

# Muir Beach Trail Run Course Description

Direction	Course	Color	Distance (Km)		Aid Stations (Km)	
			Segment	Cumm.	Location	Next

## 11 Kilometer Trail Run

	<i>Start: Muir Beach (Tie Post)</i>					
<b>Go SOUTH</b>	Coastal Trail	Orange	1	1		<b>6.2</b>
<b>Stay RIGHT</b>	Coastal Trail (Pirates Cove)	Orange	2.3	3.3		
<b>Go STRAIGHT</b>	Coastal Trail	Orange	1.1	4.3		
<b>Stay LEFT</b>	Tennessee Valley Trail	Orange	1.9	6.2	<b>Tennessee Valley</b>	<b>4.7</b>
<b>Turnaround</b>	Tennessee Valley Trail	Orange	0.5	6.8		
<b>Turn RIGHT</b>	Fox Trail	Orange	1.7	8.5		
<b>Go STRAIGHT</b>	Coastal Fire Road/Trail	Orange	2.5	10.9		
<b>Kilometers</b>			<b>10.9</b>			<b>10.9</b>
<b>Miles</b>			<b>6.8</b>			

Direction	Course	Color	Distance (Km)		Aid Stations (Km)	
			Segment	Cumm.	Location	Next

## 17 Kilometer Trail Run

	<i>Start: Muir Beach (Tie Post)</i>					
<b>Go SOUTH</b>	Coastal Trail	Orange	1	1		<b>6.2</b>
<b>Stay RIGHT</b>	Coastal Trail (Pirates Cove)	Orange	2.3	3.3		
<b>Go STRAIGHT</b>	Coastal Trail	Orange	1.1	4.3		
<b>Stay LEFT</b>	Tennessee Valley Trail	Orange	1.9	6.2	<b>Tennessee Valley</b>	<b>6</b>
<b>Turn LEFT</b>	Marincello Vehicle Road	Yellow	2.4	8.7		
<b>Turn RIGHT</b>	Bobcat/Miwok Trail	Yellow	1.4	10.1		
<b>Turn RIGHT</b>	Old Springs Trail	Yellow	2.1	12.2	<b>Tennessee Valley</b>	<b>4.7</b>
<b>Turn LEFT</b>	Tennessee Valley Trail	Orange	0.5	12.7		
<b>Turn RIGHT</b>	Fox Trail	Orange	1.7	14.4		
<b>Go STRAIGHT</b>	Coastal Fire Road/Trail	Orange	2.5	16.9		
<b>Kilometers</b>			<b>16.9</b>			<b>16.9</b>
<b>Miles</b>			<b>10.5</b>			

Direction	Course	Color	Distance (Km)		Aid Stations (Km)	
			Segment	Cumm.	Location	Next

### 33 Kilometer Trail Run

	<i>Start: Muir Beach (Tie Post)</i>					
<b>Go SOUTH</b>	Coastal Trail	Orange	1	1		<b>6.2</b>
<b>Stay RIGHT</b>	Coastal Trail (Pirates Cove)	Orange	2.3	3.3		
<b>Go STRAIGHT</b>	Coastal Trail	Orange	1.1	4.3		
<b>Stay LEFT</b>	Tennessee Valley Trail	Orange	1.9	6.2	<b>Tennessee Valley</b>	<b>12.4</b>
<b>Turn LEFT</b>	Marincello Vehicle Road	Pink	2.4	8.7		
<b>Go STRAIGHT</b>	Bobcat Trail	Pink	1.2	9.8		
<b>Zigzag Left &amp; Right</b>	Alta Trail	Pink	1.2	11		
<b>Zigzag Right &amp; Left</b>	SCA Trail	Pink	1.7	12.7		
<b>Go STRAIGHT</b>	Coastal Trail	Pink	4	16.7		
<b>Turn RIGHT</b>	Conzelman Road	Pink	1.9	18.6	<b>Bonita Cove</b>	<b>9.7</b>
<b>Turn RIGHT</b>	Battery Alexander Trail	Pink	0.4	19		
<b>Turn RIGHT</b>	Field Road	Pink	1.3	20.3		
<b>Zigzag Left &amp; Right</b>	Lagoon Trail	Pink	0.1	20.4		
<b>Turn LEFT</b>	Bunker Road	Pink	0.7	21.1		
<b>Go STRAIGHT</b>	Mitchell Road	Pink	0.8	21.9		
<b>Turn LEFT</b>	Coastal Trail	Pink	0.4	22.3		
<b>Turn LEFT</b>	Road	Pink	0.4	22.7		
<b>Turn LEFT</b>	Battery Townsley Trail	Pink	0.4	23		
<b>Turn LEFT</b>	Coastal Trail	Pink	1.6	24.6		
<b>Zigzag Left &amp; Right</b>	Wolf Ridge Trail	Pink	1.2	25.8		
<b>Turn LEFT</b>	Miwok Trail	Pink	0.5	26.2		
<b>Turn LEFT</b>	Old Springs Trail	Pink	2.1	28.3	<b>Tennessee Valley</b>	<b>4.7</b>
<b>Turn LEFT</b>	Tennessee Valley Trail	Orange	0.5	28.9		
<b>Turn RIGHT</b>	Fox Trail	Orange	1.7	30.6		
<b>Go STRAIGHT</b>	Coastal Fire Road/Trail	Orange	2.5	33		
<b>Kilometers</b>			<b>33</b>			
<b>Miles</b>			<b>20.5</b>			<b>33</b>

**50 Km = 33 Km + 17 Km**