

# Rodeo Beach Trail Run Course Description

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

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

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

## 50 Kilometer Trail Run

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