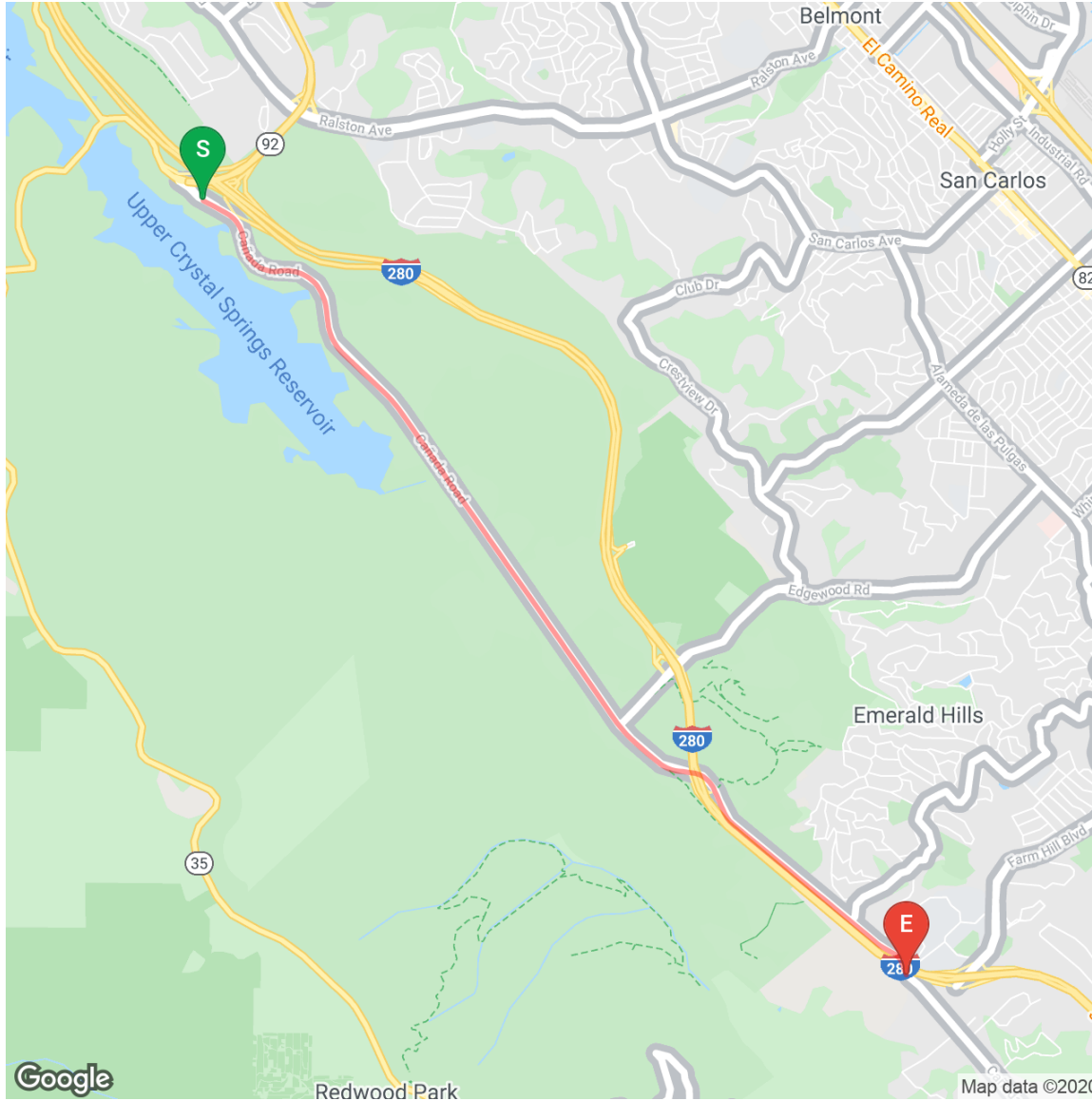
Canada Rd at Highway 92
San Mateo County, CA.

No turns.

Exchange 24, Van Exchange.
Canada Rd. at Runnymede Rd.
San Mateo County, CA.

Van

R on Runnymede Rd.
Park beyond turn out.
No parking on Canada Rd.





Leg 25: 5.5 miles, Easy

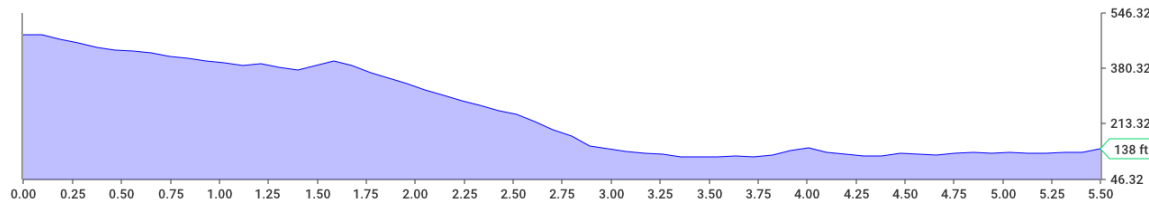
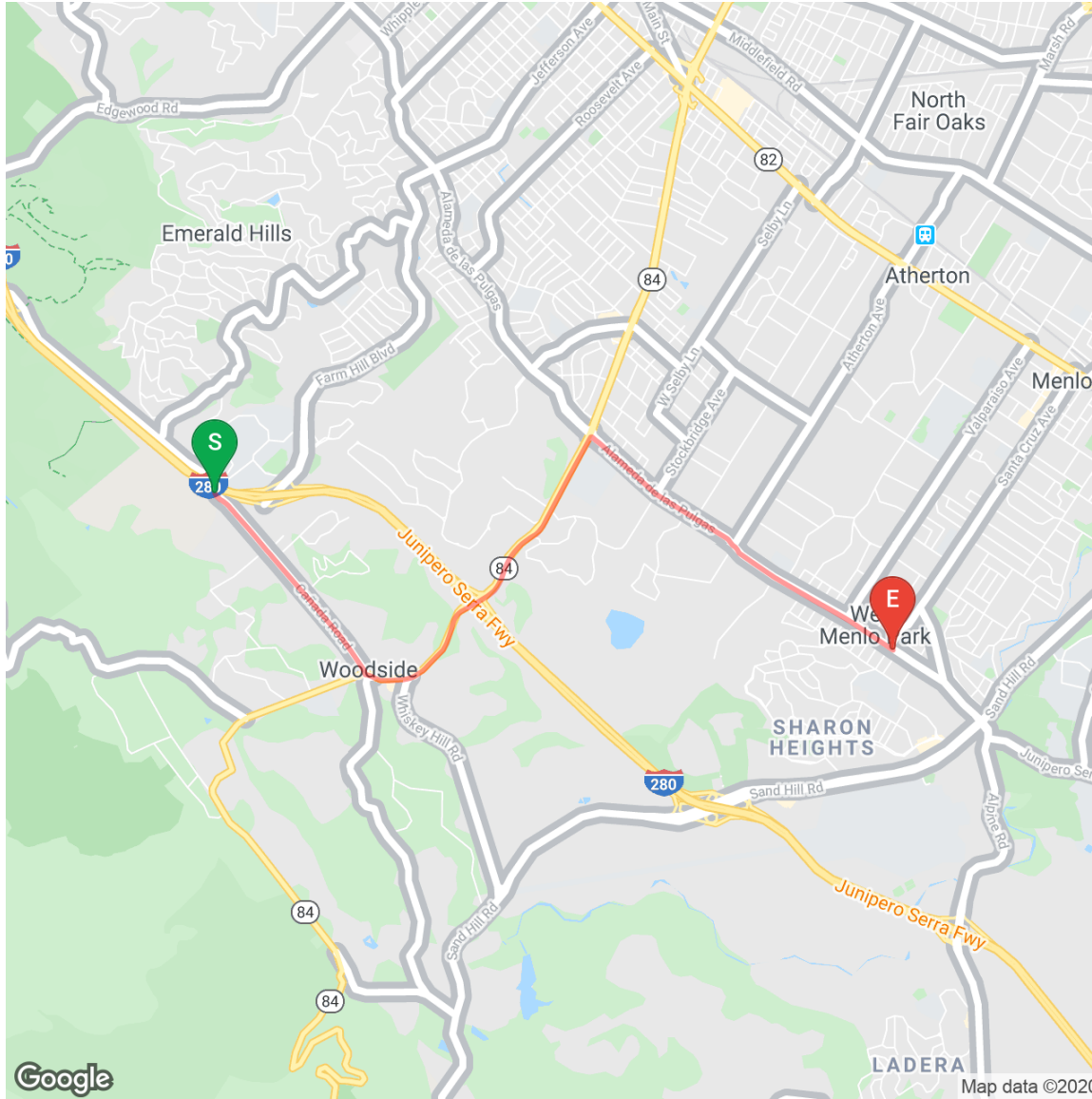


Runner/Walker 1

Canada Rd. at Runnymede Rd.
 San Mateo County, CA
 L - 1.4 Woodside Rd.
 R - 3.4 Alameda De Las Pulgas.
 Exchange 25.
 Chevron/Dutch Goose
 3600 Alameda, Menlo Park, CA..

Van

R on Avy Ave. to park behind Starbucks.





Leg 26: 4.2 miles, Easy



Runner/Walker 2

Chevron/Dutch Goose
3600 Alameda, Menlo Park, CA.

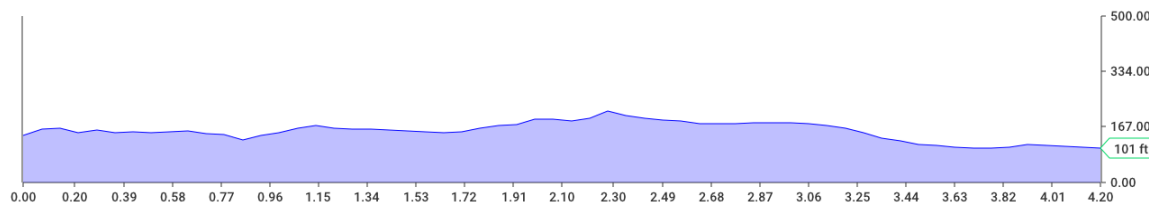
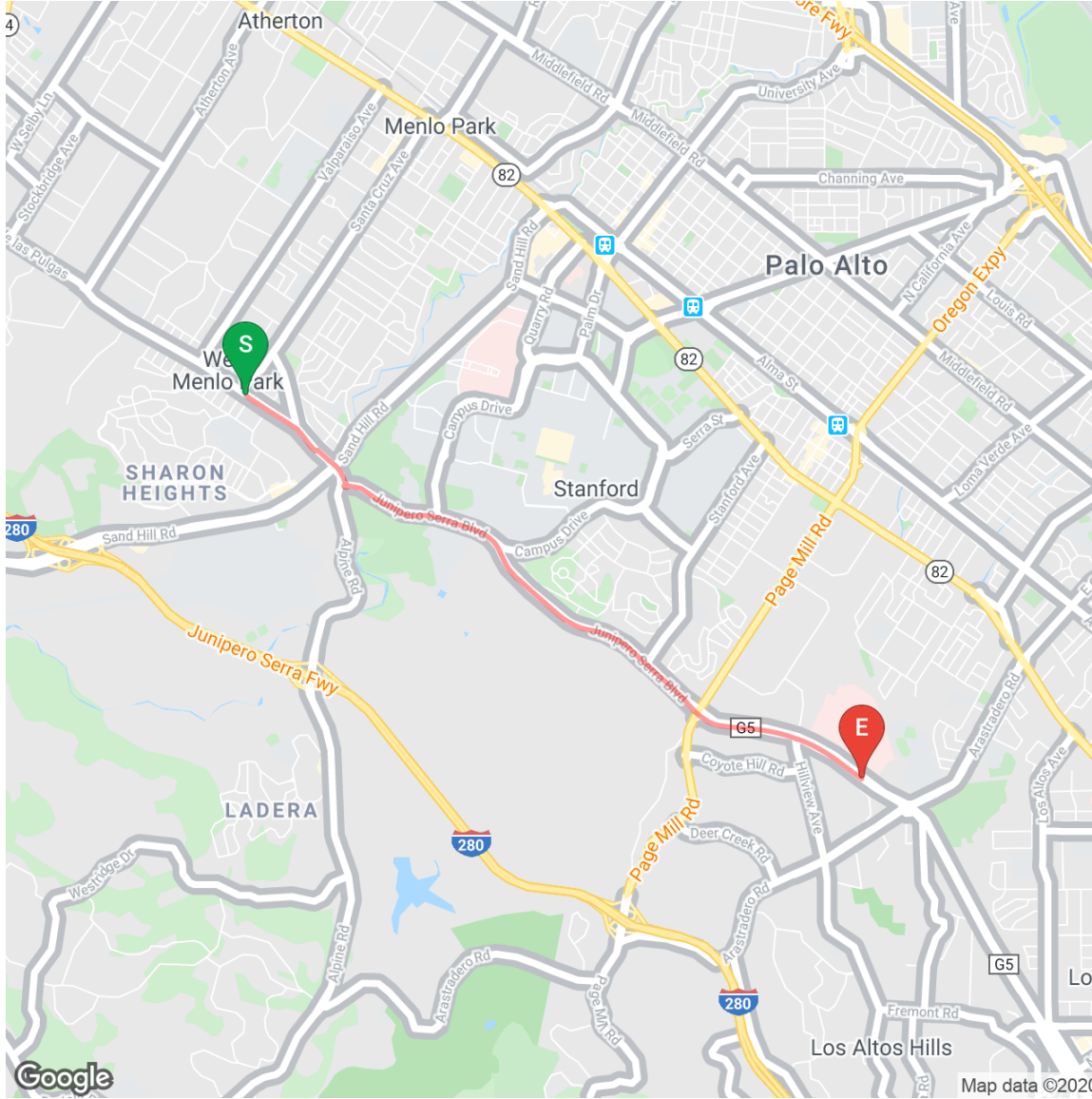
0.6 cross to L of Santa Cruz Ave. in crosswalk.
0.7 cross Sand Hill to bike path under road, circle R.
R - 0.8 Junipero Serra Blvd.

Exchange 26.

Foothill Expwy. 0.2 miles S of Hillview.
Palo Alto, CA..

Van

L on Junipero Serra.





Leg 27: 5.6 miles, Easy



Runner/Walker 3

Foothill Expwy. 0.2 miles S of Hillview.
Palo Alto, CA.

No turns.

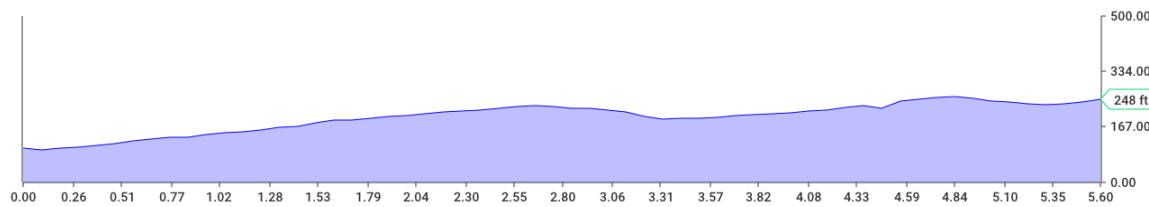
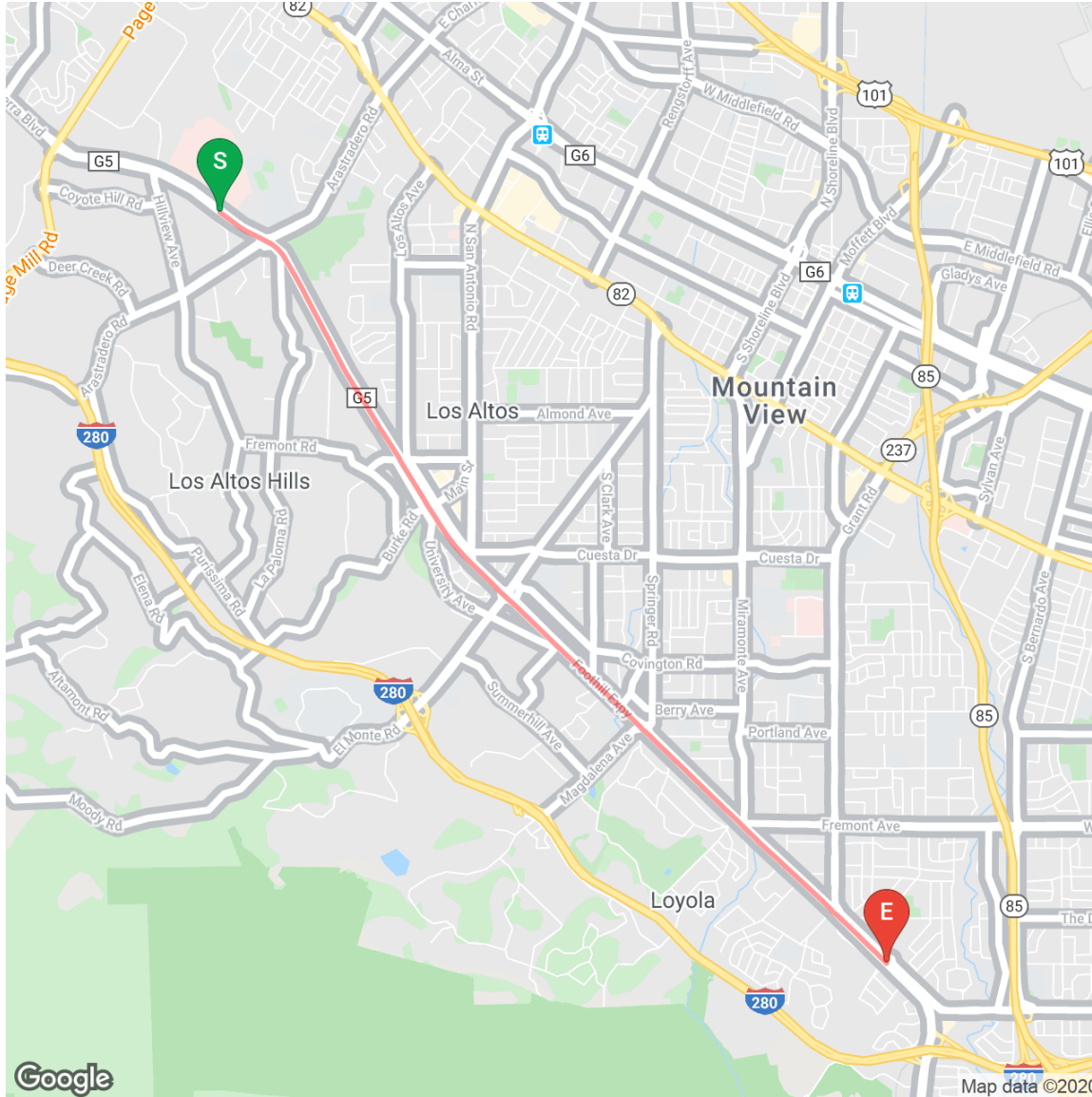
Exchange 27.

Lucky

2175 Grant Rd. Los Altos, CA.

Van

L at stoplight into Lucky's.
Park along R (south) edge of lot.





Leg 28: 3.6 miles, Easy

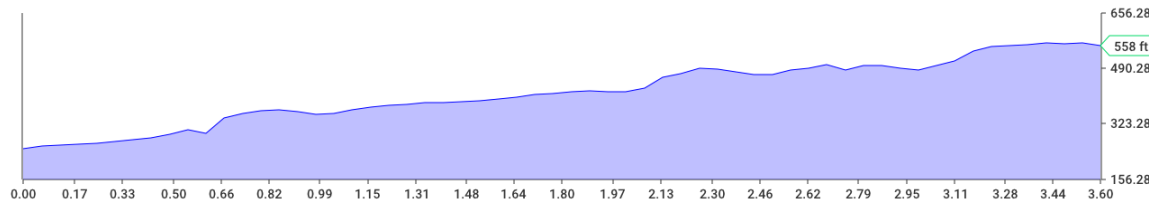
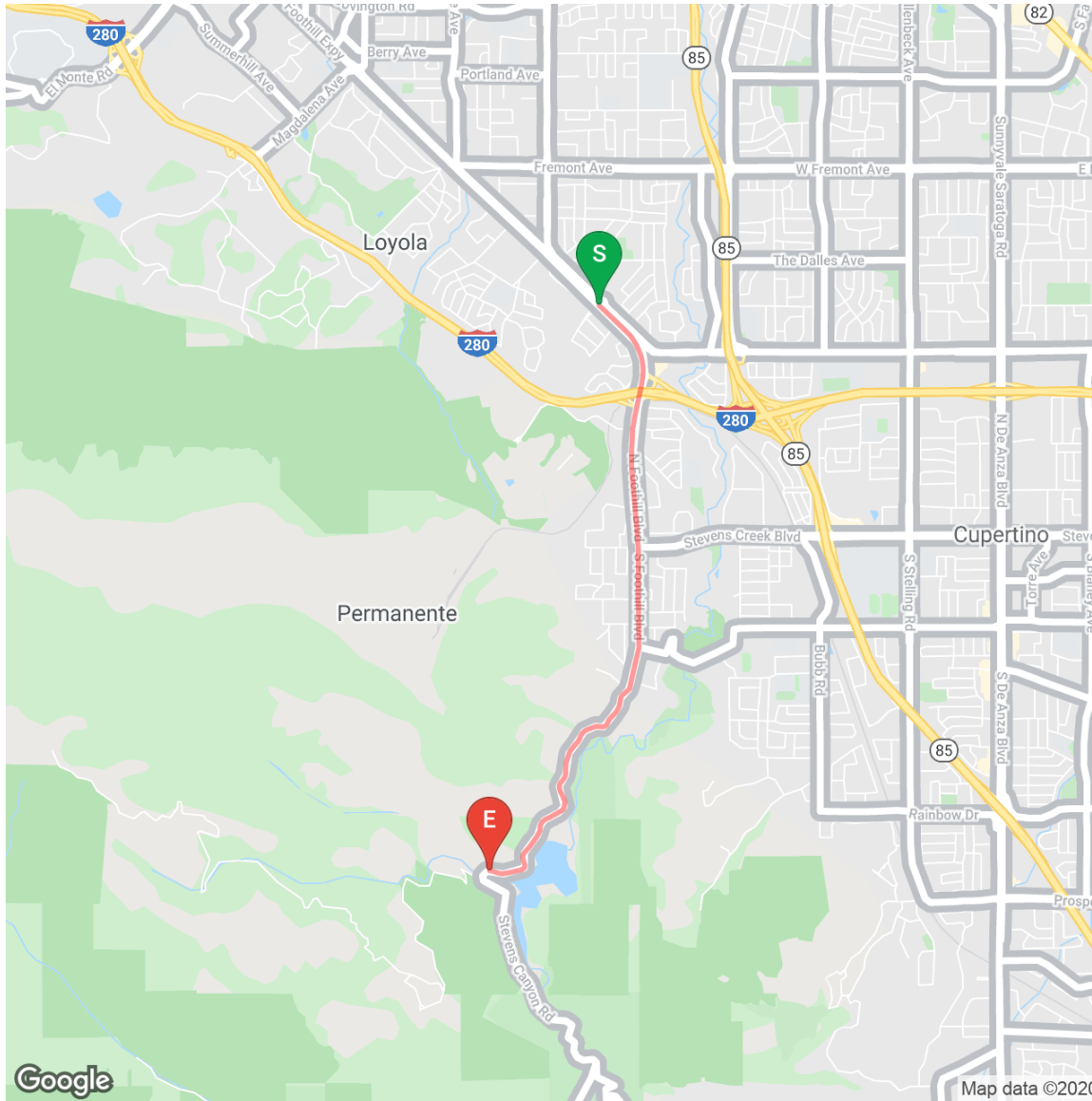


Runner/Walker 4

Lucky
 2175 Grant Rd. Los Altos, CA.
 No turns.
 Foothill Blvd. to Stevens Canyon Rd.
 Exchange 28.
 Stevens Creek Quarry
 12100 Stevens Canyon, Cupertino, CA..

Van

Park inside Quarry.
 No parking on Stevens Canyon.





Leg 29: 4.5 miles: Very Hard



Runner/Walker 5

Stevens Creek Quarry
12100 Stevens Canyon, Cupertino, CA.

R - 1.4 still Stevens Canyon Rd.

L - 3.1 Redwood Gulch Rd. (narrow).

Exchange 29.

24500 Redwood Gulch at Hwy.9, Saratoga.

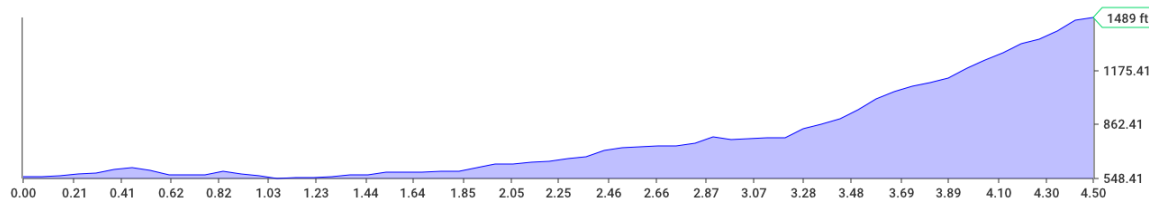
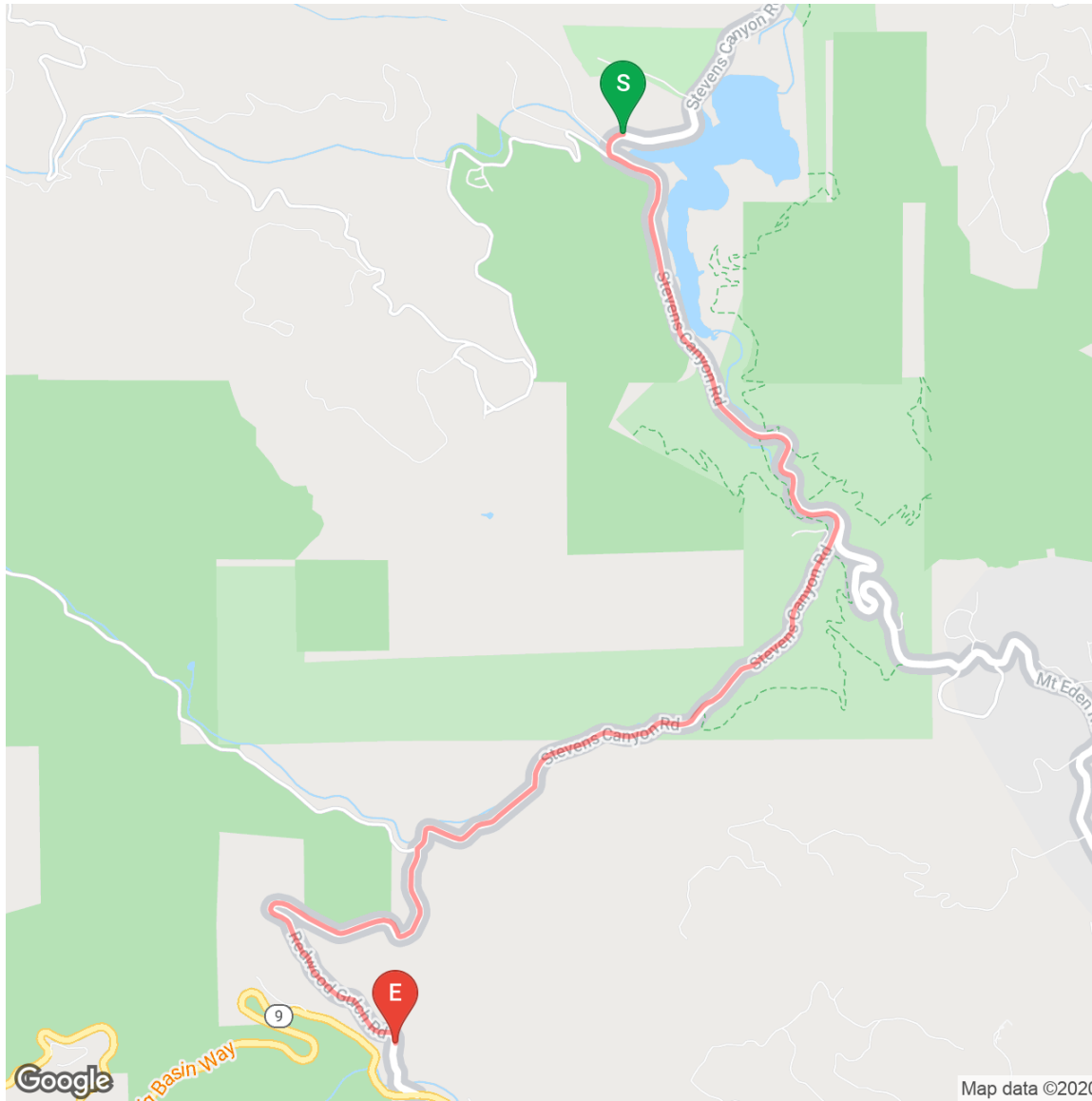
Van

Straight at 1.4 on Mt. Eden Rd.

R at 2.3 on Pierce Rd.

R at 3.3 on Hwy. 9.

R at 5.8 on Redwood Gulch to entry on R.





Leg 30: 3.1 miles, Very Hard

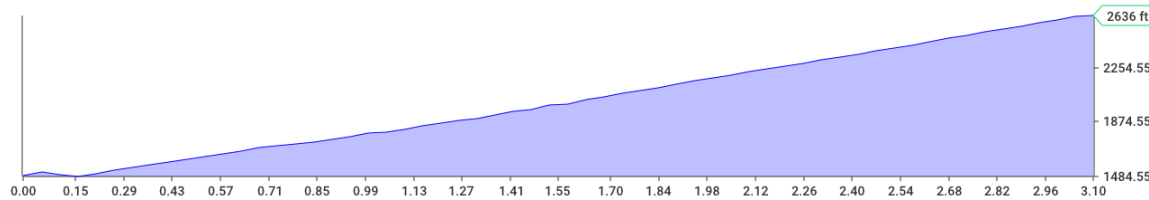
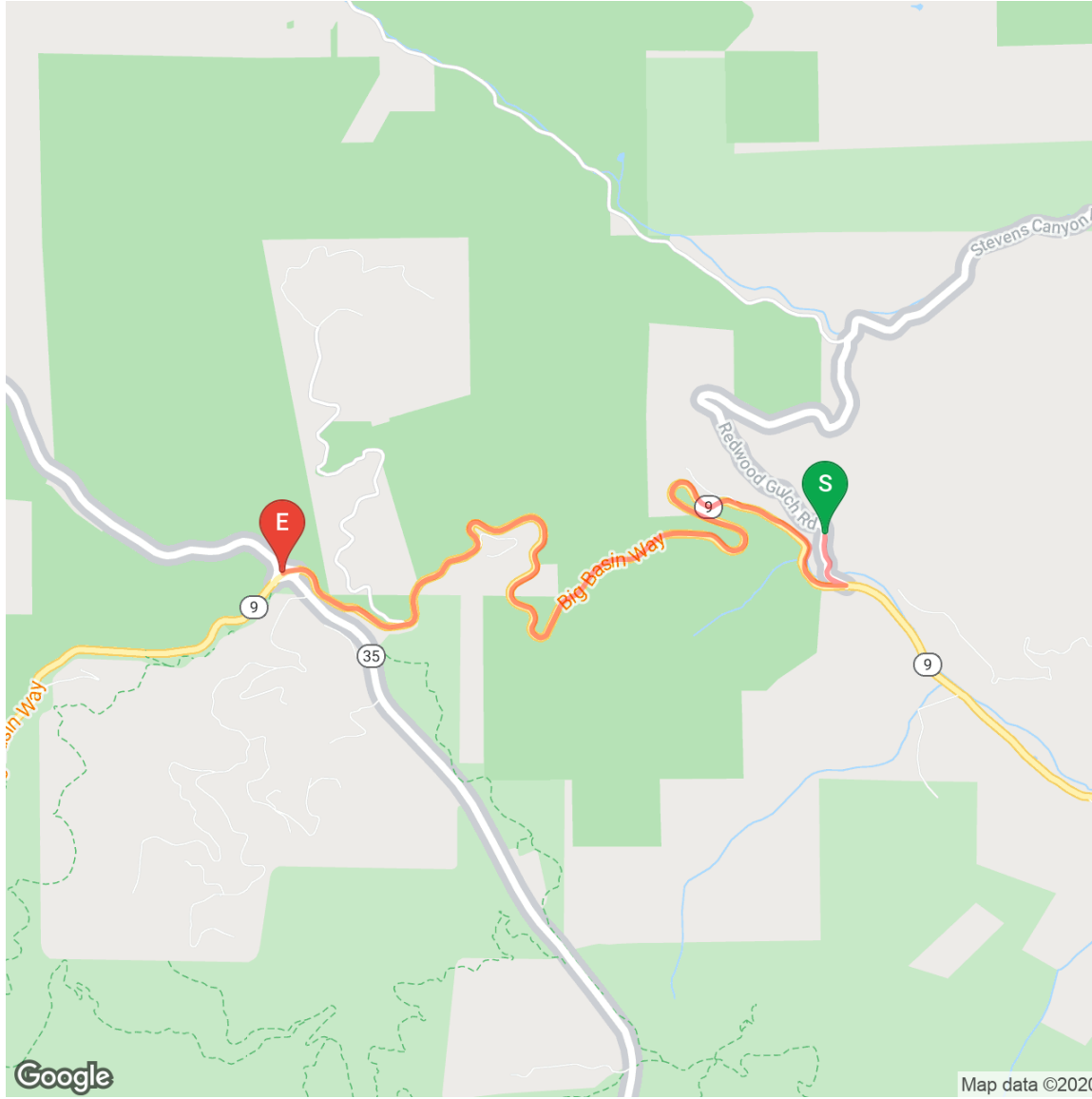


Runner/Walker 6

24500 Redwood Gulch at Hwy.9 , Saratoga
 R - 0.05 Hwy. 9 (Congress Springs Rd.).
 Exchange 30, Van Exchange.
 Hwy. 9 at Hwy. 35
 Santa Cruz County, CA..

Van

Van 1 - L to parking lot or R shoulder of Hwy. 35.
 Van 2 - S Hwy. 9 (cross Hwy 35).
 L to park (beyond exchange) on dirt turn out.





Leg 31: 6.2 miles, Moderate

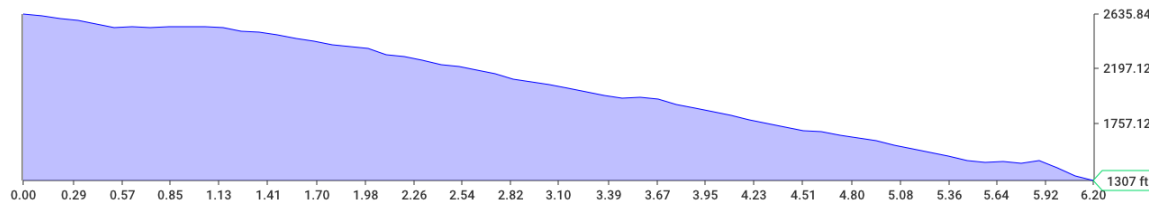
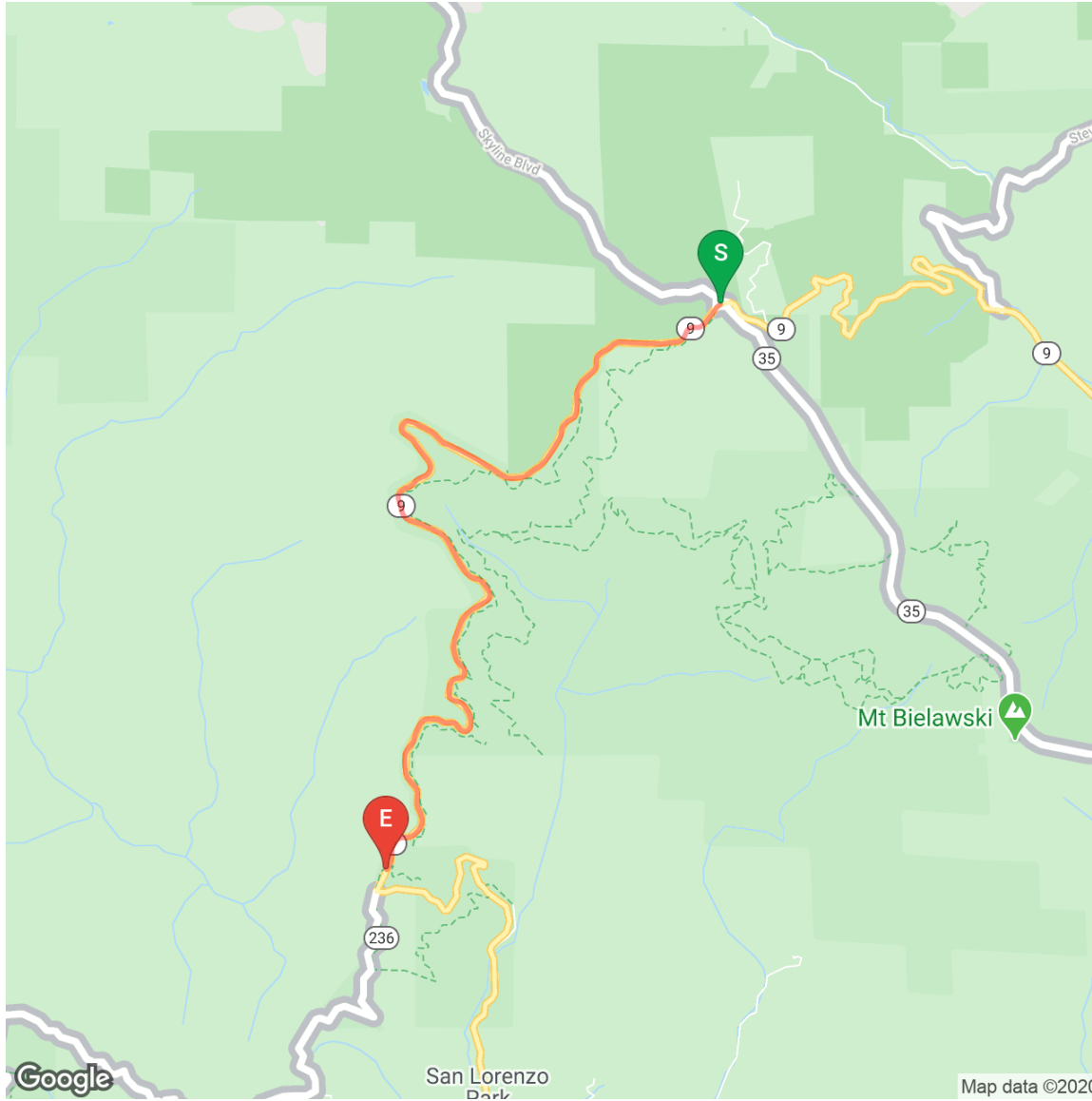


Runner/Walker 7

Hwy. 9 at Hwy. 35
Santa Cruz County, CA.
No turns.
Exchange 31.
Hwy. 9 at Hwy. 236
Santa Cruz County, CA..

Van

Do not slow/stop on Hwy. 9.
Park beyond exchange.





Leg 32: 4.9 miles, Easy

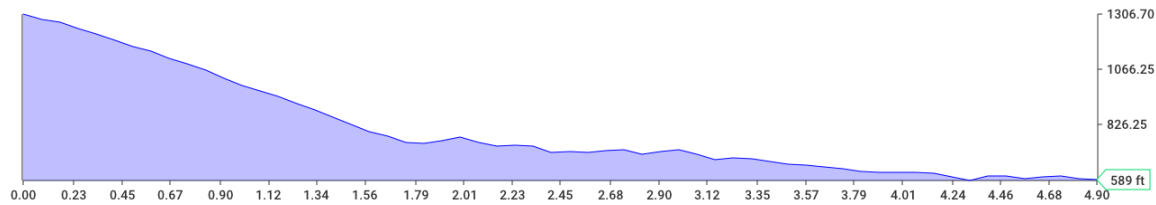
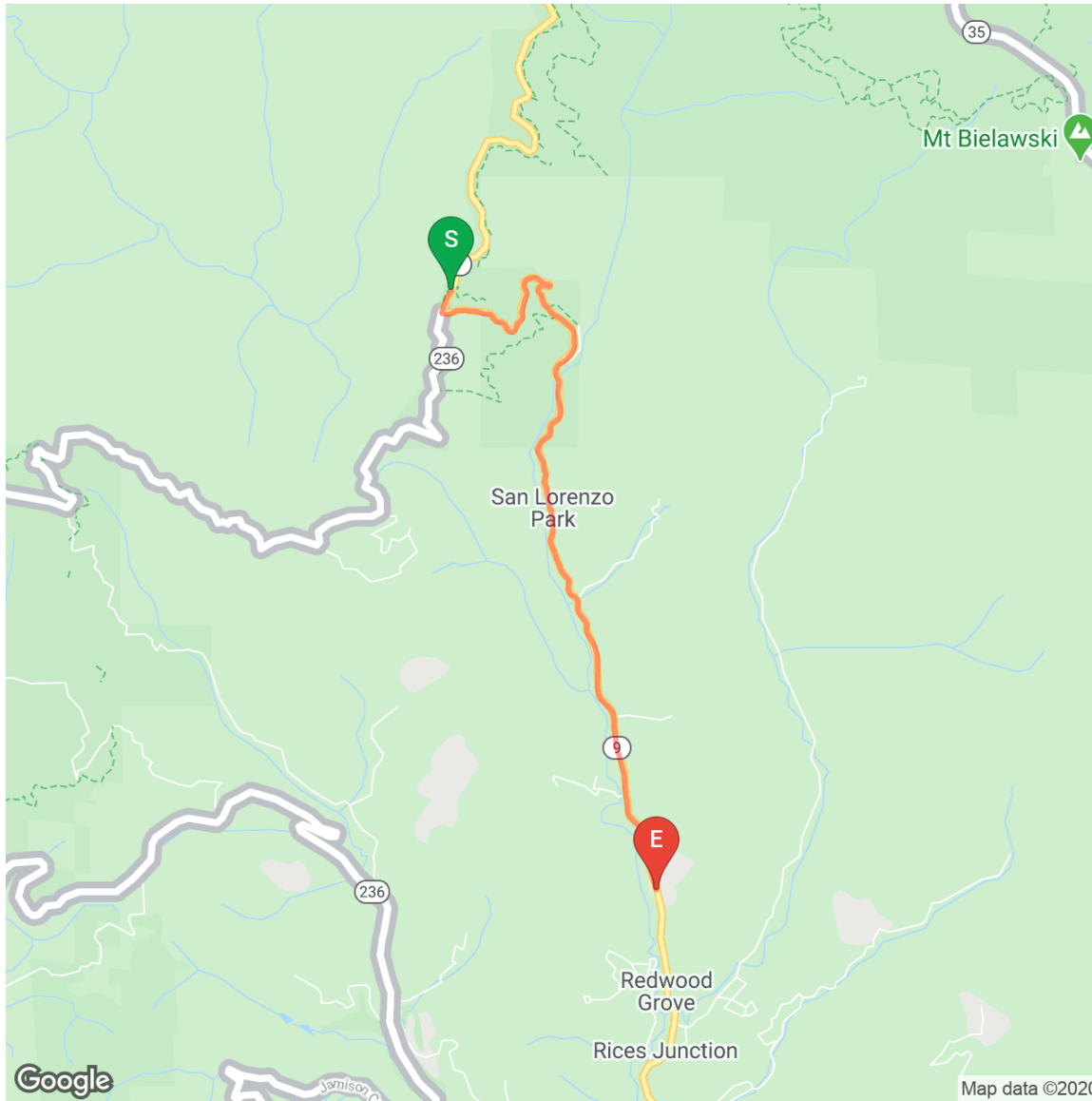


Runner/Walker 8

Hwy. 9 at Hwy. 236
Santa Cruz County, CA.
L - 0.1 stop sign, still Hwy. 9
Exchange 32.
Easter Seals Camp Harmon
16403 N Hwy. 9, Boulder Creek, CA..

Van

Do not slow/stop on Hwy. 9.
R to camp parking.





Leg 33: 6.5 miles, Easy

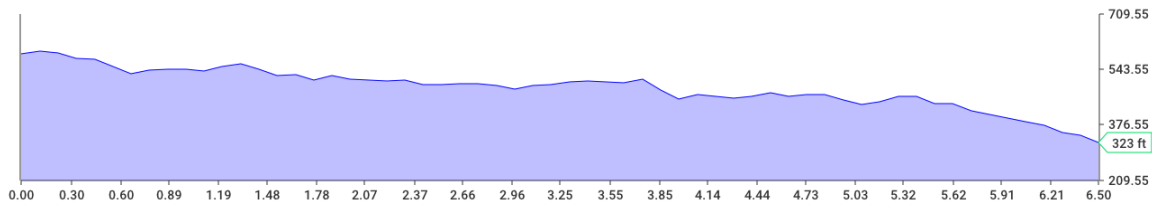
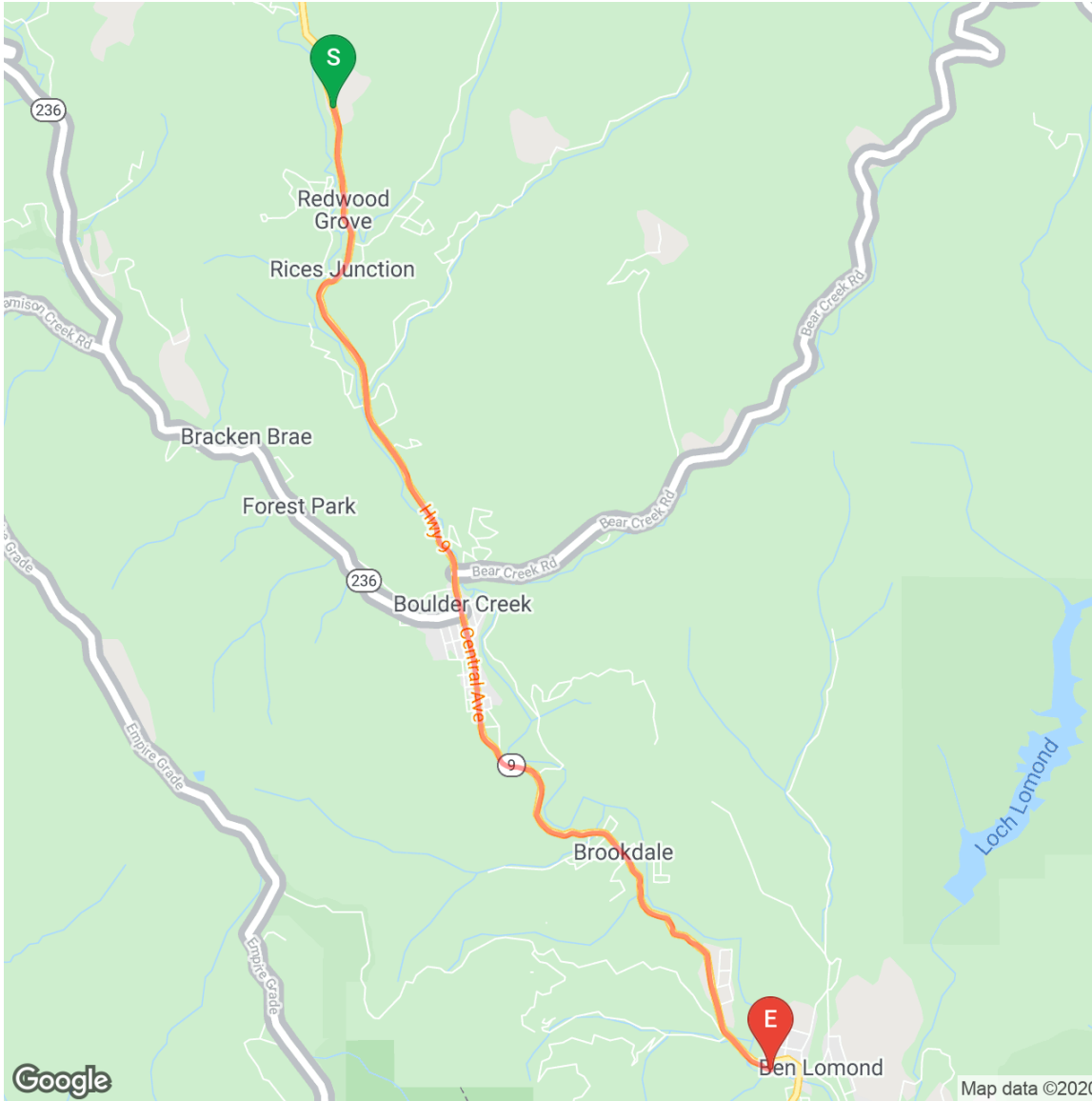


Runner/Walker 9

Easter Seals Camp Harmon
 16403 N Hwy. 9, Boulder Creek, CA.
 R - 6.4 Mill St.
 Exchange 33.
 Ben Lomond Park
 9525 Mill St., Ben Lomond, CA..

Van

Do not slow/stop on Hwy. 9.
 Park beyond exchange on Mill St.





Leg 34: 5.8 miles, Very Hard



Runner/Walker 10

Ben Lomond Park
9525 Mill St., Ben Lomond, CA.

R - 0.1 Hwy. 9.

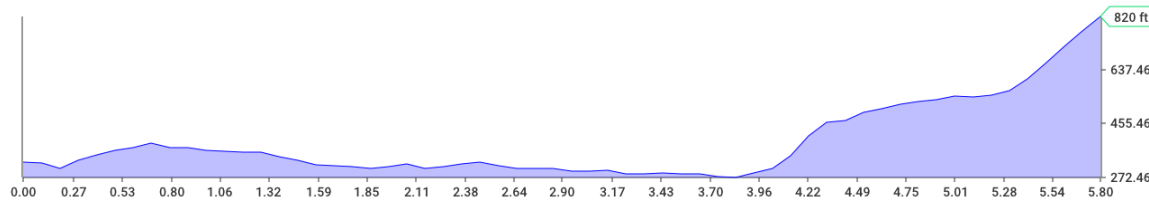
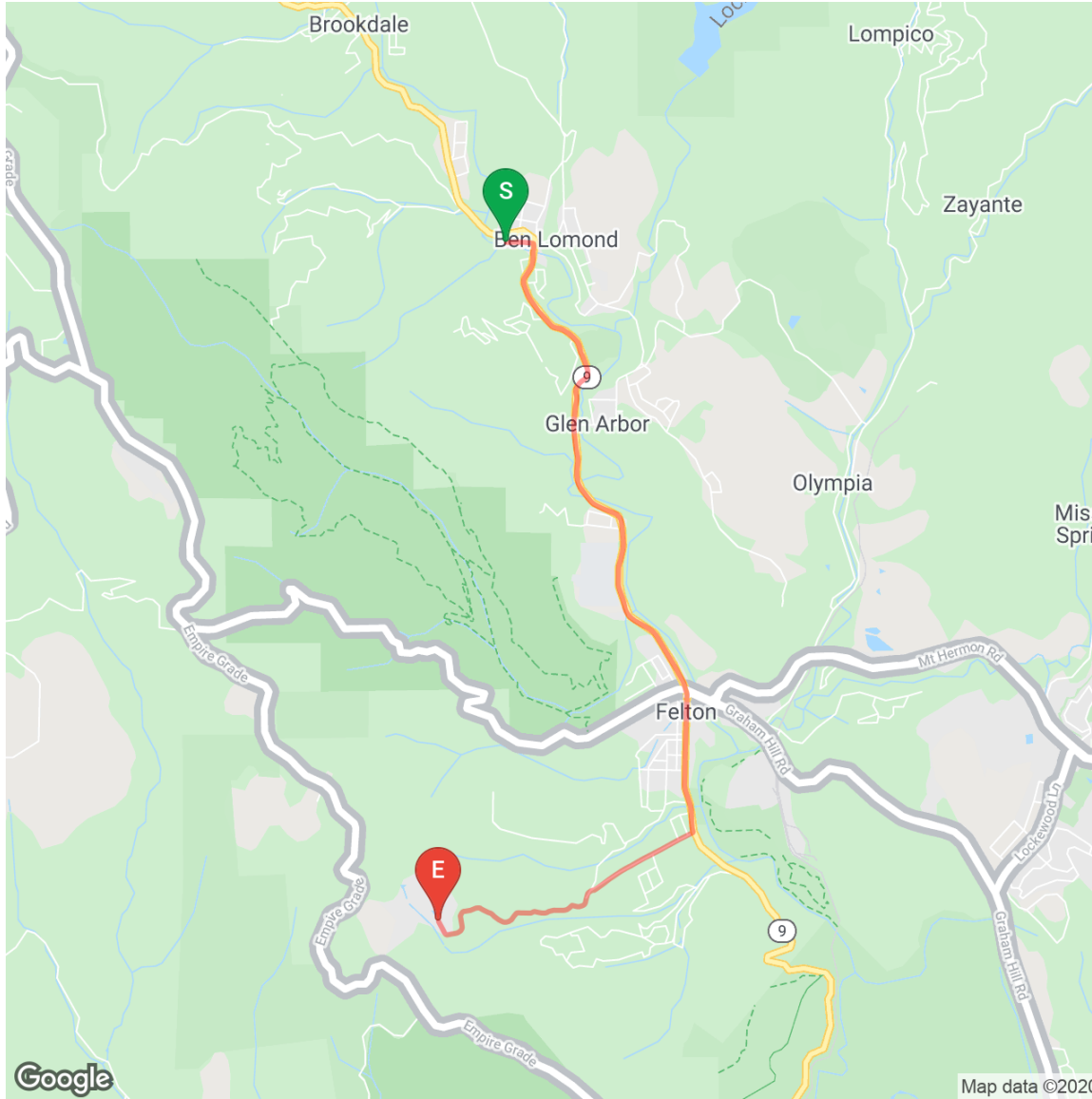
R - 3.8 San Lorenzo Ave.

Exchange 34.

Felton Quarry, Granite Construction
1800 Felton Quarry Rd., Felton, CA..

Van

Do not slow/stop on Hwy. 9.





Leg 35: 3.2 miles, Easy



Runner/Walker 11

Felton Quarry, Granite Construction
1800 Felton Quarry Rd., Felton, CA.

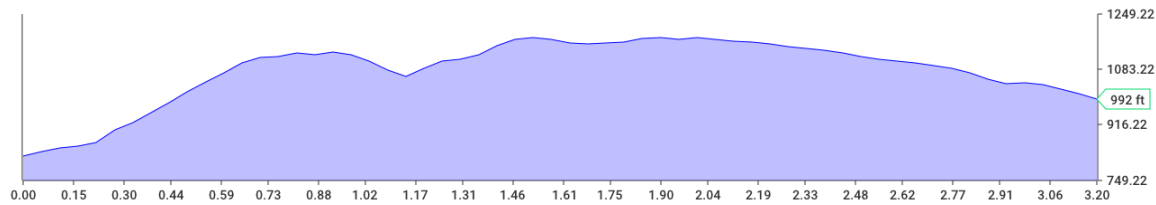
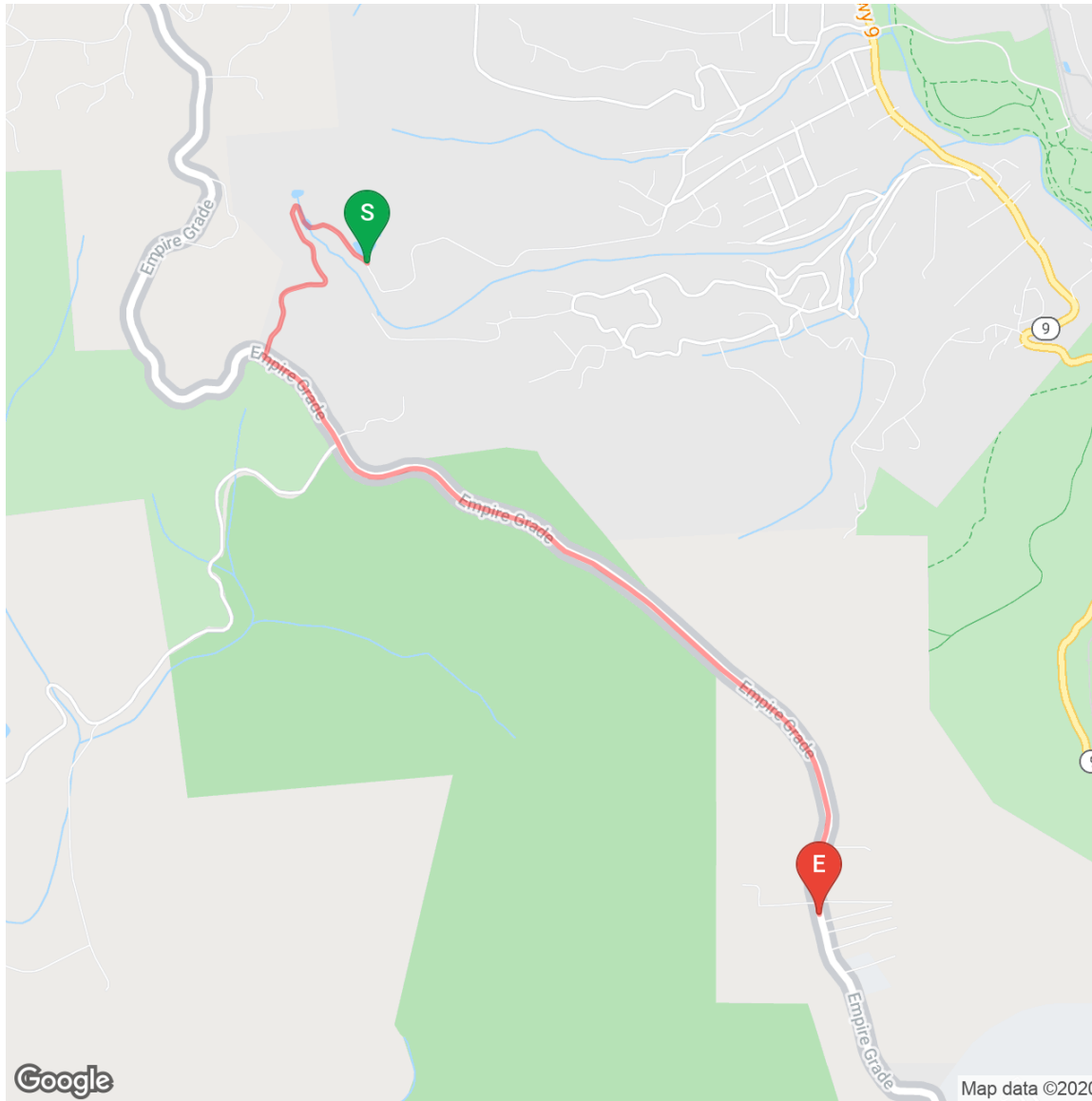
L - 0.8 Empire Grade Rd.

Exchange 35.

2329 Empire Grade Rd.
Santa Cruz, CA..

Van

No parking on Empire Grade Rd.





Leg 36: 6.2 miles, Easy



Runner/Walker 12

2329 Empire Grade Rd.
Santa Cruz, CA.

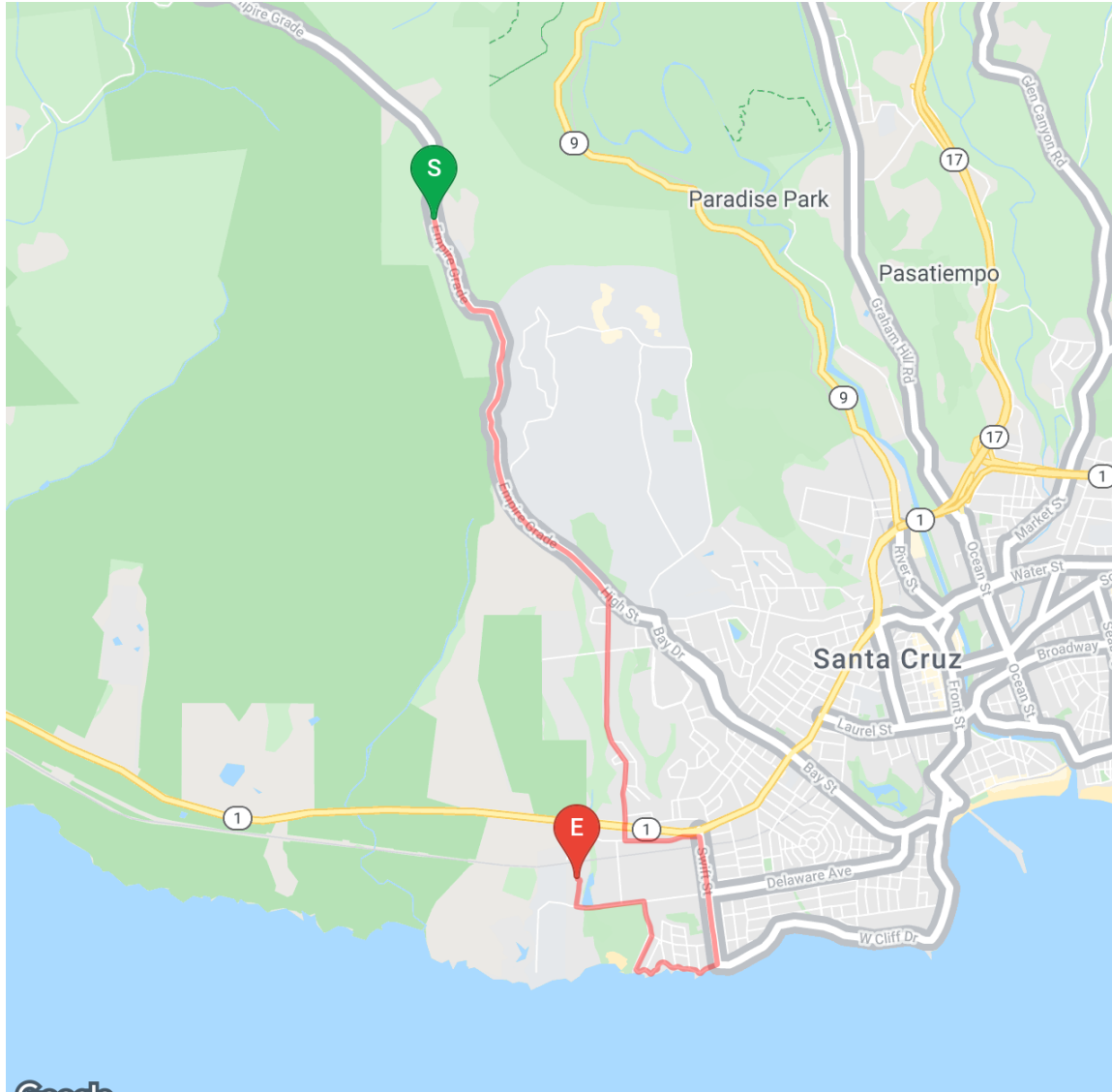
- R - 2.5 Western Dr.
- S - 3.8 cross Hwy. 1 (caution).
- L - 3.9 Mission St.
- R - 4.3 Swift St. + R - 5.0 West Cliff Dr.
- R - 5.4 Swanton Rd. + L - 5.8 Delaware Ave.
- R - 6.1 path for 0.1 miles to finish.

Finish.

Barry Swenson Builder property.
Delaware Ave. at Shaffer Rd., Santa Cruz, CA..

Van

R on Mission St.
L on Natural Bridges Dr.
R to free parking on Delaware Ave.



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