

Pirates Cove Trail Run Course Description

| Direction | Course | Color | Distance (Km) | | Aid Stations (Km) | |
|--------------------------------|--------------------------------------|--------|-------------------|------------|-------------------|------|
| | | | Segment | Cumm. | Location | Next |
| 8 Kilometer Trail Run | | | | | | |
| | <i>Start: Fort Cronkhite (Drain)</i> | | | | | |
| Go NORTH | Mitchell Road | Yellow | 0.1 | 0.1 | | |
| Turn LEFT | Coastal Trail | Yellow | 0.4 | 0.5 | | |
| Turn LEFT | Road | Yellow | 0.4 | 0.9 | | |
| Turn LEFT | Battery Townsley Trail | Yellow | 0.4 | 1.3 | | |
| Turn LEFT | Coastal Trail | Yellow | 0.4 | 1.7 | | |
| Zigzag Right & Left | Coastal Trail | Yellow | 1.1 | 2.9 | | |
| Zigzag Left & Right | Wolf Ridge Trail | Yellow | 1.2 | 4 | | |
| Turn RIGHT | Miwok Trail | Yellow | 1.8 | 5.8 | | |
| Go STRAIGHT | Rodeo Valley Trail | Yellow | 0.8 | 6.6 | | |
| Go STRAIGHT | Bunker Road | Yellow | 0.5 | 7.1 | | |
| Go STRAIGHT | Mitchell Road | Yellow | 0.8 | 7.8 | | |
| | | | Kilometers | 7.8 | | |
| | | | Miles | 4.9 | | |

| Direction | Course | Color | Distance (Km) | | Aid Stations (Km) | |
|--------------------------------|--------------------------------------|-------|-------------------|-------------|-------------------------|------------|
| | | | Segment | Cumm. | Location | Next |
| 20 Kilometer Trail Run | | | | | | |
| | <i>Start: Fort Cronkhite (Drain)</i> | | | | | 6.6 |
| Go NORTH | Mitchell Road | Pink | 0.1 | 0.1 | | |
| Turn LEFT | Coastal Trail | Pink | 0.4 | 0.5 | | |
| Turn LEFT | Road | Pink | 0.4 | 0.9 | | |
| Turn LEFT | Battery Townsley Trail | Pink | 0.4 | 1.3 | | |
| Turn LEFT | Coastal Trail | Pink | 0.4 | 1.7 | | |
| Zigzag Right & Left | Coastal Trail | Pink | 1.1 | 2.9 | | |
| Zigzag Left & Right | Wolf Ridge Trail | Pink | 1.2 | 4 | | |
| Turn LEFT | Miwok Trail | Pink | 0.5 | 4.5 | | |
| Turn LEFT | Old Springs Trail | Pink | 2.1 | 6.6 | Tennessee Valley | 7.3 |
| Turn LEFT | Marincello Dirt Road | Pink | 2.4 | 9 | | |
| Go STRAIGHT | Bobcat Trail | Pink | 1.2 | 10.2 | | |
| Zigzag Left & Right | Alta Trail | Pink | 1.1 | 11.3 | | |
| Zigzag Right & Left | Wolfback Rd. | Pink | 0 | 11.4 | | |
| Go STRAIGHT | SCA Trail | Pink | 1.7 | 13 | | |
| Go STRAIGHT | Coastal Trail | Pink | 0.8 | 13.8 | Conzelman | 5.9 |
| Go STRAIGHT | Coastal Trail | Pink | 2.8 | 16.6 | | |
| Go STRAIGHT | Connector/Dirt Parking Lot | Pink | 0.5 | 17.1 | | |
| Turn LEFT | Rodeo Valley Trail | Pink | 1.5 | 18.5 | | |
| Go STRAIGHT | Bunker Road | Pink | 0.5 | 19 | | |
| Go STRAIGHT | Mitchell Road | Pink | 0.8 | 19.8 | | |
| | | | Kilometers | 19.8 | | |
| | | | Miles | 12.3 | | |
| | | | | | 19.8 | |

| Direction | Course | Color | Distance (Km) | | Aid Stations (Km) | |
|--------------------------------|--------------------------------------|--------|-------------------|-------------|-------------------------|-------------|
| | | | Segment | Cumm. | Location | Next |
| 30 Kilometer Trail Run | | | | | | |
| | <i>Start: Fort Cronkhite (Drain)</i> | | | | | 6.6 |
| Go NORTH | Mitchell Road | Pink | 0.1 | 0.1 | | |
| Turn LEFT | Coastal Trail | Pink | 0.4 | 0.5 | | |
| Turn LEFT | Road | Pink | 0.4 | 0.9 | | |
| Turn LEFT | Battery Townsley Trail | Pink | 0.4 | 1.3 | | |
| Turn LEFT | Coastal Trail | Pink | 0.4 | 1.7 | | |
| Zigzag Right & Left | Coastal Trail | Pink | 1.1 | 2.9 | | |
| Zigzag Left & Right | Wolf Ridge Trail | Pink | 1.2 | 4 | | |
| Turn LEFT | Miwok Trail | Pink | 0.5 | 4.5 | | |
| Turn LEFT | Old Springs Trail | Pink | 2.1 | 6.6 | Tennessee Valley | 10.4 |
| Turn RIGHT | Miwok Trail (via cut-off) | Orange | 2.6 | 9.2 | | |
| Turn LEFT | Coyote Ridge Trail | Orange | 1.2 | 10.4 | | |
| Turn RIGHT | Coastal Fireroad | Orange | 1.4 | 11.8 | | |
| Turn LEFT | Coastal Trail/Pirates Cove | Orange | 2.3 | 14 | | |
| Go STRAIGHT | Coastal Fireroad | Orange | 1.1 | 15.1 | | |
| Turn LEFT | Tennessee Valley Trail | Orange | 1.9 | 17 | Tennessee Valley | 7.3 |
| Turn LEFT | Marincello Dirt Road | Pink | 2.4 | 19.4 | | |
| Go STRAIGHT | Bobcat Trail | Pink | 1.2 | 20.6 | | |
| Zigzag Left & Right | Alta Trail | Pink | 1.1 | 21.7 | | |
| Zigzag Right & Left | Wolfback Rd. | Pink | 0 | 21.8 | | |
| Go STRAIGHT | SCA Trail | Pink | 1.7 | 23.5 | | |
| Go STRAIGHT | Coastal Trail | Pink | 0.8 | 24.3 | Conzelman | 5.9 |
| Go STRAIGHT | Coastal Trail | Pink | 2.8 | 27 | | |
| Go STRAIGHT | Connector/Dirt Parking Lot | Pink | 0.5 | 27.5 | | |
| Turn LEFT | Rodeo Valley Trail | Pink | 1.5 | 29 | | |
| Go STRAIGHT | Bunker Road | Pink | 0.5 | 29.4 | | |
| Go STRAIGHT | Mitchell Road | Pink | 0.8 | 30.2 | | |
| | | | Kilometers | 30.2 | | |
| | | | Miles | 18.8 | | |
| | | | | | | 30.2 |

50 Kilometer Trail Run

(Complete 30 Km course 1st & 20 Km course 2nd.)