



LA SPORTIVA

# La Sportiva Table Rock Trail Race Course Description



Direction	Course		Distance (Km)		Aid Stations (Km)	
			Segment	Cumm.	Location	Next
	<i>Start: Arenal Avenue</i>					<b>4.9</b>
<b>Go EAST</b>	Arenal Avenue	Pink	0.1	0.1		
<b>Go STRAIGHT</b>	Dipsea Trail	Pink	1.9	2.0		
<b>Stay STRAIGHT</b>	Steep Ravine	Pink	2.8	4.9	<b>Pantoll Parking Lot</b>	<b>9.2</b>
<b>Turn RIGHT on asphalt</b>	Coastal Fire Road	Pink	0.5	5.4		
<b>Stay STRAIGHT</b>	Coastal/Coast View Trail	Pink	4.3	9.7		
<b>Turn LEFT</b>	Heather Cut-off	Pink	2.2	11.9		
<b>Cross Road, Zigzag, Turn Left</b>	Redwood Creek Trail	Pink	2.2	14.1	<b>Muir Woods Road</b>	<b>4.5</b>
<b>Cross Road</b>	Deer Park Fireroad	Pink	0.8	14.9		
<b>Veer RIGHT</b>	Dipsea Trail	Pink	2.9	17.8		
<b>Turn RIGHT</b>	Coastal Trail	Pink	0.3	18.1		
<b>Stay STRAIGHT</b>	Coastal Fire Road	Pink	0.5	18.6	<b>Pantoll Parking Lot</b>	<b>6.9</b>
<b>Cross Parking Lot</b>	Pantoll Parking Lot	Pink	0.1	18.7		
<b>Turn LEFT/Go NORTH (cross road)</b>	Coastal/Matt Davis Trail	Pink	2.6	21.3		
<b>Stay LEFT</b>	Matt Davis Trail	Pink	3.8	25.1		
<b>Turn LEFT</b>	Belvedere Rd.	Pink	0.1	25.2		
<b>Turn RIGHT</b>	Hwy 1	Pink	0.2	25.4		
<b>Turn LEFT</b>	Calle del Mar Rd.	Pink	0.1	25.5		
<b>Kilometers</b>			<b>25.5</b>			<b>25.5</b>
<b>Miles</b>			<b>15.78</b>			