



Direction	Course	Color	Distance (mi.)		Elevation (ft.)		Aid Stations (mi.)	
			Segment	Cumm.	Gain	Loss	Location	Next
50 Mile Trail Run								
Turn LEFT	Coastal Trail (through Battery Townsley)	Yellow	1.6	1.6				4.0
Zigzag Left & Right	Wolf Ridge Trail	Yellow	0.7	2.3				
Turn LEFT	Miwok Trail	Yellow	0.3	2.6				
Turn LEFT	Old Springs Trail	Yellow	1.3	4.0	1,045	885	Tennessee Valley	3.9
Turn LEFT	Tennessee Valley Dirt/Asphalt Road	Yellow	1.2	5.2				
Veer RIGHT	Coastal Dirt Road	Yellow	0.7	5.9				
Go STRAIGHT	Coastal Trail (Pirates Cove)	Yellow	1.4	7.3				
Stay LEFT	Coastal Dirt Road	Yellow	0.5	7.8				
Turn RIGHT	Coastal Dirt Road to Fire Gate	Yellow	0.1	7.9	890	1,090	Muir Beach	3.9
Turnaround	Coastal Dirt Road from Fire Gate	Pink	0.1	7.9				
Turn LEFT	Coastal Dirt Road	Pink	1.5	9.4				
Turn LEFT	Coyote Ridge Trail	Pink	0.7	10.2				
Stay RIGHT	Miwok Trail via Miwok Cut-Off	Pink	1.6	11.8	1,010	810	Tennessee Valley	4.6
Turn LEFT	Marincello Dirt Road	Pink	1.5	13.3				
Go STRAIGHT	Bobcat Trail	Pink	2.7	16.0				
Turn LEFT	Rodeo Valley Trail	Pink	0.4	16.3				
Turn RIGHT	Spur to Parking Lot	Pink	0.1	16.4	795	895	Rodeo Valley	4.6
Turnaround	Spur from Parking Lot	Blue	0.1	16.5				
Turn LEFT	Rodeo Valley Trail	Blue	0.4	16.9				
Stay STRAIGHT	Bobcat Trail	Blue	2.7	19.6				
Go STRAIGHT	Marincello Dirt Road	Blue	1.5	21.1	895	795	Tennessee Valley	4.0
Turn LEFT	Old Springs Trail	Blue	1.3	22.4				
Turn RIGHT	Miwok Trail	Blue	0.3	22.7				
Turn RIGHT	Wolf Ridge Trail	Blue	0.7	23.4				
Zigzag Left & Right	Coastal Trail (Asphalt/Trail/Battery Townsley)	Blue	1.6	25.0				
Turn LEFT	Rodeo Beach Parking Lot	Blue	0.0	25.0	885	1,045	Rodeo Beach (S/F)	
			Miles	25.0	5,520 5,520			

Marathoners will do a 1.2 mile orange out-and-back along the road at the start of the race.
 50 Milers will do both loops in the same direction/order.