

Rodeo Beach 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		
					7.8	

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.)