

# Golden Gate Relay



May 4–5, 2019 • Run/Walk • 125/160/190 Miles



**Stanford**  
HEALTH CARE  
STANFORD MEDICINE

**NBC**  
BAY AREA

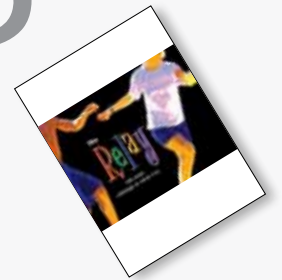


**Cognizant**

Proud member of the **Golden Gate Relay** team since 1996.  
Make us part of your winning team, too!



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## Golden Gate Relay 2019

570 El Camino Real, Suite 150-330  
Redwood City, CA 94063  
TheRelay.com, 650.508.9700

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*Kenneth Van Oeveren, Napa, CA*



*Nick Shelton, Mt. View, CA*



*Scott Larrimer, Indianapolis, IN*



*Justin Yu, 4/18/95-3/21/17*

### Through Organs R Us (ORU)

the Golden Gate Relay (GGR) supports 125,000 Americans waiting for organ donors. Since 1995, transfer of the baton from runner to runner has symbolized the transfer of an organ from donor to recipient.

### Ken's Body Ran a Marathon

daily to survive until he received a kidney on 1/25/19 after a 5 year wait. After working as a nuclear power plant engineer in Florida for 20 years, Ken (born 5/4/47 in Cleveland, Ohio), worked in San Francisco for Ventex. Although arthritis medications damaged his organs, Ken continued his 50-year career as a firefighter helping others. Ken will greet runners at the Dry Creek Lokoya Fire Station (GGR exchange 3) in Napa. Santa Clara firefighters on Duct Tape & WD (24th year) and Alameda County firefighters run to celebrate Ken's new arrival.

### Nick Does Not Miss a Step

After running with the Google 1 winning team, Nick Shelton (born 1/5/86 in Macon, GA), crossed the GGR finish on 5/4/14 with Google Gives. On 5/9/14, Nick donated a kidney to his brother Alex (born 11/6/93 with Alport syndrome). Nick's gift allowed Alex to graduate in business administration from the University of Georgia. Since 2014, Google teams and Triage teams from Atlanta dedicate their runs to Alex.

### Scott Breathes a Sigh of Relief

After playing soccer and restoring old cars as a child, Scott Larrimer (born 11/18/69 in Columbus, Ohio) was rescued by firefighters in his home on New Year's Eve 1982. With lung damage from smoke, Scott and his twin spent weeks in the hospital. After Scott's brother died from lung failure in 2005, Scott began struggling to climb stairs. After receiving new lungs on 5/28/10, Scott watched his children become teenagers and continued his 20-year career at Adobe. In addition to Adobe's 25-year support of the GGR, Adobe teams (Lung Distance Runners 1 & 2, WOAD 25) will cross the finish honoring Scott.

### Celebrating Justin (JJ)

Although JJ Yu had four heart surgeries before age 6 for Tetralogy of Fallot, he fought crime as Batman, played piano/guitar and sang in the choir at Foothill High (Pleasanton, CA). After JJ was evaluated for a heart transplant at 14, he published 9 apps on the Apple App store. With a Babson College accounting degree, JJ was offered work at Price Waterhouse. After returning home from Shanghai in 2017 with a virus, JJ passed from respiratory/heart failure. To celebrate JJ's life, his family will run on team This Side Up Foundation.

### ORU Relays the Message

by promoting donation through the GGR and other events. Discuss your wishes regarding organ donation with your family. Solicit online donations and tax-deductible matching funds from your employer.

### Help Save 20 Americans

who die everyday waiting for an organ donor. In the long run, organ donation saves lives.

## Organs R Us

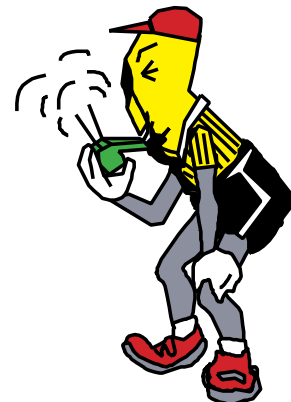


Follow rules to enhance safety and avoid penalties/DQ. There are no road closures, traffic control or aid stations. Be alert! To qualify as winners, teams must follow all rules. Non-competitive teams must follow rules 1–15.

1. Obey CA Vehicle Code (21950-21954):
  - a. Cross roads only in cross-walks or at intersections.
  - b. Stop at red lights.
  - c. Do not run/walk in bicycle lane if sidewalk is adjacent.
2. Run/walk on RIGHT with traffic except Legs 1–4 and 18.
3. Wear team number (bib) in front and baton (wristband). From sunset to sunrise, wear reflective vest, rear blinking light and carry a lighted flashlight. Consider reflective vests at all times, escorts, phones and mace.
4. Only one/team may exit a van to assist a teammate and must wear a reflective vest.
5. Vehicles may not trail participants. Napa and Santa Cruz counties are “no van support.” Follow traffic laws and drive ahead to ready the next teammate. Do not force participants into traffic by obstructing shoulder. Citations result in DQ.
6. Provide two vehicles with team number (provided at Start) on front and rear window, and a rear sign, “CAUTION Runner/Walker on Road” (\$5 at Start). No buses, extra vehicles, limousines or RVs.
7. Resting Vans may not travel along course or park in Exchanges (see Resting Van Routes). Only Active Vans may park in Exchanges. Active and Resting Vans may park in Van Exchanges (6, 12, 18, 24, 30).
8. Vehicles may NOT stop within 500 feet BEFORE Exchanges. Park beyond Exchanges before exiting vans.
9. If a turn is missed, participant must return to the missed turn and continue.
10. To report a rule violation, submit an Incident Report ([TheRelay.com/incident.pdf](http://TheRelay.com/incident.pdf)) within 30 minutes of finishing. Reporting team must notify accused team before submission to resolve misunderstandings.
11. Respect volunteers, private properties and communities. Avoid noise in neighborhoods and littering.
12. Alcohol, bicycles, children, headphones, nudity, pets and vulgarity are prohibited.
13. Submit completed Time Record at Finish to receive medals.
14. Two volunteers must sign in, each fulfill a 5 hour shift and sign out.
15. Runners/walkers must submit accurate pace times. Teams must not finish more than two hours ahead of estimates.

## Competitive 36-leg/Walk Teams

16. Maintain order submitted at Start on Roster/Waiver.
17. Submaster/masters teams must submit copies of participant driver licenses at Start.
18. If a runner/walker is injured or ill, the next in rotation must substitute to maintain original order. The injured may not run/walk again requiring one or more teammates to run/walk extra legs. Women must run at least seventeen legs or walk eleven legs to remain a mixed team.
19. A runner/walker may not drop out to substitute a faster teammate. If unable to finish a leg, the next in rotation must take baton at point of injury and hand-off at the next Exchange. A runner/walker may not complete one leg and the next. Only one substitution per leg is allowed.
20. A walker must walk (not run) as defined by USA Track & Field Rules of Race Walking.



For serious injury, call 911 and notify the next Exchange. Do not call 911 for lost runners/walkers. Provide medic alert information on bibs to expedite emergency care.

Thanks to amateur radio operators for providing communications and honing their skills so they may better serve their communities during times of disaster.

## Hospitals Along the Way

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### St. Helena

650 Sanitarium Rd.  
Deer Park, CA 94576  
707.963.3611

### Queen of the Valley

1000 Trancas St.  
Napa, CA 94558  
707.252.4411

### Petaluma Valley

400 N. McDowell Blvd.  
Petaluma, CA 94954  
707.778.1111

### Marin General

250 Bon Air Rd.  
Greenbrae, CA 94904  
415.925.7000

### VA Medical Center

4150 Clement St.  
San Francisco, CA 94121  
415.221.4810

### St. Mary's Medical Center

450 Stanyan St.  
San Francisco, CA 94117  
415.668.1000

### Seton Medical Center

1900 Sullivan Ave.  
Daly City, CA 94015  
650.992.4000

### Mills Peninsula

1501 Trousdale Dr.  
Burlingame, CA 94010  
650.696.5400

### Sequoia

170 Alameda de las Pulgas  
Redwood City, CA 94062  
650.369.5811

### Stanford Medical Center

300 Pasteur Dr.  
Stanford, CA 94305  
650.723.5111

### VA Medical Center

3801 Miranda Ave.  
Palo Alto, CA 94304  
650.493.5000

### El Camino

2500 Grant Road  
Mountain View, CA 94040  
650.940.7000

### O'Connor

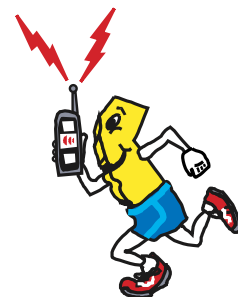
2105 Forest Ave.  
San Jose, CA 95128  
408.947.2500

### Boulder Creek Medical Clinic

13350 Big Basin Way  
Boulder Creek, CA 95006  
831.338.6491

### Dominican

1555 Soquel Dr.  
Santa Cruz, CA 95065  
831.462.7710



## **NAPA START**

(9 AM–4 PM)

CrossWalk Community Church  
2590 First St., Napa, CA

**36 Legs:** 3/runner, 187 miles for teams faster than 9.5 min./mile (30 hours/190 miles).

**30 Legs:** 2-3/runner, 160 miles. 190 mile option: 5 in Van 1 run as a group on Leg 18 across the Golden Gate Bridge.

### **Start Times**

are calculated using estimated paces. Start time requests are \$100 (\$200 after April 26).

### **Arrive at Start**

one hour prior to start time. The second van (Van 1 for 30-Leg teams) may skip Start and go to next Van Exchange.

### **Merchandise**

Blinking lights, flashlights, hats, reflective vests, shirts, sweatshirts and “CAUTION Runner/Walker on Road” signs (\$5 each) may be purchased.

### **Napa Health Expo**

features exhibitors, food, music and view of mountains.

## **Check-in Essentials**

to receive baton, bibs, shirts and van numbers:

**Bring Organs R Us Donations**  
\$600/team minimum (if unpaid) and additional donations to Napa Start (Finish for Marin Start teams). Mail donations prior to April 15 to expedite check-in.

### **Competitive 36-leg & Walkers**

Submit completed Roster/Waiver. Submasters/masters teams must submit copies of participant driver licenses.

**Safety:** Show 2 blinking lights, 2 flashlights, 2 reflective vests and 2 “CAUTION Runner/Walker on Road” signs. Provide medic alert data on backs of bibs.

**Provide Two Vehicles** with team number (provided) on front and rear window, and a rear sign, “CAUTION Runner/Walker on Road.” No buses, extra vehicles, limousines or RVs.

**Two Volunteers Must Register** online by April 15 for a 4–5 hour shift. If every team member lives more than 50 miles from the course, volunteers are not required.

## **MARIN START**

(8 AM WALK, 3–5 PM RUN)

Marin French Cheese Company  
7510 Pt. Reyes Petaluma Rd.,  
Novato, CA

### **Arrive at Start**

one hour prior to start time. Enjoy lakeside breakfast with other teams at America’s oldest cheese factory. Van 2 may skip Start and go to next Van Exchange.

### **Merchandise**

Blinking lights, flashlights, hats, reflective vests, and “CAUTION Runner/Walker on Road” signs may be pre-ordered for Start pick up. Hats, jackets, medals, shirts and sweatshirts may be purchased at Finish.



## **Victory Party & Expo**

10 AM–7 PM Cheer runners and walkers finishing together as a team. Enjoy food, music and Pacific Ocean.

**Food, beer, wine:** 12–6 PM

**Merchandise:** Hats, jackets, medals, shirts and sweatshirts may be purchased.

## **Hospitality Tents**

are available for victory celebrations and catered corporate gatherings. Call 650.508.9700 to reserve your private chalet with views of ocean and finish line.

## **Awards**

**Pick up 12 Medals** by turning in completed Time Records. Medals will not be mailed. Extra medals may be purchased. Disqualified teams will not receive medals.

**Finish times are updated** at TheRelay.com and are not official for 48 hours. Masters and submasters teams will not qualify as winners unless copies of participant driver licenses were submitted at Start.

## **Ideal Victory Party**

Ideal Bar & Grill  
106 Beach St., Santa Cruz,  
with dancing til midnight.  
831.423.5271 for reservations.

## **Directions to Finish**

Hwy. 17 S to Santa Cruz.

**R** Hwy. 1 N (becomes Mission)

**L** Swift St.

**R** Delaware Ave. to Shaffer Rd.

Barry Swenson Builder property, Delaware Ave. at Shaffer Rd., Santa Cruz, CA (adjacent to Antonelli Pond)

Park free on Delaware Ave.

**L** = Left turn

**R** = Right turn





Complete highlighted areas before arriving at Start.

**Bib No.**  **Team Name**

✓	<b>Safety (bring items to Registration)</b>
	2 vehicles
	2 vehicle signs "CAUTION – Runners/Walkers on Road"
	2 reflective vests
	2 flashlights
	2 rear blinking lights
	I have read and understand Rules and Safety Instructions.

✓	<b>Documentation</b>
	Organs R Us fundraising (\$600 per team minimum) complete
	Volunteers (2 per team) registered (unless team is exempt)
	Roster/Waiver (competitive teams only)
	Copies of driver licenses if Submasters/Masters competitive team
	Substitutions \$20 (captains may substitute online without a fee)

✓	<b>Received by Team</b>
	1 Baton
	12 Bibs (must wear on front)
	4 Van numbers (colored signs on Van 2 front and back passenger side)

	<b>Survey</b>
	I rented <span style="background-color: yellow; border: 1px solid black; display: inline-block; width: 50px; height: 15px;"></span> vehicle(s) from <span style="background-color: yellow; border: 1px solid black; display: inline-block; width: 200px; height: 15px;"></span> .
	I rented <span style="background-color: yellow; border: 1px solid black; display: inline-block; width: 50px; height: 15px;"></span> hotel room(s) from <span style="background-color: yellow; border: 1px solid black; display: inline-block; width: 200px; height: 15px;"></span> .

**Captain (print name)**                      **Signature**                      **Date**



# Roster/Waiver (competitive teams only)

**Team Name:** \_\_\_\_\_ **Start:** \_\_\_\_\_ **Bib:** \_\_\_\_\_

Competitive 36-leg/walk teams must maintain the order submitted at Start. Competitive Submasters and Masters teams must submit copies of participant driver licenses.


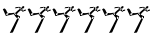
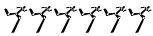
Waiver: In consideration of my participation in the Golden Gate Relay, I the undersigned, for myself, my heirs, executors, administrators and assigns, forever waive, release, and give up any and all claims, demands, liability, damages, costs and expenses of any kind whatsoever for death, personal injury or loss of property against the Golden Gate Relay, Organs R Us, California Highway Patrol and Department of Transportation, Golden Gate Bridge Highway and Transportation District, National Park Service GGNRA, Presidio Trust, Santa Cruz, all cities, counties, parks, sponsors and entities listed at TheRelay.com, OrgansRUs.org or in the Golden Gate Relay Racebook and all of the above officers, shareholders, directors, employees, representatives, agents, contractors, subcontractors, sponsors and volunteers, which may arise from my participation in the Golden Gate Relay or while traveling to or from the event. This release is valid even if such damages, injuries or loss should be caused in part by the negligence or other fault of the parties or persons I am hereby releasing by dangerous or defective condition of any property or equipment owned, maintained or controlled by them and/or because of their liability without fault. I fully understand I am forever giving up in advance any right to sue or make claims against the parties I am releasing if I suffer injuries and damages even though I do not know specifically what the nature and extent of those injuries and damages might be and I am voluntarily assuming the risk of such injuries and damages. I understand that there are no road closures or aid stations. I will assume my own medical and emergency expenses in the event of an accident or other incapacity or injury resulting from or occurring during my participation. I grant full permission to the Golden Gate Relay to obtain photographs, motion pictures, video recordings or any other record of the event and to use them for any purpose whatsoever. I understand and voluntarily accept everything written above.

	<b>Name</b>	<b>Signature (of parent if under age 18)</b>	<b>Date</b>
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

# Time Record — 24 Legs (Marin Start)




Team Name: \_\_\_\_\_ Start: \_\_\_\_\_ Bib: \_\_\_\_\_

Leg*	Name**	Distance/ Difficulty	Time of Exchange**	Leg Time	Min./Mile Pace	Cumulative Team Time
13		6.0 M				
14		5.0 H				
15		6.5 H				
16		5.3 E				
17		4.9 E				
18		5.8 H				
19		7.0 H				
20		5.9 H				
21		6.5 M				
22		4.2 E				
23		3.7 E				
24		5.9 M				
25		5.5 E				
26		4.2 E				
27		5.6 E				
28		3.6 E				
29		4.5 VH				
30		3.1 VH				
31		6.2 M				
32		4.9 E				
33		6.5 E				
34		5.8 VH				
35		3.2 E				
36		6.2 E				
 <b>Finish</b>		<b>126.0</b>				

\*Legs are 13–36 (not 1–24) to expedite emergency care.


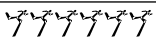
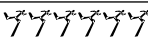
\*\*Complete Name and Time of Exchange (clock time of baton transfer) columns to receive medals.

Photograph this form to retain a copy.



# Time Record — 30 Legs (Napa Start)

Team Name: \_\_\_\_\_ Start: \_\_\_\_\_ Bib: \_\_\_\_\_


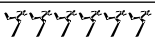
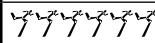
Leg	Name**	Distance/ Difficulty	Time of Exchange**	Leg Time	Min./Mile Pace	Cumulative Team Time
7		4.4 M				
8		6.2 M				
9		4.4 E				
10		6.0 H				
11		9.0 VH				
12		4.8 H				
13		6.0 M				
14		5.0 H				
15		6.5 H				
16		5.3 E				
17		4.9 E				
*18		5.8 H				
*18		5.8 H				
*18		5.8 H				
*18		5.8 H				
*18		5.8 H				
*18		5.8 H				
19		7.0 H				
20		5.9 H				
21		6.5 M				
22		4.2 E				
23		3.7 E				
24		5.9 M				
25		5.5 E				
26		4.2 E				
27		5.6 E				
28		3.6 E				
29		4.5 VH				
30		3.1 VH				
31		6.2 M				
32		4.9 E				
33		6.5 E				
34		5.8 VH				
35		3.2 E				
36		6.2 E				
 <b>Finish</b>		<b>160.8/189.8</b>				

\* Up to six teammates may run as a group on leg 18 (Golden Gate Bridge).

\*\* Complete Name and Time of Exchange (clock time of baton transfer) columns to receive medals.  
Photograph this form to retain a copy.

# Time Record — 36 Legs (Napa Start)

Team Name: \_\_\_\_\_ Start: \_\_\_\_\_ Bib: \_\_\_\_\_

Leg	Name*	Distance/ Difficulty	Time of Exchange*	Leg Time	Min./Mile Pace	Cumulative Team Time
1		3.0 E				
2		5.3 M				
3		3.2 M				
4		3.7 H				
5		3.3 M				
6		7.9 M				
7		4.4 M				
8		6.2 M				
9		4.4 E				
10		6.0 H				
11		9.0 VH				
12		4.8 H				
13		6.0 M				
14		5.0 H				
15		6.5 H				
16		5.3 E				
17		4.9 E				
18		5.8 H				
19		7.0 H				
20		5.9 H				
21		6.5 M				
22		4.2 E				
23		3.7 E				
24		5.9 M				
25		5.5 E				
26		4.2 E				
27		5.6 E				
28		3.6 E				
29		4.5 VH				
30		3.1 VH				
31		6.2 M				
32		4.9 E				
33		6.5 E				
34		5.8 VH				
35		3.2 E				
36		6.2 E				
 <b>Finish</b>		<b>187.2</b>				

\* Complete Name and Time of Exchange (clock time of baton transfer) columns to receive medals.  
Photograph this form to retain a copy.



**Penalties will be assessed** if Resting Vans park in Exchanges or travel along the course instead of following Resting Van Routes (designed to reduce congestion). Resting Vans may park in Van Exchanges (6, 12, 18, 24, 30).

**Van Route 1**, Exchange 6 (Crosswalk Church) to Exchange 12:

- L First St.
- R Hwy. 29 S 3 miles.
- R Hwy. 12/121 W 8 miles.
- S Hwy. 121 (do not veer R on Hwy. 12) 1 mile.
- R Hwy. 116 W (Stage Gulch Rd.) 7 miles.
- R Lakeville Hwy. (Hwy. 116 W) 5 miles.
- L D St. (becomes Red Hill/Pt. Reyes Petaluma Rd.) 9 miles.
- R Marin French Cheese Co., Exchange 12. Park behind visitor center.

**Van Route 2**, Exchange 12 (Marin French Cheese) to Exchange 18:

- L Pt. Reyes Petaluma Rd. 0.4 miles.
- R Novato Blvd. 8 miles.
- L Diablo Ave. (becomes De Long Ave.) to Hwy. 101 S 20 miles to San Francisco.
- S Cross Golden Gate Bridge (GGB) to right toll lane.
- R Merchant Rd. (first R) GGB, Exchange 18.

**Van Route 3**, Exchange 18 (GGB) to Exchange 24:

- L Merchant Rd.
- R Hwy. 101 S 0.5 miles.
- R 19th Ave. 7 miles.
- S Hwy. 280 S 20 miles to Edgewood Rd. exit.
- R Edgewood Rd. 0.4 miles.
- L Cañada Rd. 2 miles.
- L West Entry Dr. 0.1 miles.
- R Campus Circle to lot 6. Cañada College, Exchange 24.

**Van Route 4**, Exchange 24 (Cañada College) to Exchange 30:

- L Cañada Rd. 1.4 miles.
- R Woodside Rd. 5.8 miles.
- L Hwy. 35 (Skyline Blvd.) 13.7 miles. Hwy. 9 at Hwy. 35, Exchange 30.
- R Hwy. 9 S 0.1 miles. Van 2 parking on dirt lot beyond exchange on left.

**Van Route 5**, Exchange 30 (Hwy. 9 at Hwy. 35) to Finish:

- S Hwy. 9 E 7 miles.
- R Saratoga Los Gatos Rd. 3 miles.
- R Hwy. 17 S 20 miles to Santa Cruz.
- R Hwy. 1 N 1 mile.
- R Hwy. 1/Misson St. 1.6 miles.
- L Swift St. 0.3 miles.
- R Delaware Ave. 0.7 miles. Park free on Delaware Ave.

Cheer runners/walkers finishing as a team.

## CONGRATULATIONS!

- L = Left turn
- R = Right turn
- S = Straight



## Safety

Obey CA Vehicle Code. There are no road closures, traffic control or aid stations.

Run on RIGHT with traffic except Legs 1–4 and 18.

Stop at red lights and cross roads in crosswalks or at intersections. Narrow roads and busy intersections are noted with CAUTION.

### Be careful! Be safe! Be alert!

Turns will be marked with arrows. Proceed straight at intersections with no markings.

## Maps

Maps have five sections:

### 1. Heading

- Leg Number from 1 to 36
- Leg Distance rounded to the nearest 0.1 mile
- Difficulty: Easy, Moderate, Hard, Very Hard

### 2. Runner/Walker

- R = Right turn
- L = Left turn
- S = Straight
- Distance (miles) into the leg where a turn is made
- Street where turn is made

### 3. Van

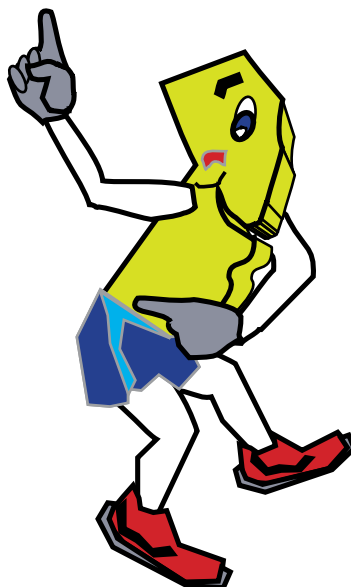
- When van route is different than runner/walker's route.
- Do not stop or park within 500 feet BEFORE Exchanges. Park beyond Exchanges before exiting vehicles.
- Do not force participants into traffic by obstructing shoulder.

### 4. Street Map

- S = Leg start
- E = Leg end

### 5. Elevation Map

- Horizontal axis = distance (miles) into the leg
- Vertical axis = elevation (feet)



Mr. Cali doing porta-potty dance



# Leg 1

# 3.0 miles

# Easy

## Runner/Walker 1

CrossWalk Community Church  
2590 First Street, Napa, CA

Run on Left.

L - 0.2 still Coffield Ave.

R - 0.3 Solano Ave.

L - 1.0 West Pueblo Ave.

R - 2.4 Redwood Rd.

L - 2.5 Dry Creek Rd. in crosswalk (run on R).

Exchange 1.

Dry Creek Rd. at Trower Ave., Napa, CA.

## Van

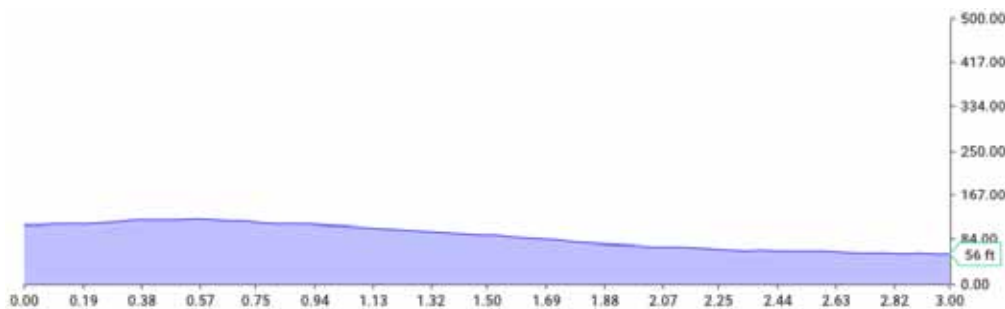
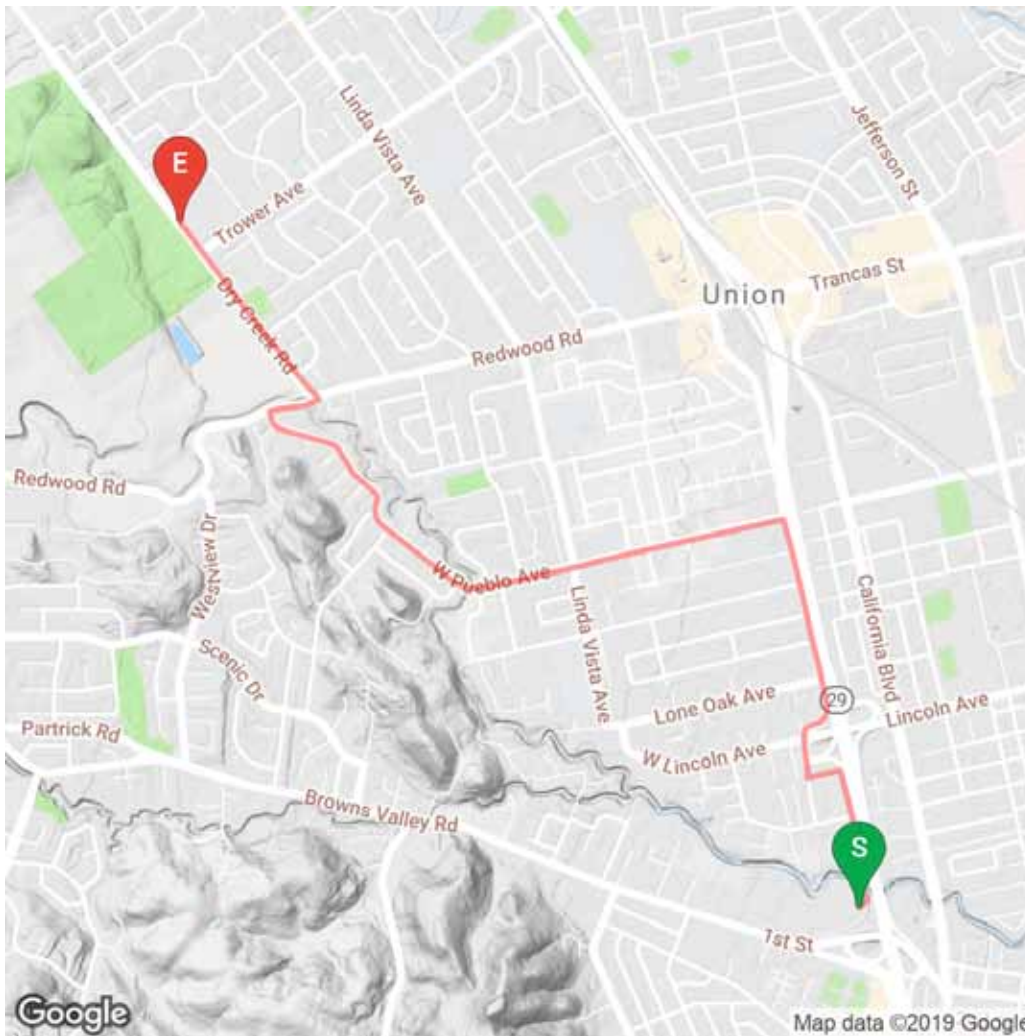
L on First St. from CW Church 0.3 miles.

R on Hwy. 29 N 1.2 miles to Redwood Rd.

L on Redwood Rd. 1 mile.

R on Dry Creek Rd. 0.5 miles to Trower Ave.

Park on Church of Jesus Christ LDS lot.





# Leg 2

## 5.3 miles

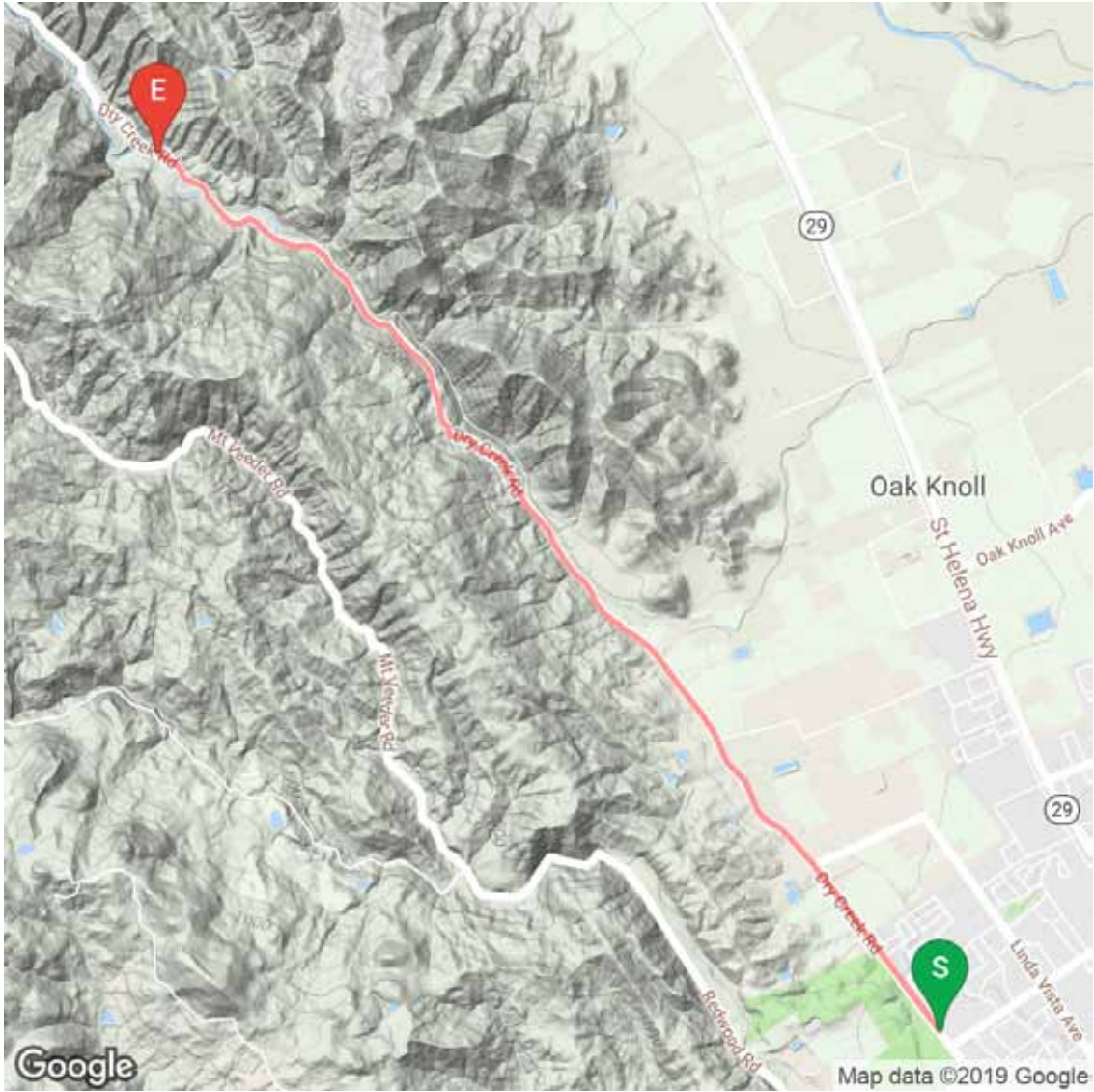
## Moderate

### Runner/Walker 2

Dry Creek Rd. at Trower Ave., Napa, CA  
Run on Left. No Turns.  
Exchange 2.  
5171 Dry Creek Rd., Napa, CA.

### Van

L to park on semicircular drive.



# Leg 3

# 3.2 miles

# Moderate



### Runner/Walker 3

5171 Dry Creek Rd., Napa, CA

Run on Left.

L - 3.2 Dry Creek Rd. at Exchange.

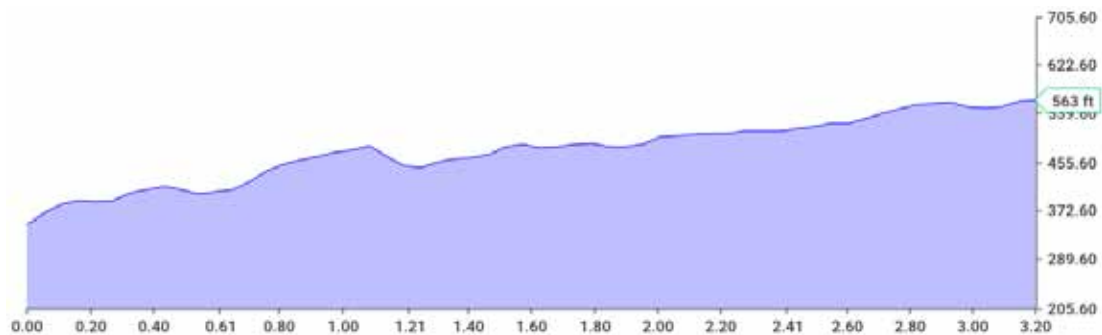
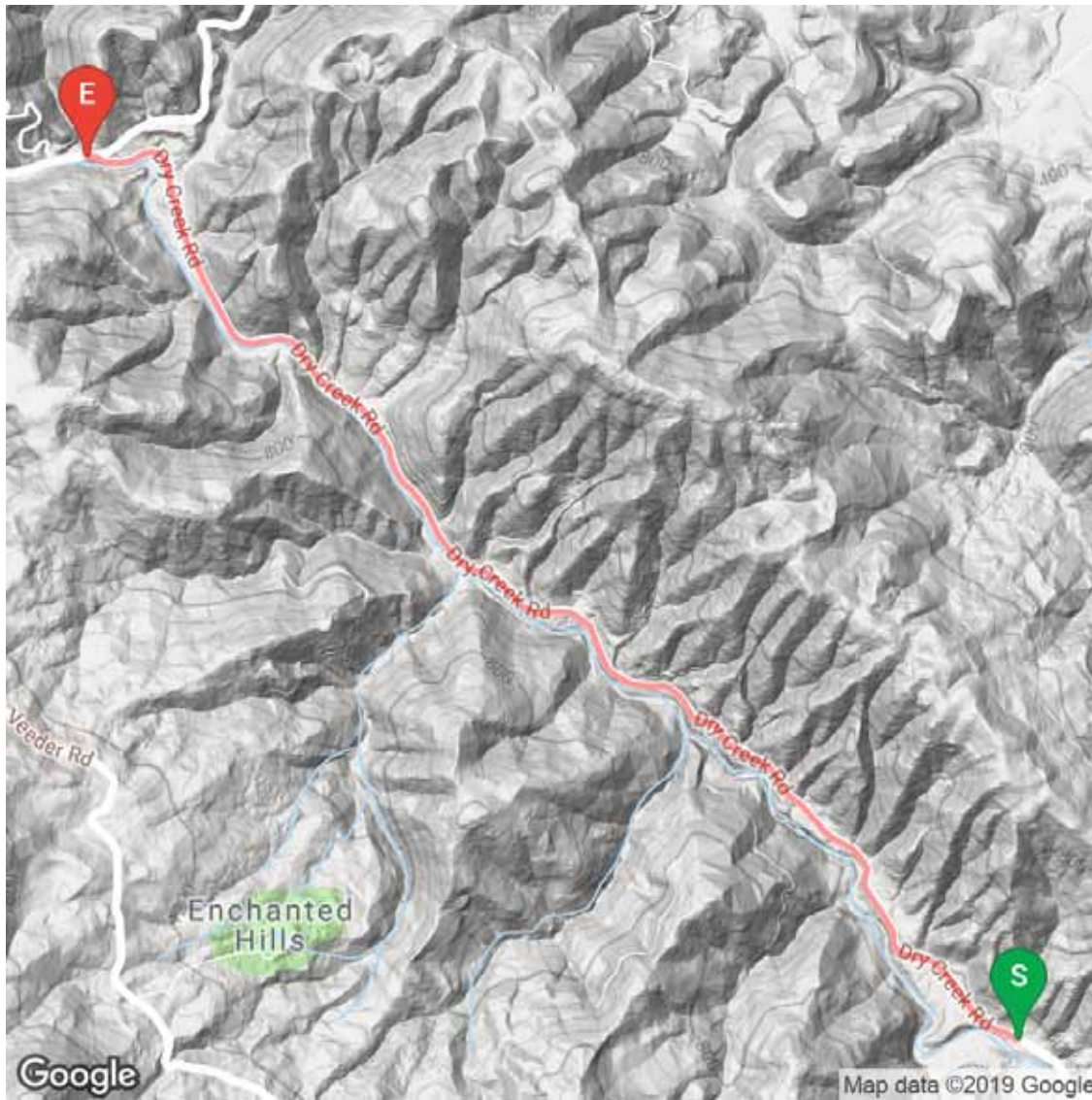
Exchange 3.

Dry Creek Lokoya Fire Dept.

5900 Dry Creek Rd., Napa, CA.

### Van

R to park at fire station.



**Runner/Walker 4**

Dry Creek Lokoya Fire Dept.  
5900 Dry Creek Rd., Napa, CA

Run on Left.

L - 0.4 Mt. Veeder Rd.

L - 3.3 road to camp parking.

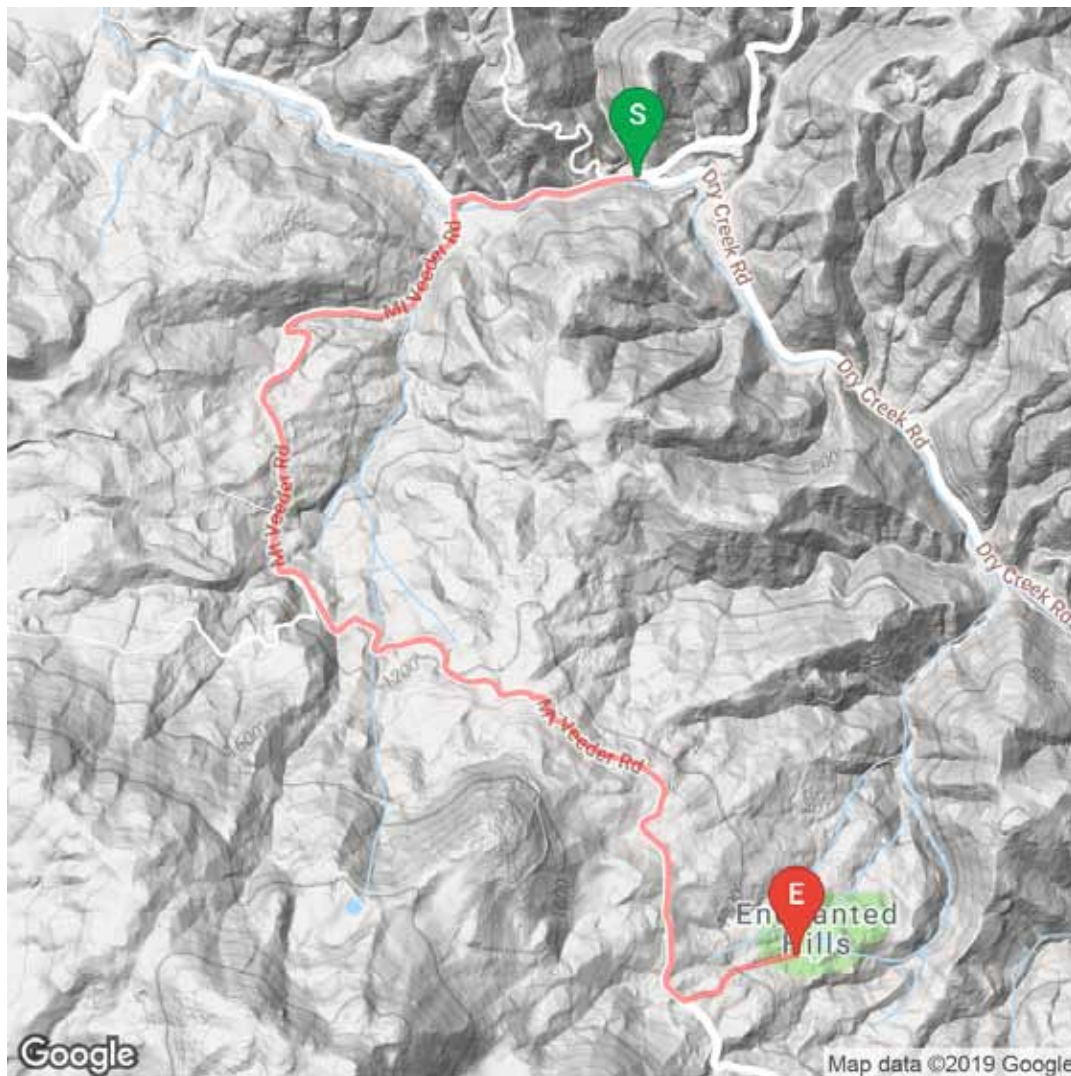
Exchange 4.

Enchanted Hills Camp

3410 Mt. Veeder Rd., Napa, CA.

**Van**

L down hill to camp parking.



# Leg 5

# 3.3 miles

# Moderate

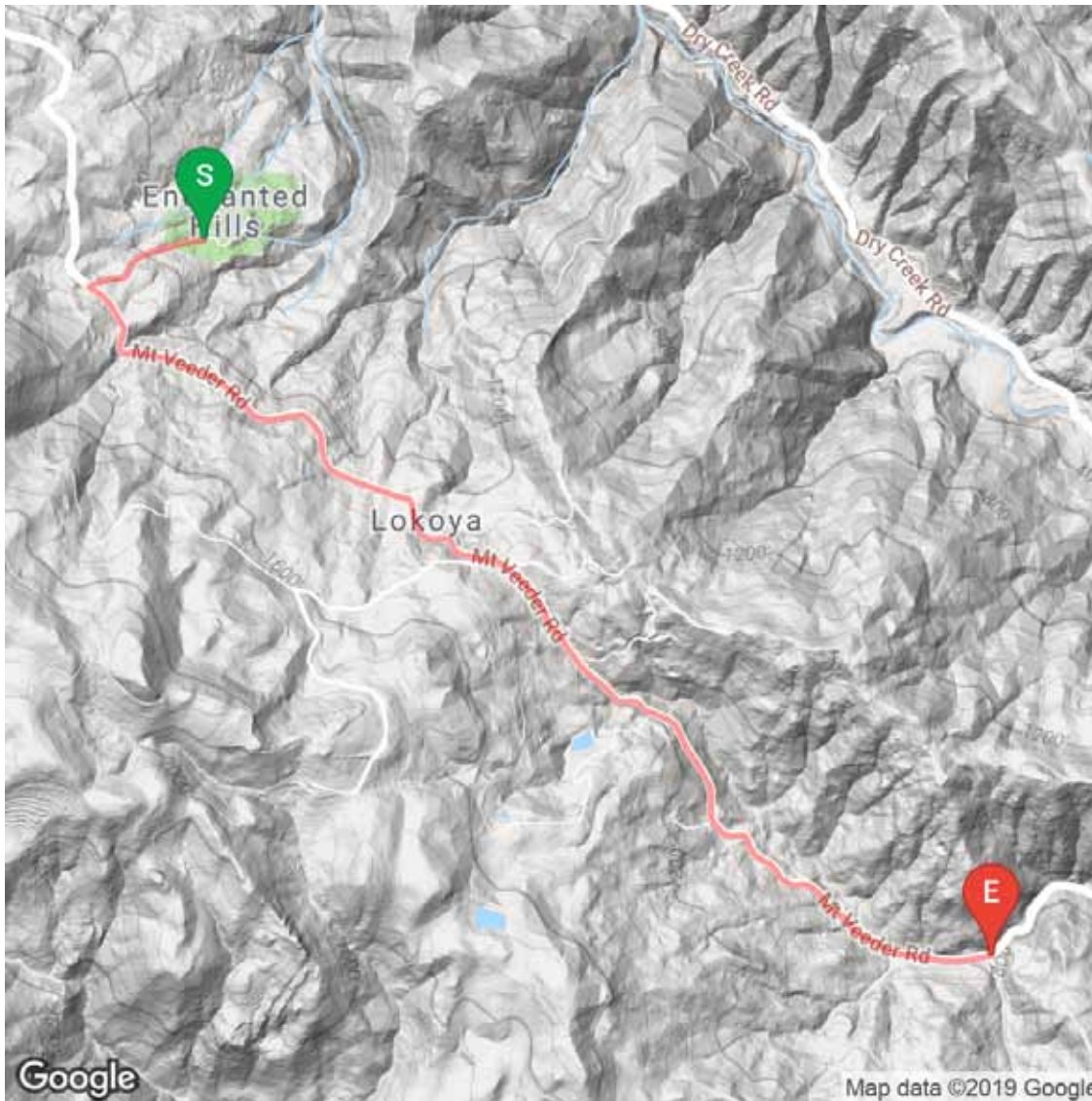


### Runner/Walker 5

Enchanted Hills Camp  
3410 Mt. Veeder Rd., Napa, CA  
Run on Right.  
L - 0.4 Mt. Veeder Rd.  
Exchange 5.  
1801 Mt. Veeder Rd., Napa, CA.

### Van

Park beyond exchange.  
Do not block driveway.





# Leg 6

## 7.9 miles

## Moderate

### Runner/Walker 6

1801 Mt. Veeder Rd., Napa, CA

Run on Right

R - 5.4 Browns Valley Rd. to First St.

Exchange 6, Van Exchange.

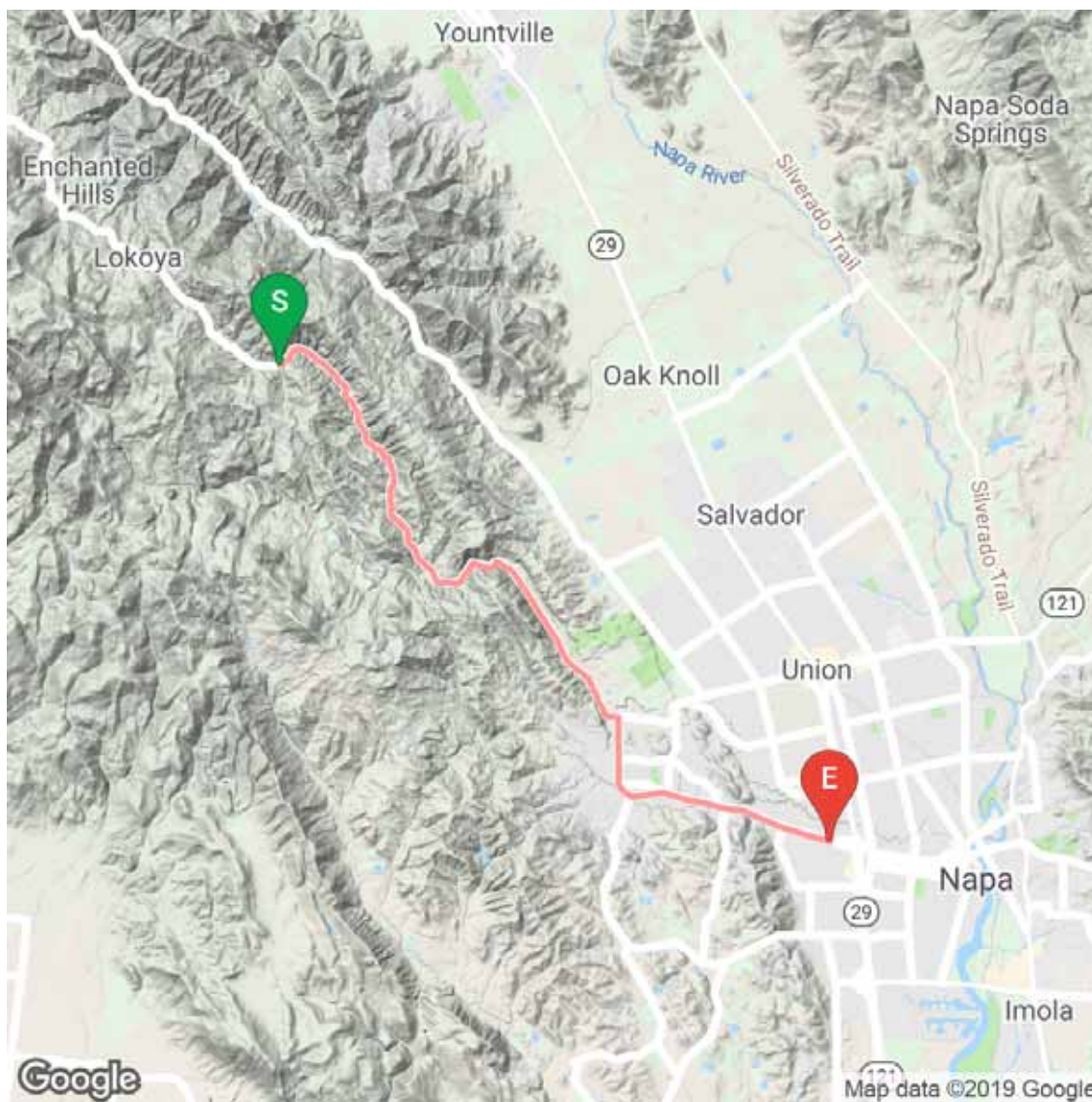
CrossWalk Community Church

2590 First Street, Napa, CA.

### Van

L at Freeway Dr. to park on church lot.

Only outgoing runner may cross First St.



# Leg 7

## 4.4 miles

## Moderate



### Runner/Walker 7

CrossWalk Community Church  
2590 First Street, Napa, CA

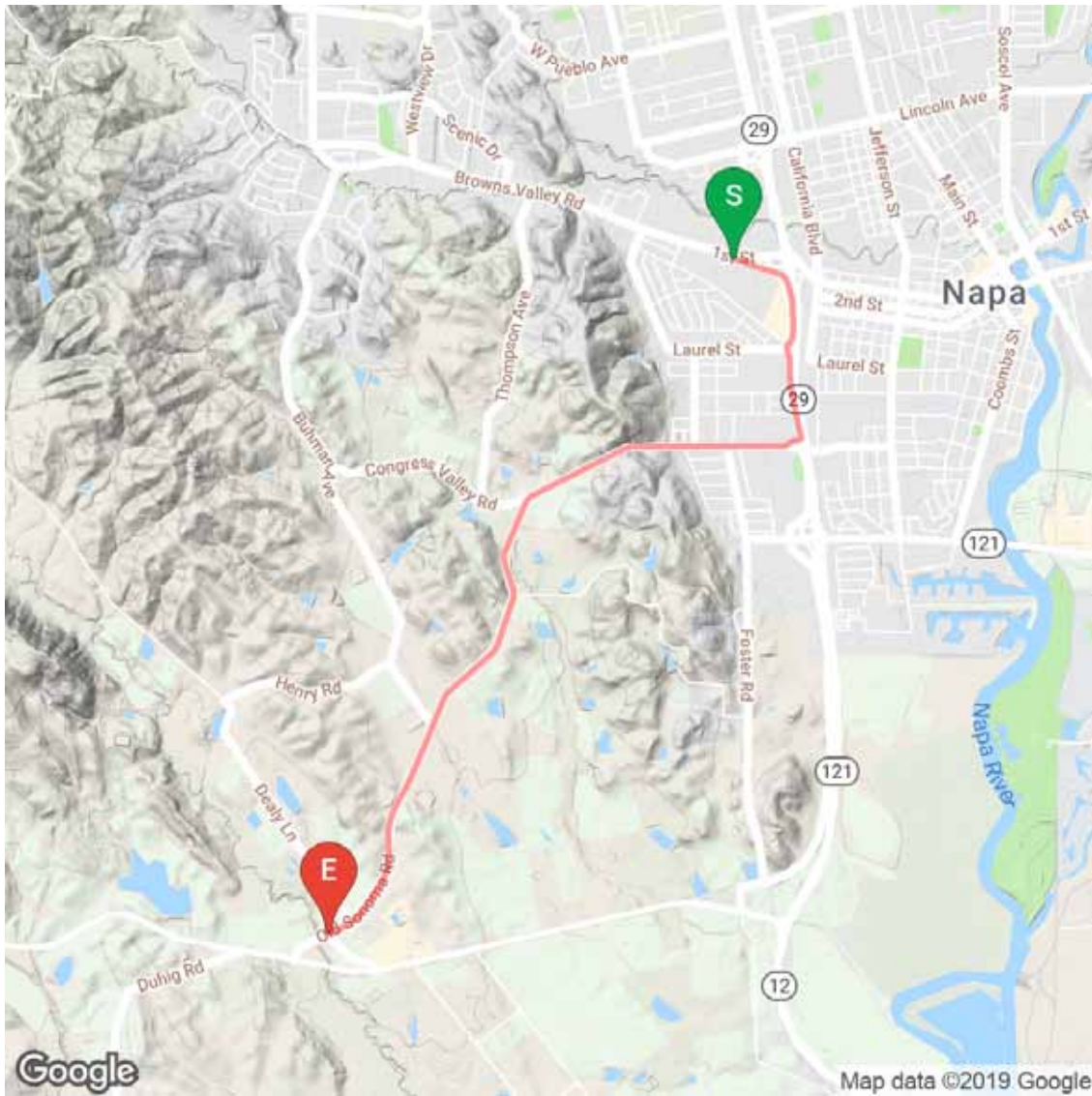
L - 0.6 still Freeway Dr.  
R - 0.9 Old Sonoma Rd.

Exchange 7.

Old Sonoma Rd. at Old Sonoma Hwy., Napa, CA.

### Van

L on Old Sonoma Hwy.  
R through gate to park.

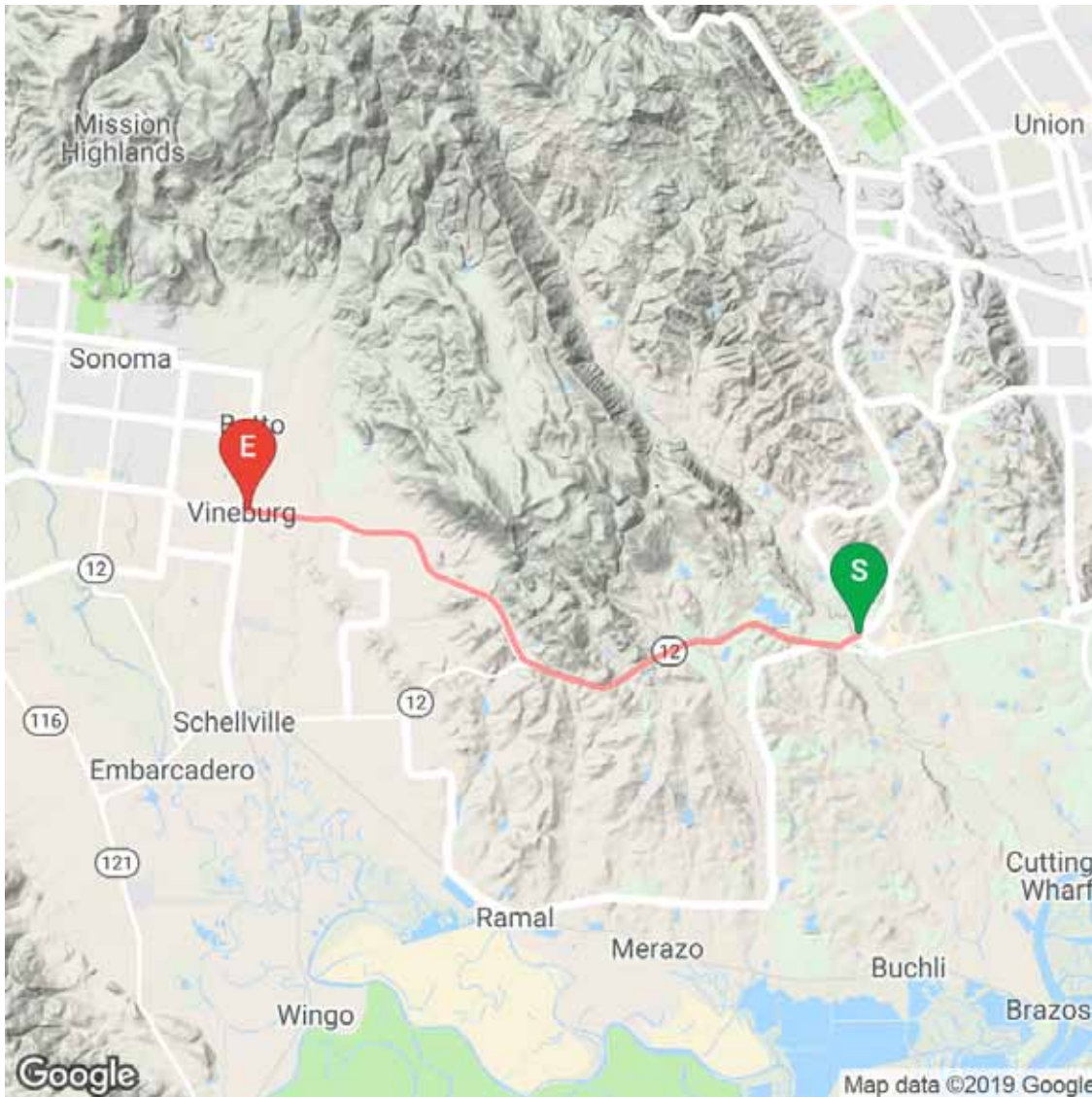


**Runner/Walker 8**

Old Sonoma Rd. at Old Sonoma Hwy., Napa, CA  
 R - 0.2 Hwy. 12/121.  
 R - 3.1 Napa Rd.  
 Exchange 8.  
 Vineburg Deli & Grocery  
 997 Napa Rd., Vineburg, CA..

**Van**

R on Old Sonoma Hwy.  
 R on Hwy. 12/121 (do not slow/stop on Hwy.)  
 L on 8th St. E.  
 L on first drive to park on dirt shoulder.  
 No parking at Deli.





# Leg 9

# 4.4 miles

# Easy

## Runner/Walker 9

Vineburg Deli & Grocery  
997 Napa Rd., Vineburg, CA.

L - 3.0 Arnold Dr.

R - 3.9 Watmaugh Rd.

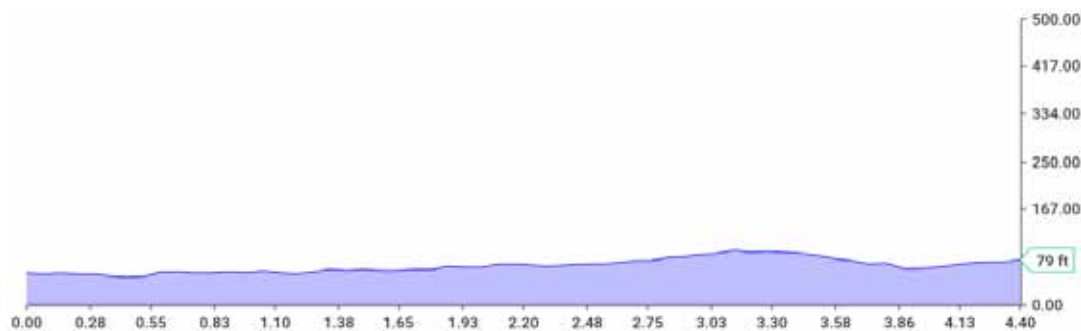
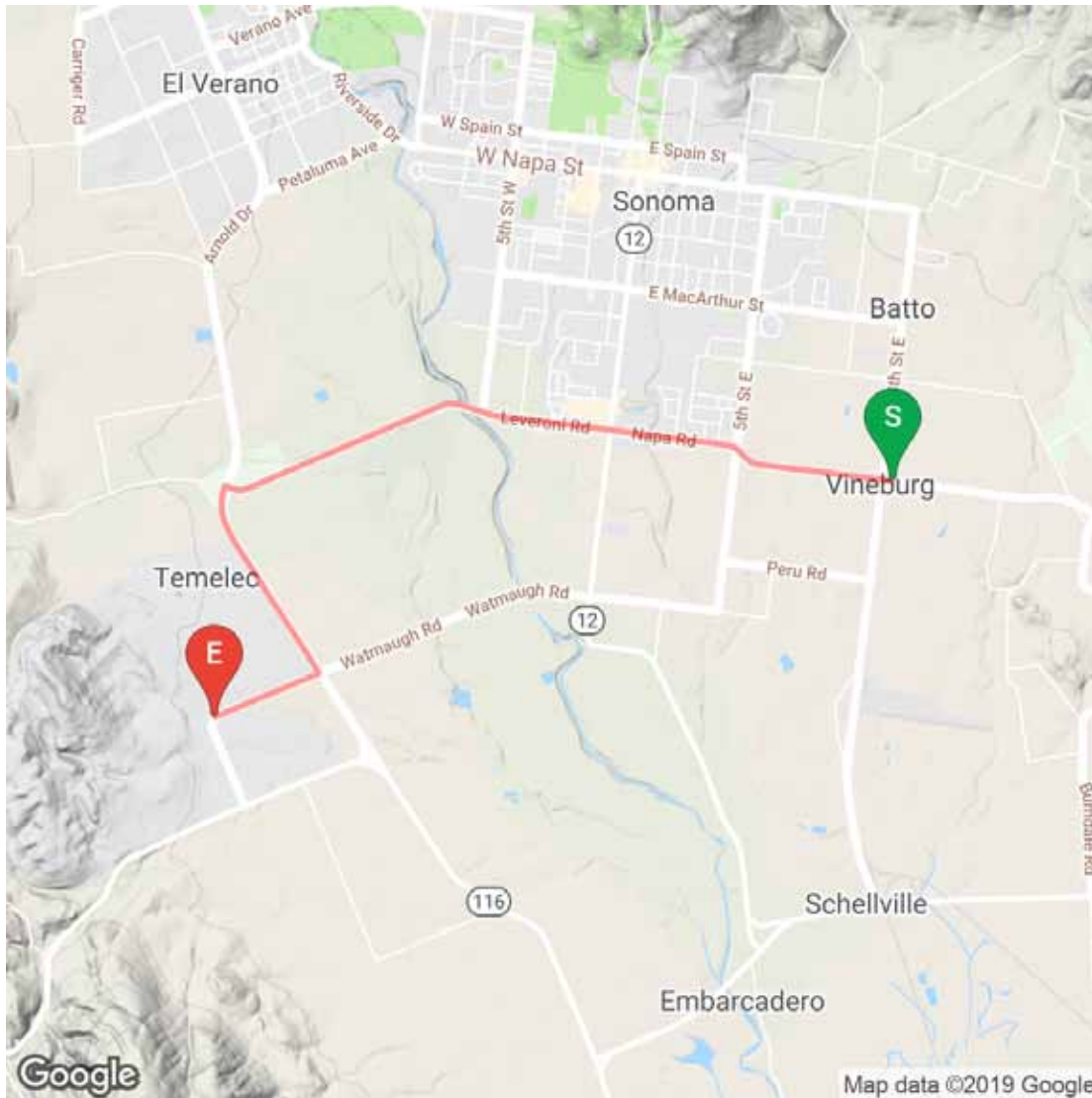
Exchange 9.

Field of Greens

1777 W. Watmaugh Rd., Sonoma, CA.

## Van

R on Bear Flag Rd. to park.



# Leg 10

## 6.0 miles

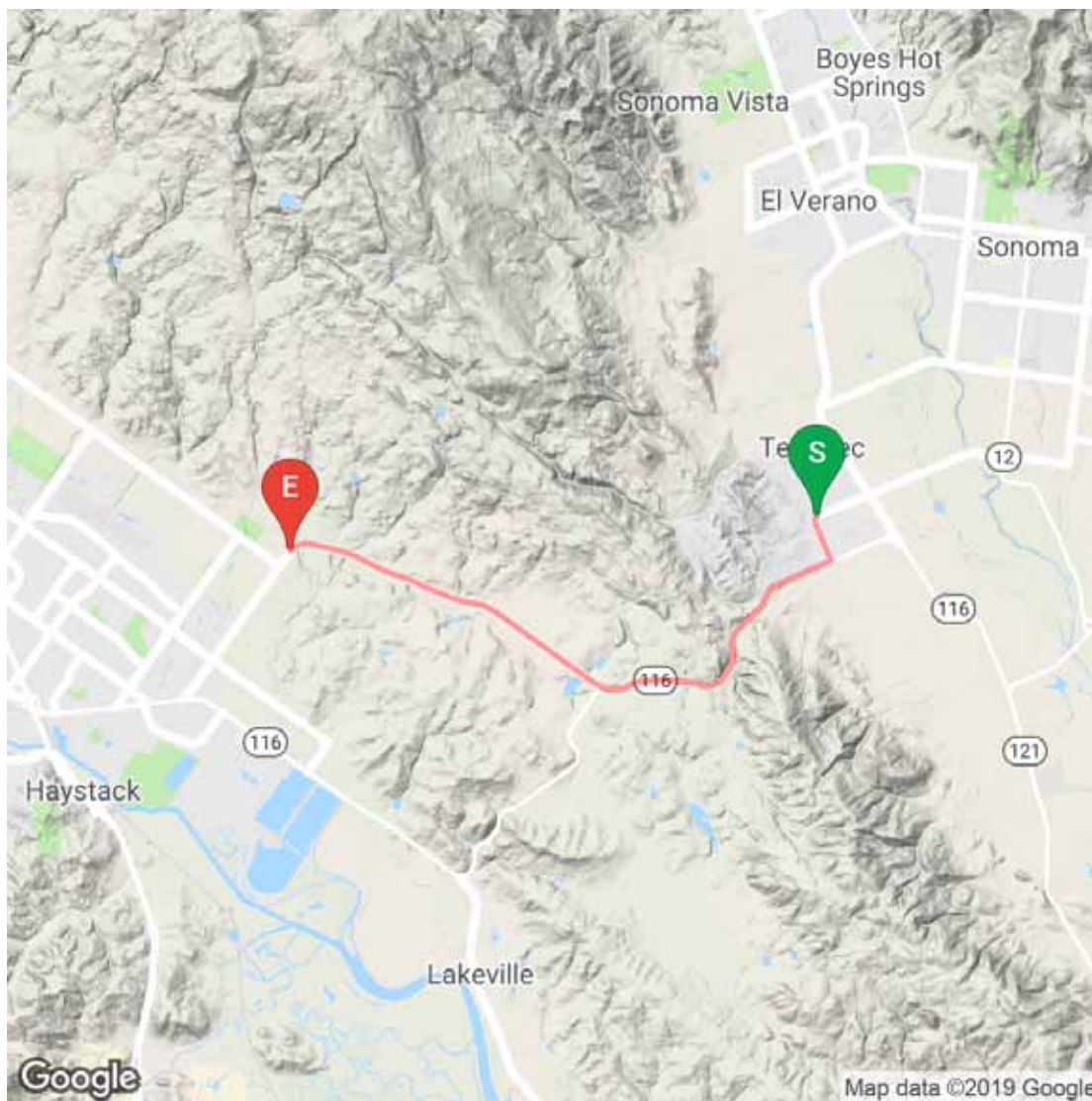
## Hard

### Runner/Walker 10

Field of Greens  
1777 W. Watmaugh Rd., Sonoma, CA  
R - 0.4 Hwy. 116 (Stage Gulch Rd.)  
S - 3.0 Old Adobe Rd.  
Exchange 10.  
Green String Farm  
3571 Old Adobe Rd., Petaluma, CA..

### Van

Do not slow/stop on Hwy. 116.



# Leg 11

# 9.0 miles

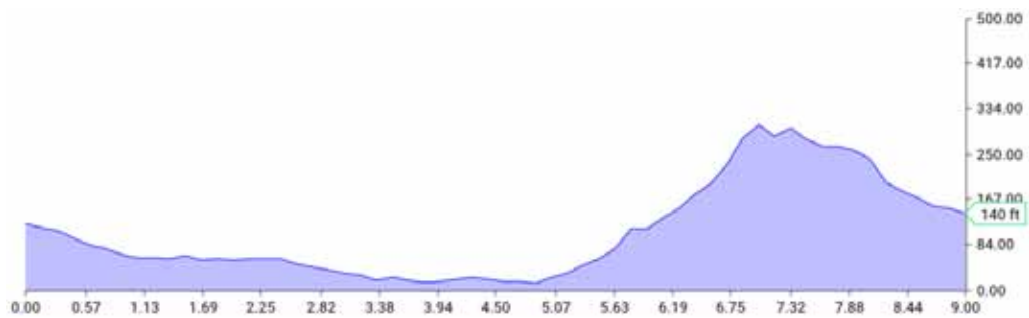
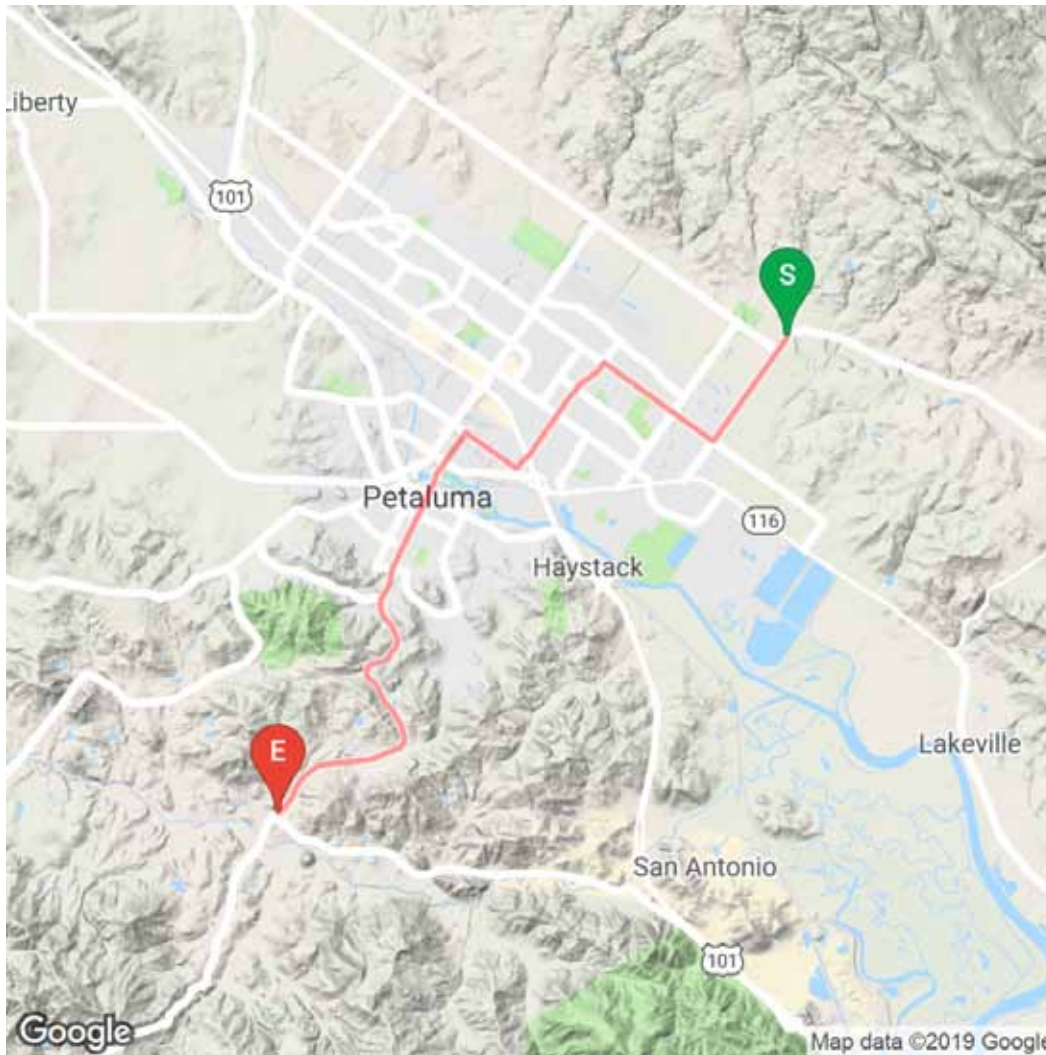
# Very Hard

## Runner/Walker 11

Green String Farm  
3571 Old Adobe Rd., Petaluma, CA.  
S - 0.2 flashing red light to Frates Rd.  
R - 1.2 Ely Blvd.  
L - 2.4 Caulfield Ln.  
R - 3.6 Payran St.  
L - 4.2 D Street East  
Exchange 11.  
Lavo Ranch/Rowley Dairy  
4990 D Street East, Petaluma, CA..

## Van

Park on dirt/grass near white fence.



**Runner/Walker 12**

Lavio Ranch/Rowley Dairy  
4990 D Street East, Petaluma, CA.

No turns.

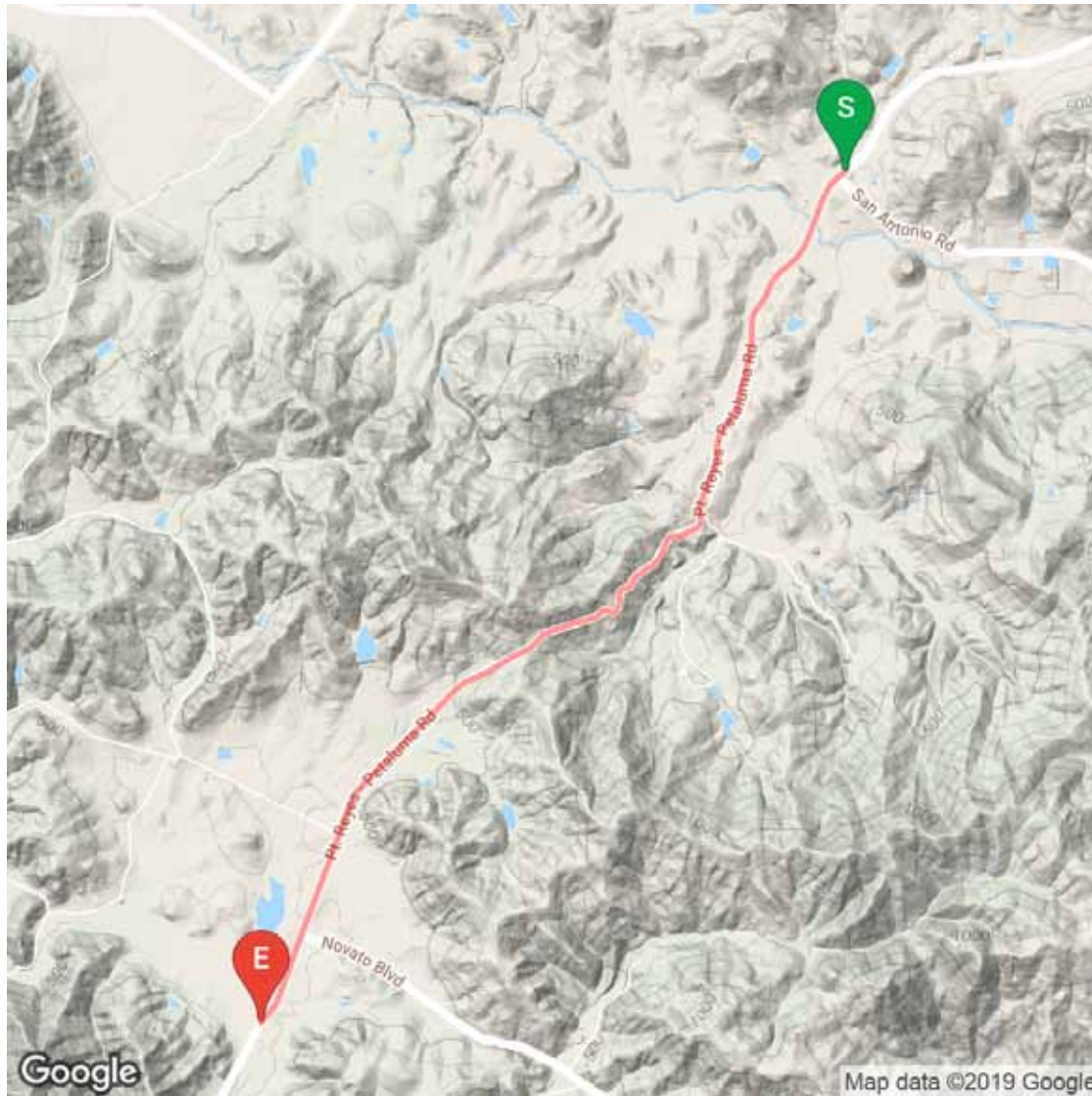
Exchange 12, Walk Start, Van Exchange .

Marin French Cheese Co.

7510 Pt. Reyes Petaluma Rd., Navato, CA.

**Van**

Park behind visitor center.



# Leg 13

# 6.0 miles

# Moderate

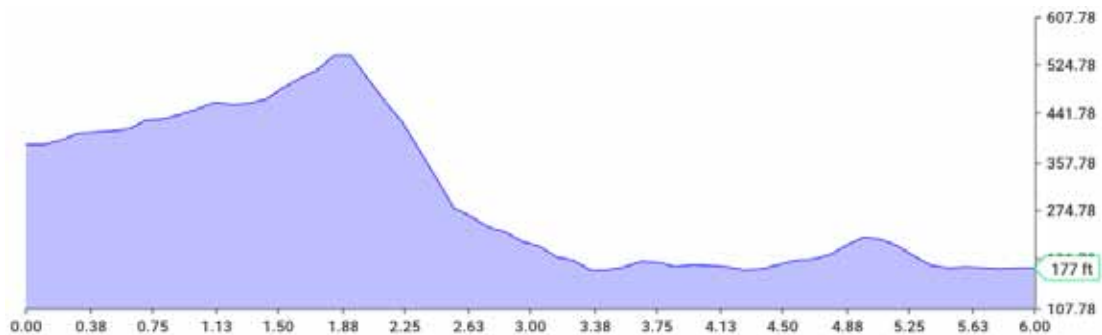
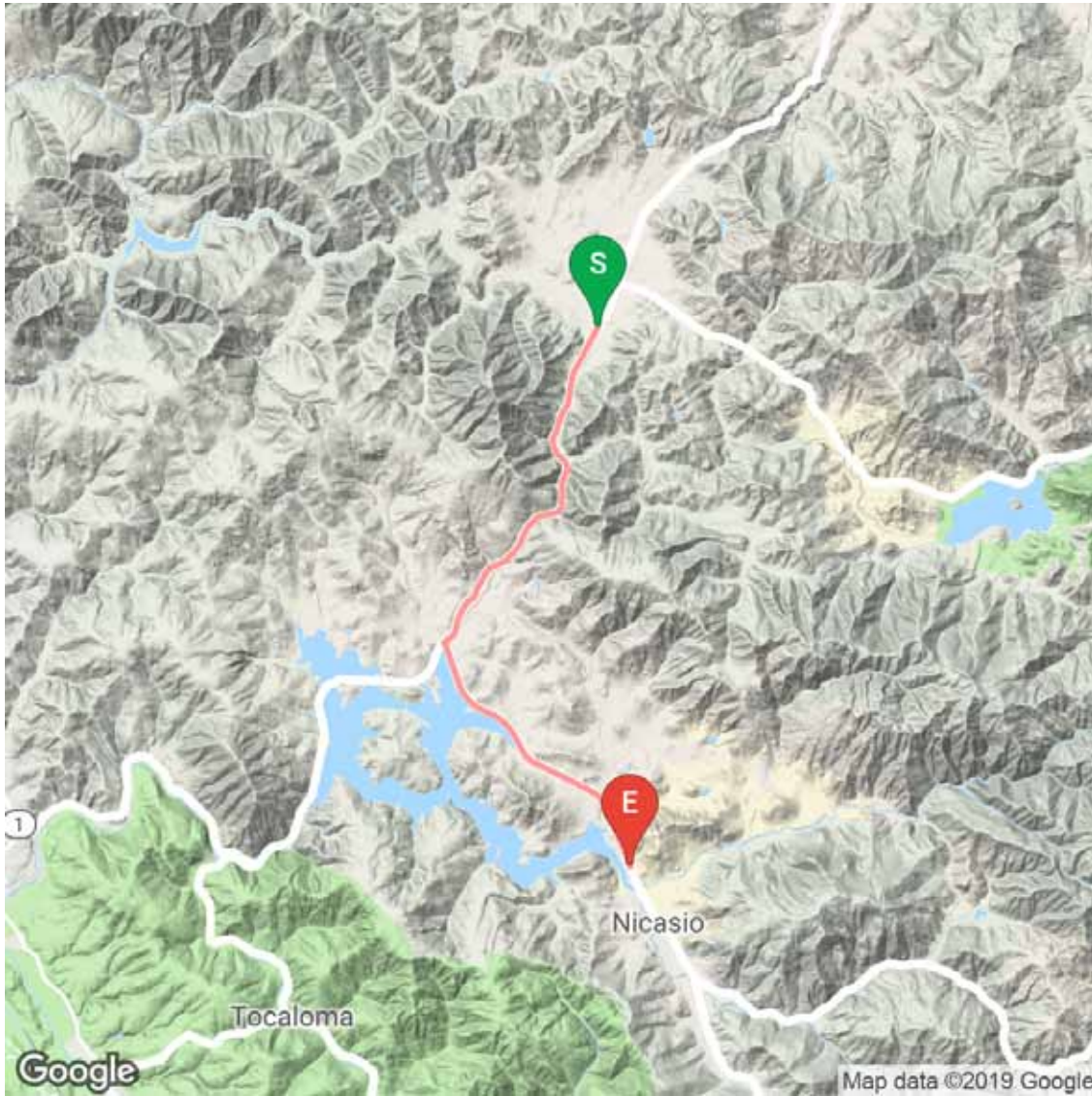


### Runner/Walker 1

Marin French Cheese Co.  
7510 Pt. Reyes Petaluma Rd., Navato, CA  
L - 3.3 Nicasio Valley Rd.  
Exchange 13.  
Nicasio Elementary School  
5555 Nicasio Valley Rd., Nicasio, CA..

### Van

Park on school lot.



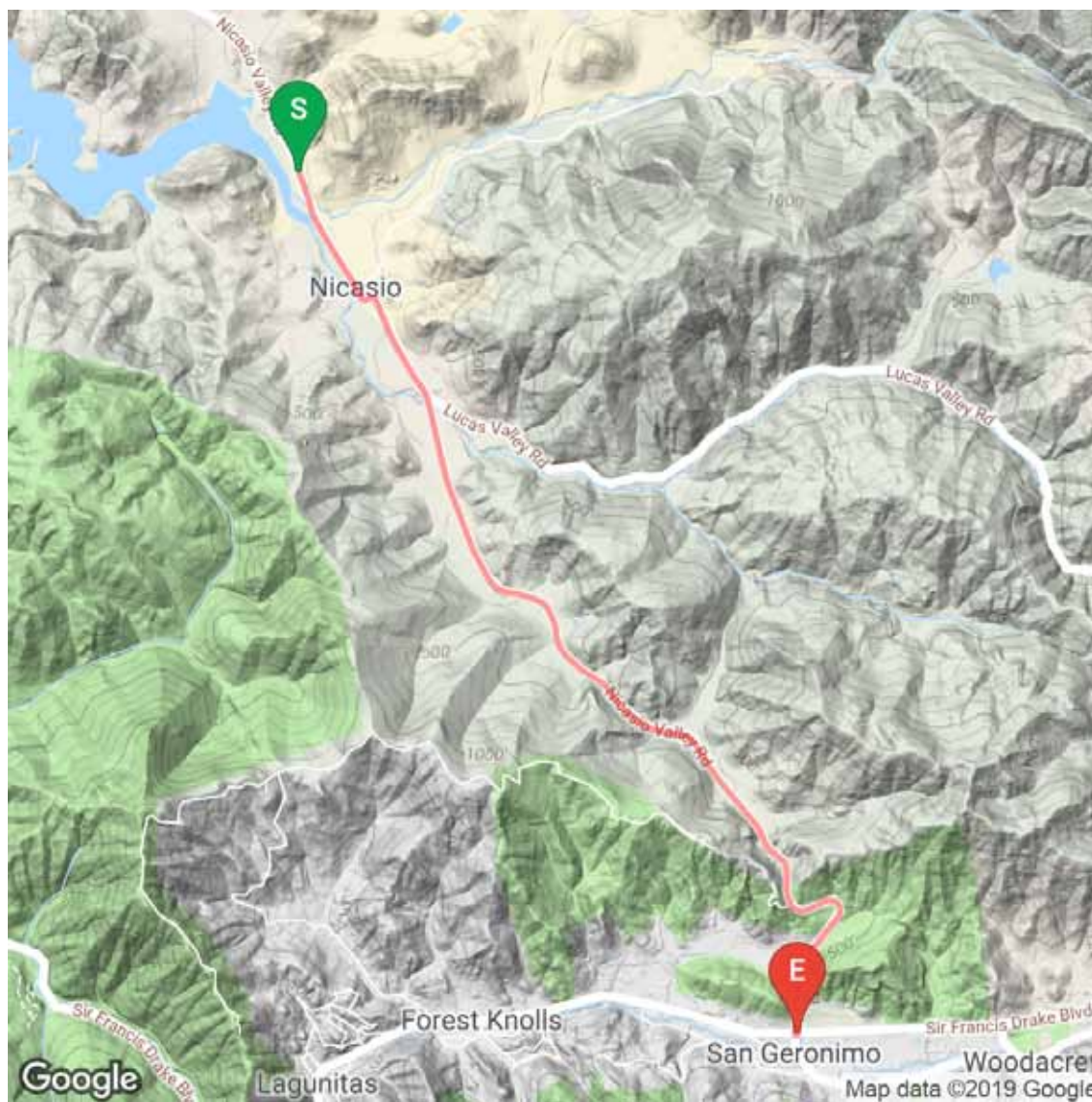
**Runner/Walker 2**

Nicasio Elementary School  
 5555 Nicasio Valley Rd., Nicasio, CA.  
 L - 4.9 Sir Francis Drake Blvd.

Exchange 14.  
 San Geronimo Valley Presbyterian Church  
 6001 Sir Francis Drake, San Geronimo, CA..

**Van**

Park behind church.



# Leg 15

# 6.5 miles

# Hard

### Runner/Walker 3

San Geronimo Valley Presbyterian Church  
6001 Sir Francis Drake, San Geronimo, CA.

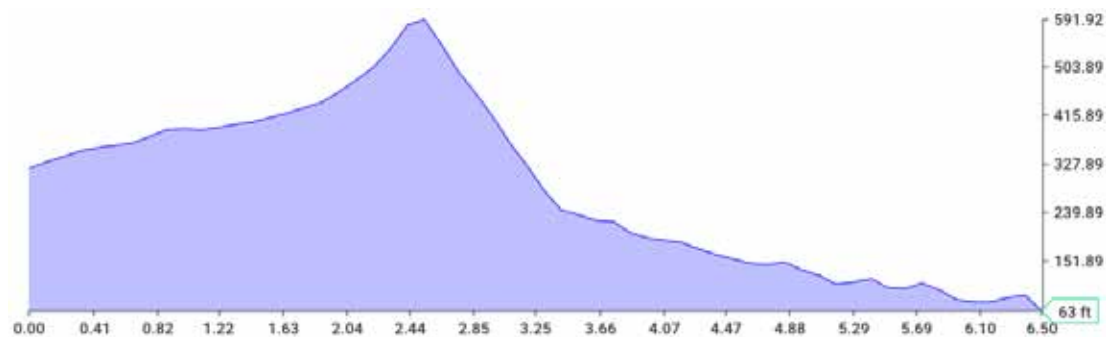
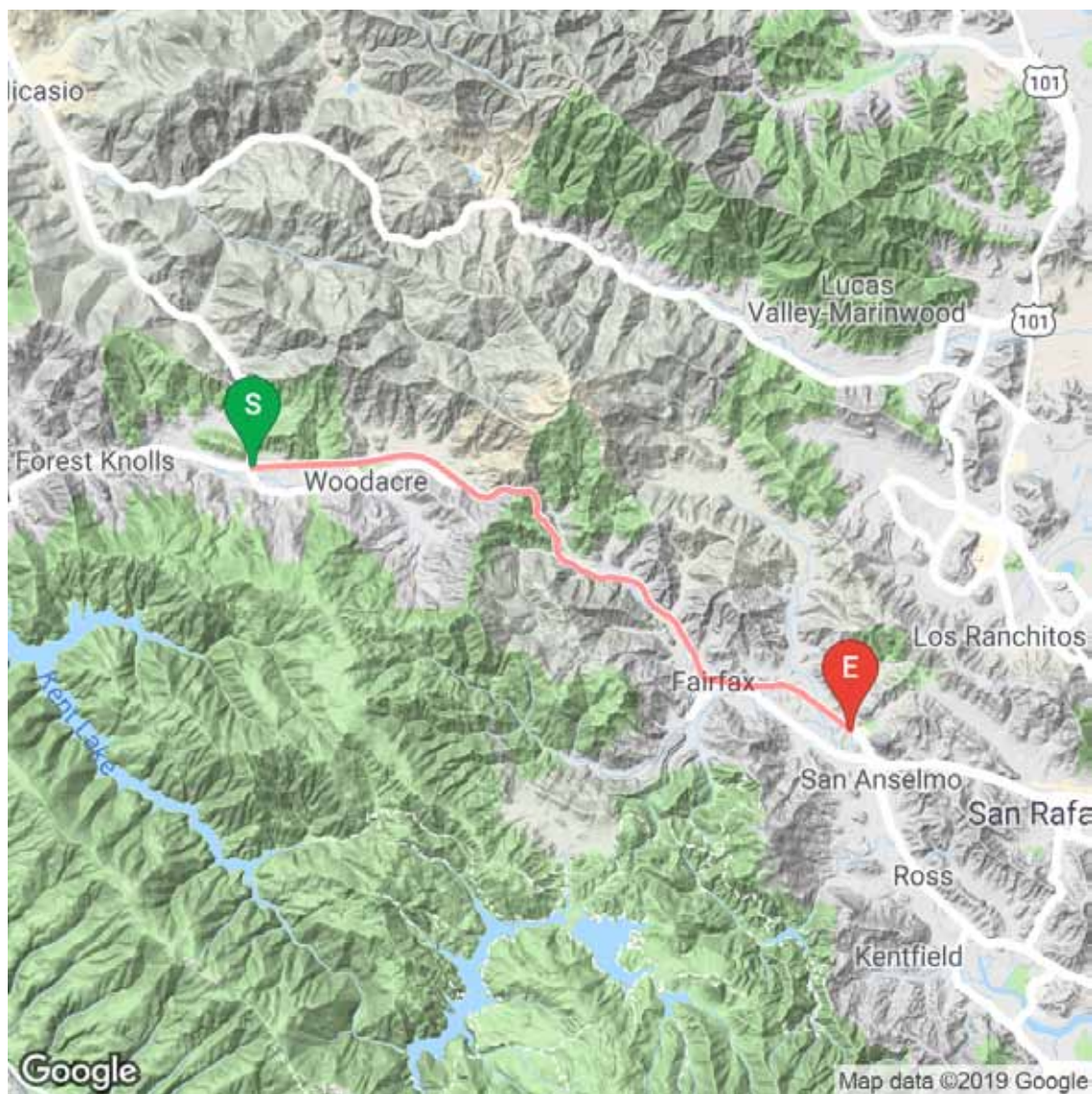
No turns.

Exchange 15.

Red Hill Center/Elizabeth Medical Clinic  
915 Sir Francis Drake, San Anselmo, CA..

### Van

R to park behind church.

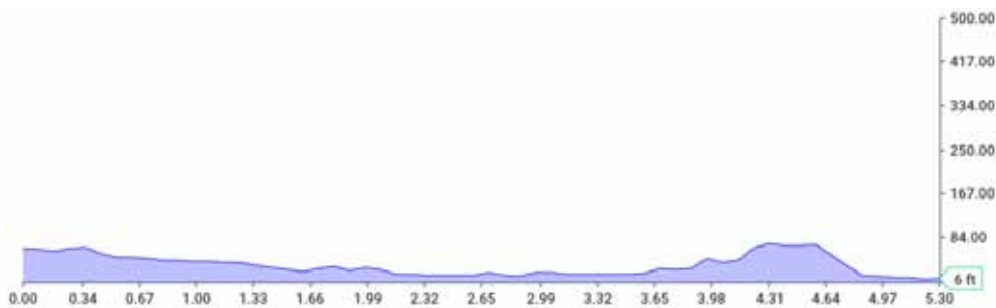
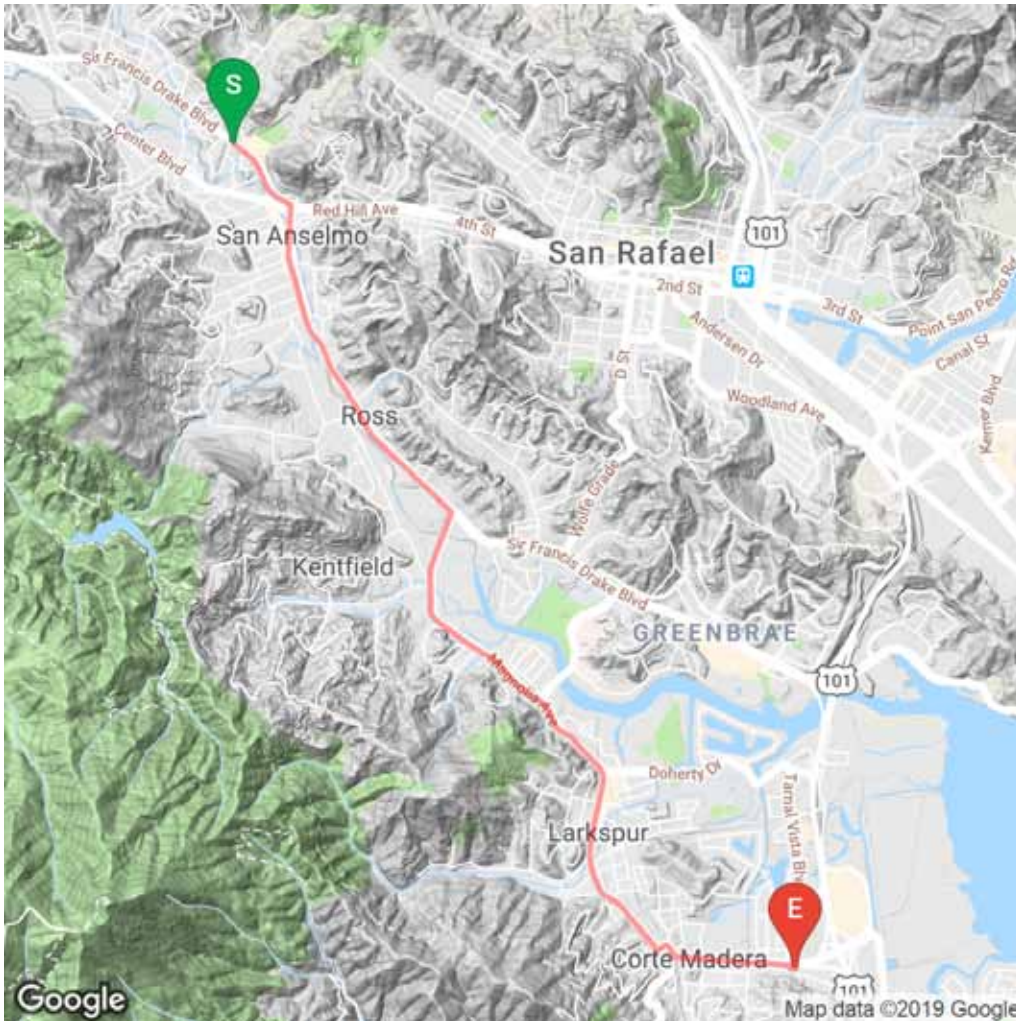


**Runner/Walker 4**

Red Hill Center/Elizabeth Medical Clinic  
 915 Sir Francis Drake, San Anselmo, CA.  
 Veer R - 0.3 Sir Francis Drake Blvd.  
 R - 2.0 College Ave. to Magnolia to Corte Madera.  
 L - 4.5 Redwood Ave.  
 Veer R - 4.6 Tamalpais Dr.  
 R - 5.3 Sanford St.  
 L - 5.32 Casa Buena Dr.  
 Exchange 16.  
 Union Bank/Peet's Coffee & Tea  
 71 Casa Buena Dr, Corte Madera, CA..

**Van**

R on Sais Ave. to exit church parking.  
 R on Sir Francis Drake Blvd.  
 Park in lot or beyond exchange on Casa Buena.





# Leg 17

# 4.9 miles

# Easy

### Runner/Walker 5

Union Bank/Peet's Coffee & Tea  
71 Casa Buena Dr, Corte Madera, CA.

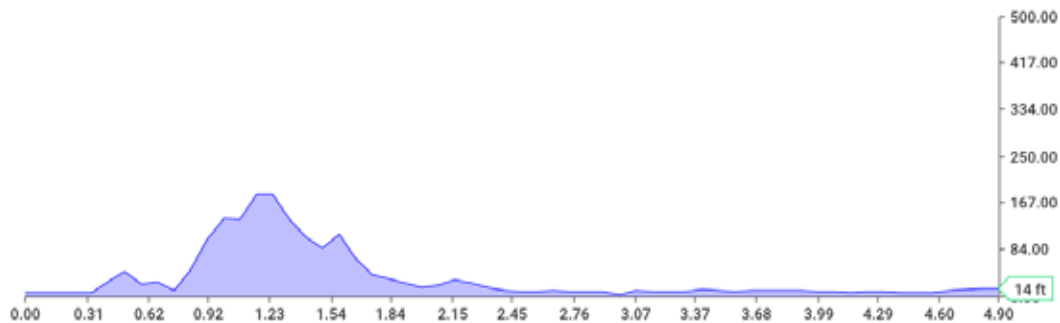
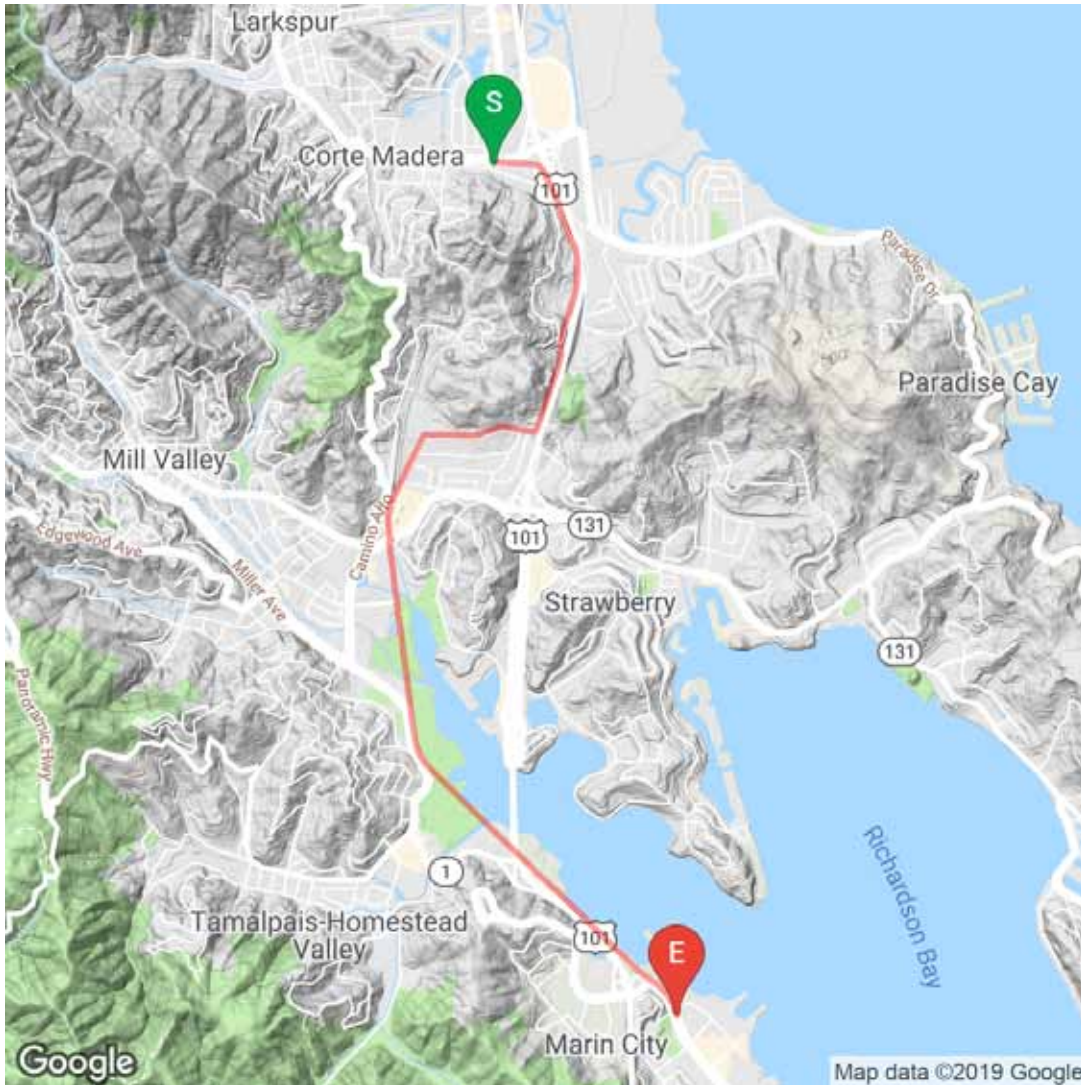
- S - 1.1 bike path.
- R - 1.5 Lomita Dr.
- L - 2.0 still Lomita Dr.
- S - 2.8 cross Blithedale Ave. to bike path.

Exchange 17.

3030 Bridgeway Blvd., Sausalito, CA..

### Van

- L at 0.9 on Hwy. 101 S 3 miles.
- Exit Marin City/Sausalito.
- L on Donahue (under Hwy 101).
- R on Bridgeway.
- L on Gate 5 Rd.



# Leg 18

## 5.8 miles

## Hard

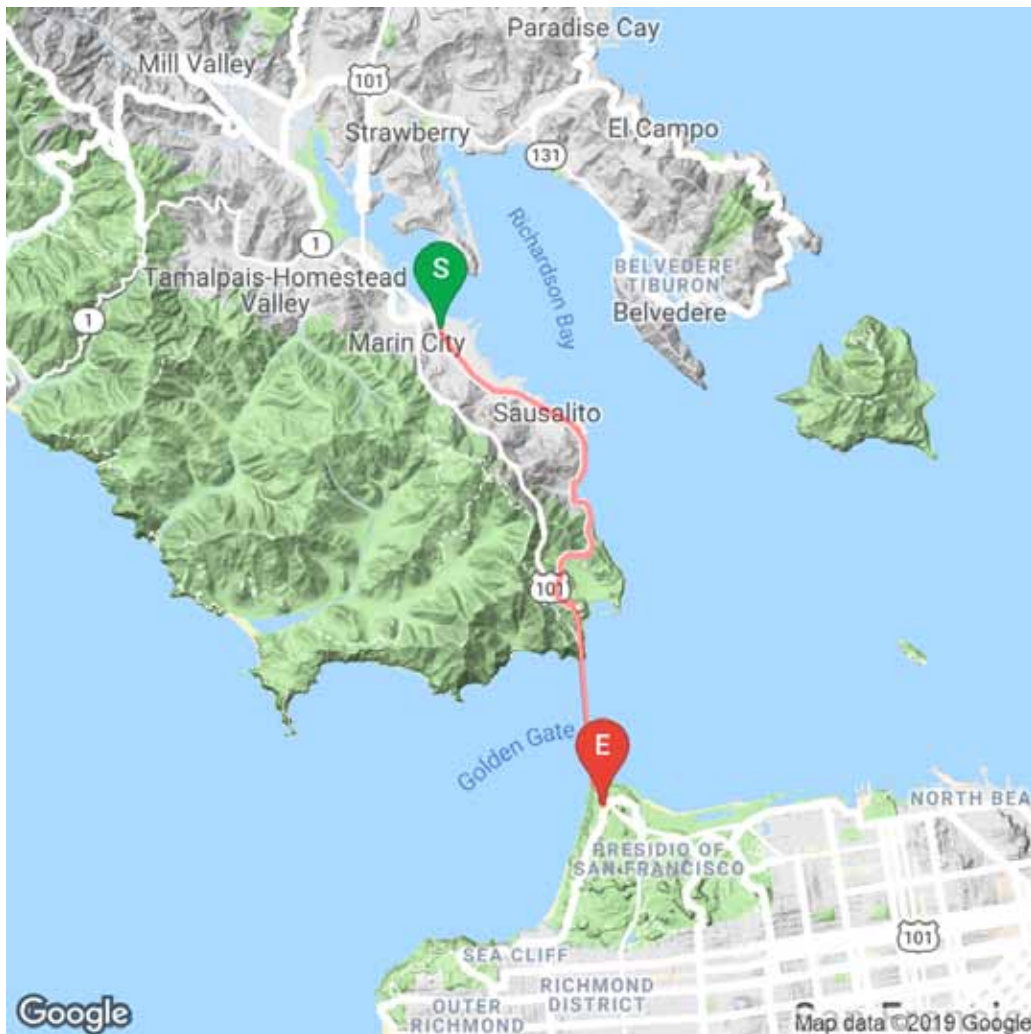
### Runner/Walker 6

3030 Bridgeway Blvd., Sausalito, CA.  
Run/walk on L to Golden Gate Bridge (GGB).  
L - 2.2 Second St.  
L - 2.4 South St. to Alexander Ave.  
Veer L - 3.8 before tunnel to GGB E walkway.  
L - 5.6 GGB Roundhouse Cafe and down ramp.  
R - 5.7 GGB Cafe through tunnel (under Hwy. 101).  
R - 5.8 Merchant Rd.

Exchange 18, Van Exchange.  
Merchant Rd. at Cranston Rd.  
Golden Gate Bridge, San Francisco, CA..

### Van

S at 3.8 through tunnel to Hwy. 101 S.  
Cross GGB to R toll lane.  
R on Merchant Rd.



# Leg 19

# 7.0 miles

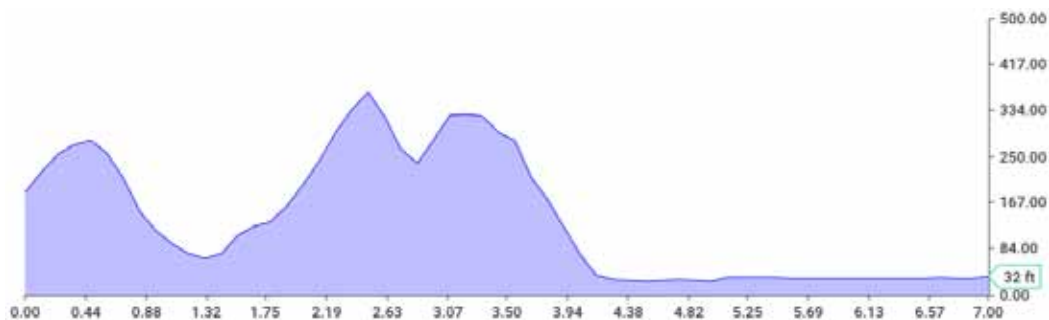
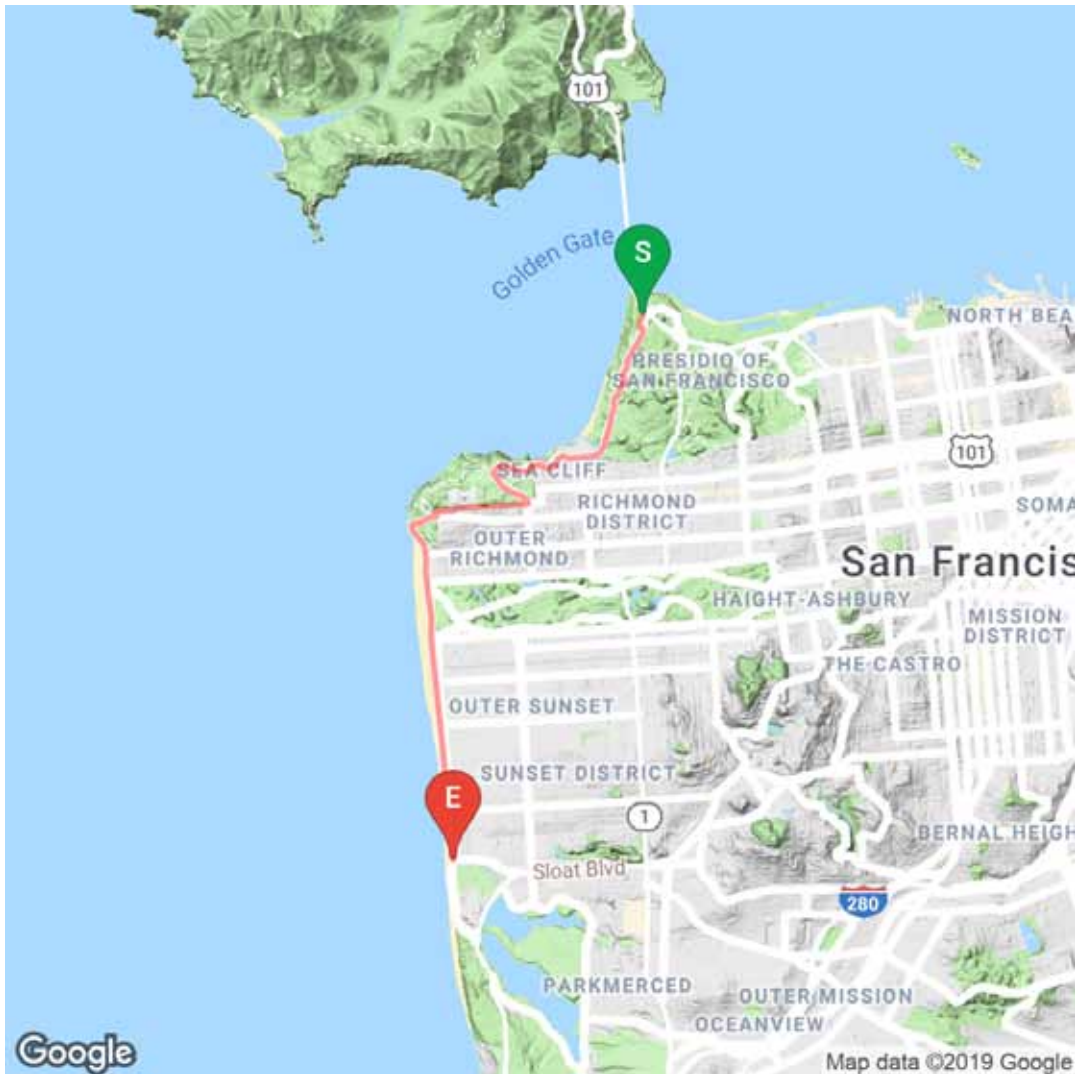
# Hard

## Runner/Walker 7

Merchant Rd. at Cranston Rd.  
Golden Gate Bridge, San Francisco, CA.  
R - 0.2 Lincoln Ave. to El Camino del Mar  
L - 2.4 Legion of Honor Dr. (Palace of Legion of Honor).  
R - 2.8 Clement St. to Seal Rock at 45th Ave.  
L - 3.6 El Camino del Mar.  
R - 3.65 Point Lobos Ave. to Great Hwy.  
Exchange 19.  
Great Hwy. at Sloat Blvd., San Francisco, CA..

## Van

L on Merchant to Hwy. 101 S.  
Veer R on Veterans Blvd. to Park Presidio.  
R on Fulton.  
L on Great Highway.  
L on Sloat Blvd. to park.



**Runner/Walker 8**

Great Hwy. at Sloat Blvd., San Francisco, CA.

R - 0.8 Hwy. 35 (Skyline Blvd.).

R - 3.8 Westmoor Ave.

L - 3.85 Skyline Dr.

L - 5.1 Gateway Dr.

L - 5.9 Hickey Blvd.

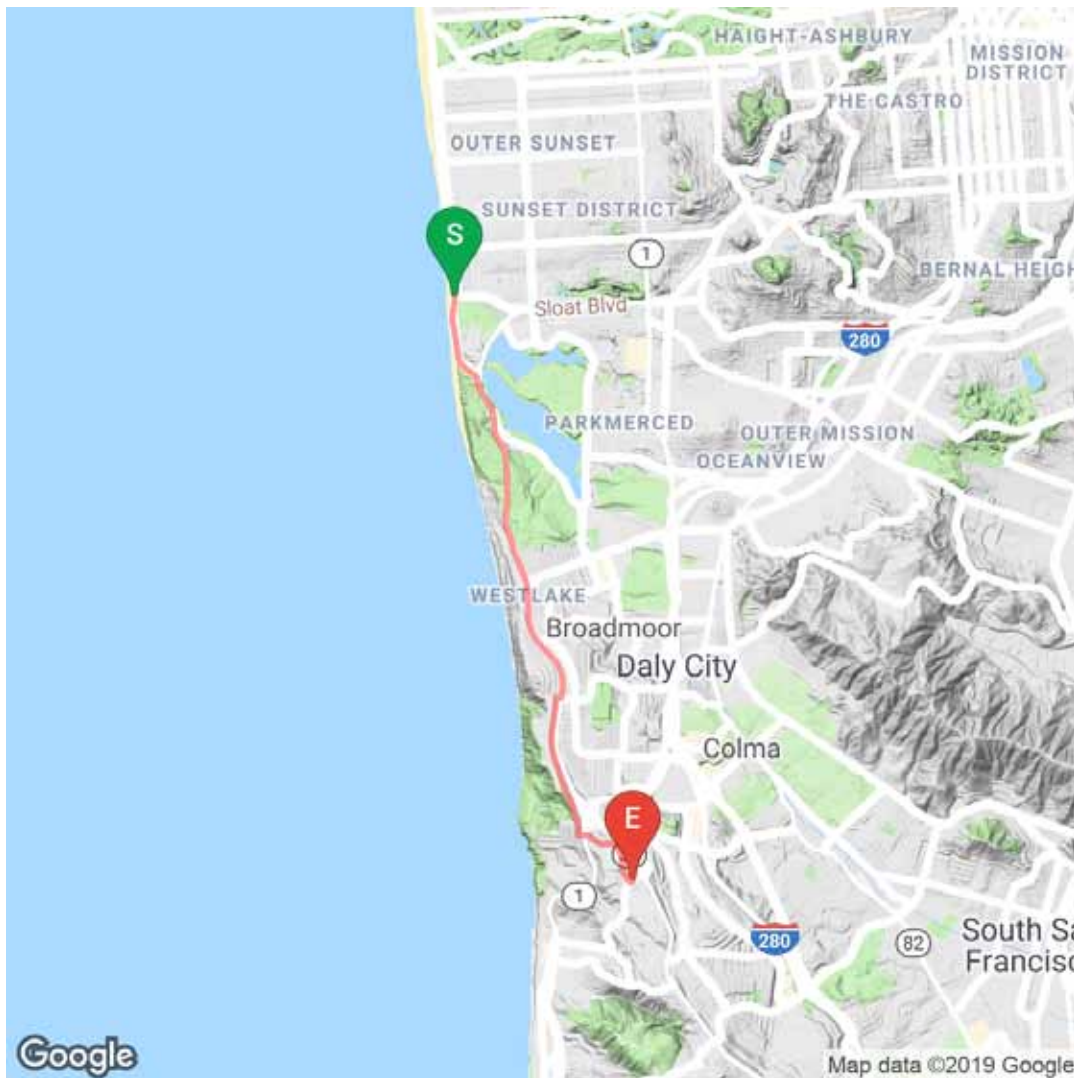
Exchange 20.

Hickey Shell/Fairmont Center

679 Hickey Blvd, Pacifica, CA..

**Van**

Park in Fairmont Shopping Center.



# Leg 21

# 6.5 miles

# Moderate

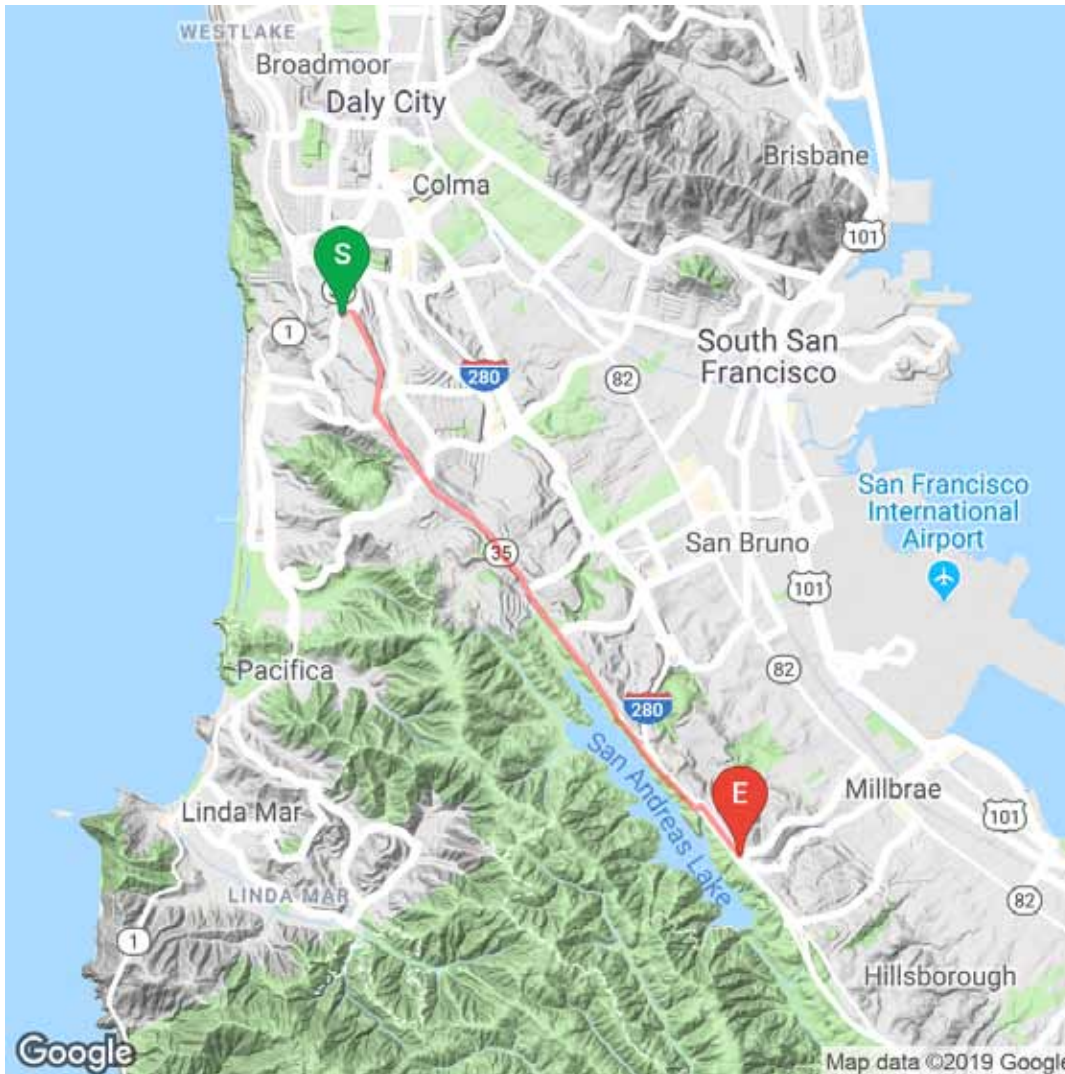


### Runner/Walker 9

Hickey Shell/Fairmont Center  
679 Hickey Blvd, Pacifica, CA.  
R - 0.1 Hwy. 35 (Skyline Blvd.)  
Veer R - 4.2 San Andreas bike path.  
L - 5.8 Larkspur Dr.  
R - 5.85 Skyline Blvd.  
Exchange 21.  
Skyline Chevron  
400 Skyline Blvd., Millbrae, CA..

### Van

S at 4.2 to Hwy. 280 S 1 mile  
Exit Larkspur/Millbrae.  
L on Larkspur Dr.  
R on Skyline Blvd.  
R on Hillcrest Blvd. to park.

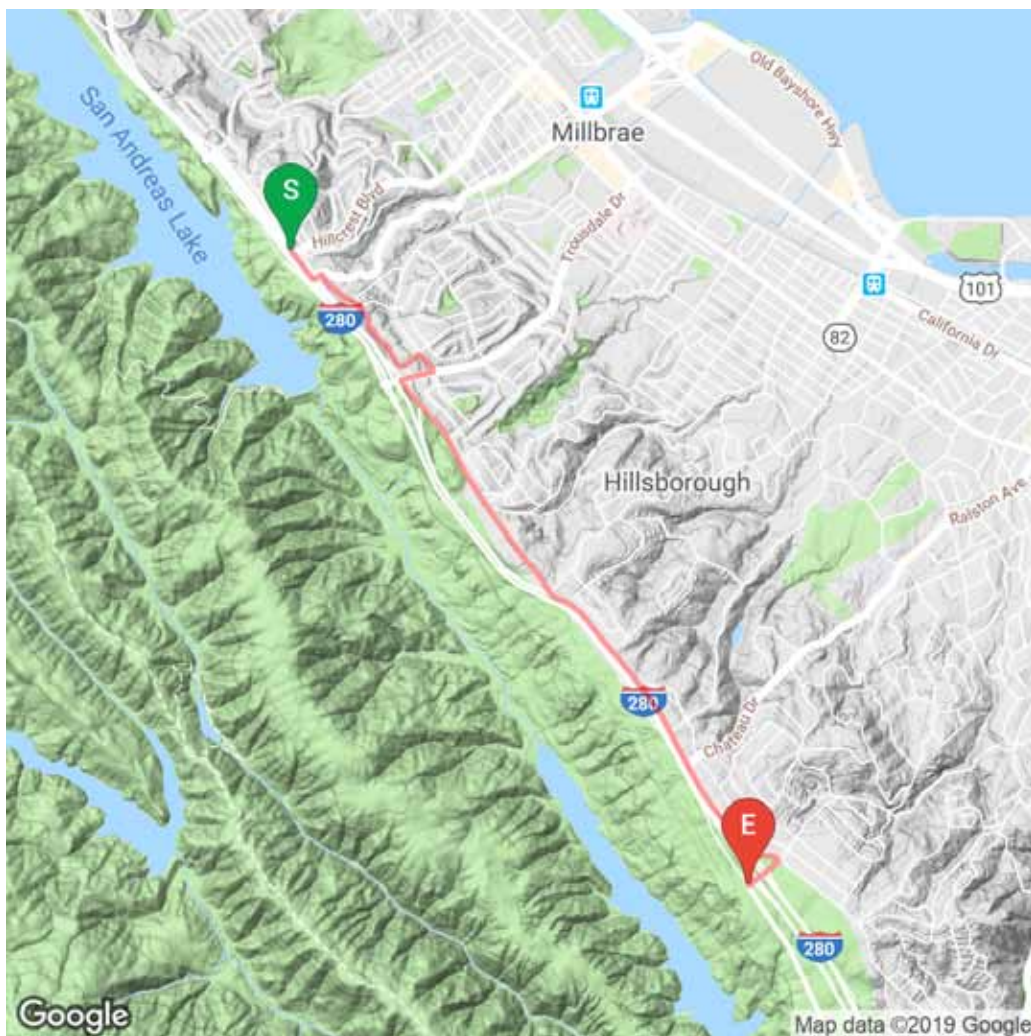


**Runner/Walker 10**

*Skyline Chevron*  
 400 Skyline Blvd., Millbrae, CA.  
 L - 0.15 Millbrae Ave.  
 R - 0.2 Vallejo Dr. to Frontera Way  
 R - 0.9 Hunt Dr.  
 R - 1.0 Trousdale Dr.  
 L - 1.1 Skyline Blvd.  
 R - 4.0 Golf Course Dr./Hayne Rd.  
 Exchange 22.  
 Skyline Blvd. at Golf Course Dr.  
 San Mateo County, CA..

**Van**

L from Hillcrest Blvd. to Hwy 280 S 3.5 miles.  
 Exit Black Mountain Rd./Hayne Rd.  
 R on Hayne Rd. to park.



# Leg 23

# 3.7 miles

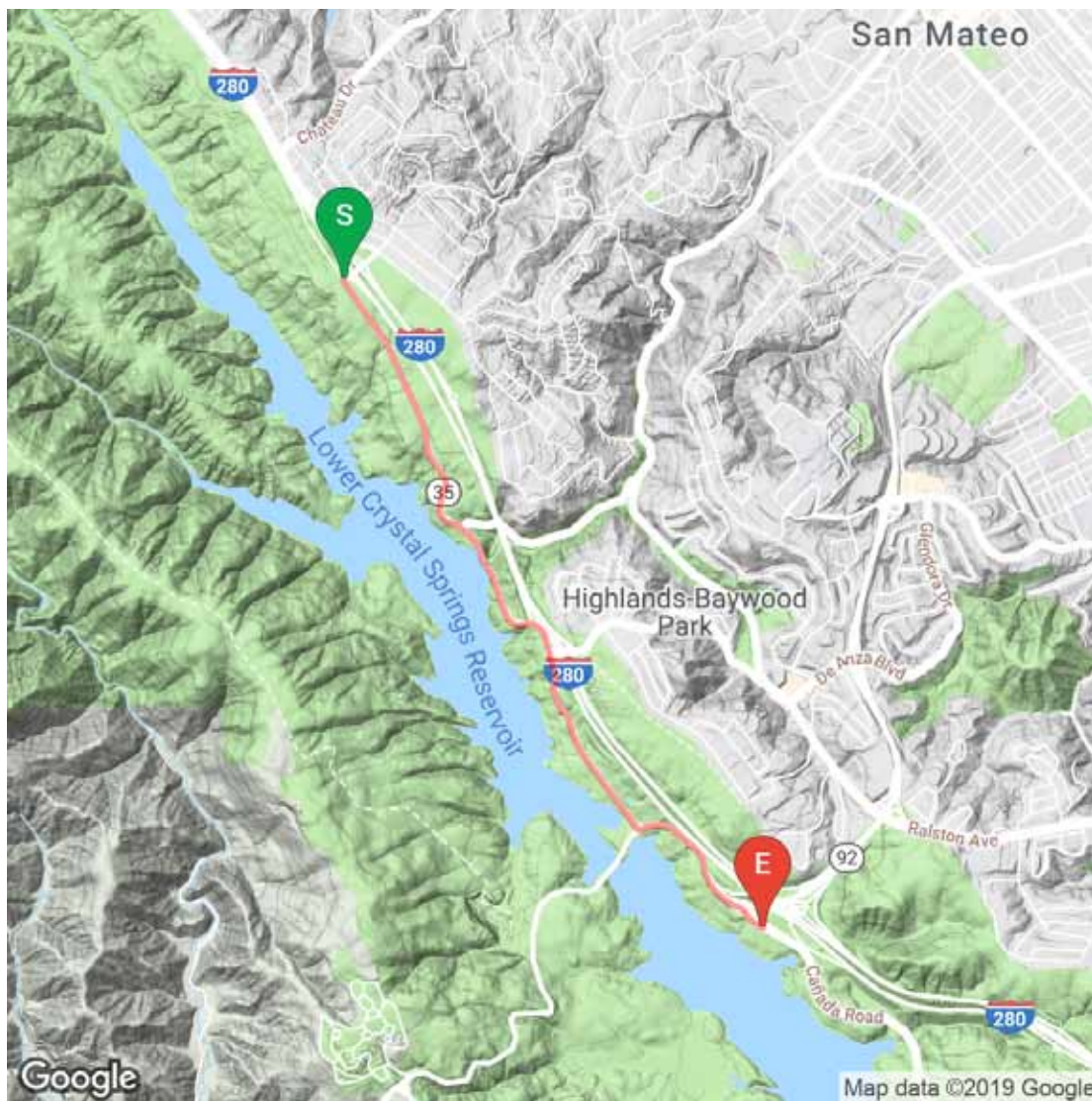
# Easy

### Runner/Walker 11

Skyline Blvd. at Golf Course Dr.  
San Mateo County, CA.  
L - 2.9 Hwy. 92.  
R - 3.6 Canada Rd.  
Exchange 23.  
Canada Rd at Highway 92  
San Mateo County, CA..

### Van

Park on shoulder beyond exchange.



# Leg 24

5.9 miles

Moderate

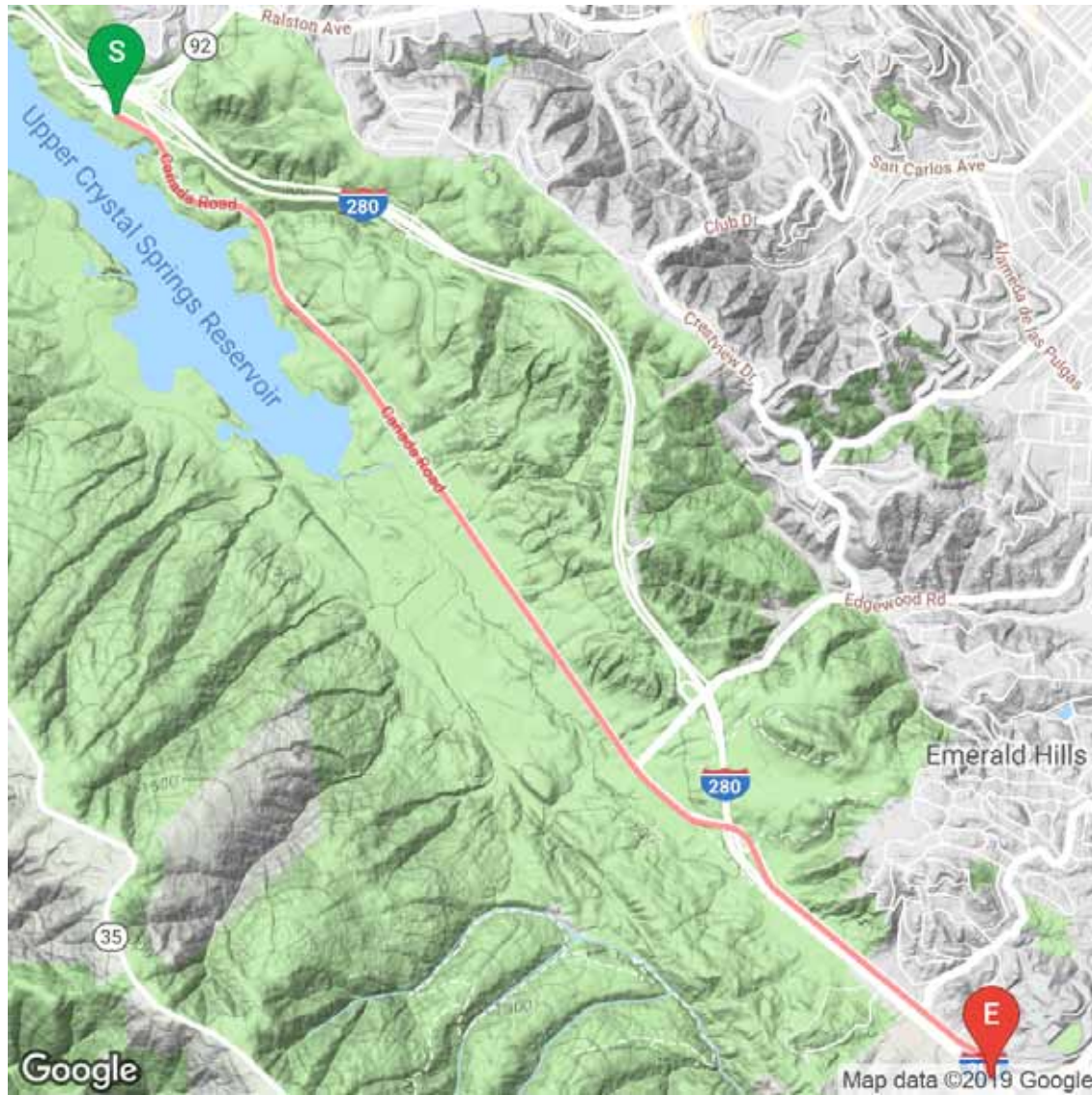
**Runner/Walker 12**

Canada Rd at Highway 92  
 San Mateo County, CA.  
 No turns.

Exchange 24, Van Exchange.  
 Canada Rd. at Runnymede Rd.  
 San Mateo County, CA.

**Van**

R on Runnymede Rd.  
 Park beyond turn out.  
 No parking on Canada Rd.





# Leg 25

# 5.5 miles

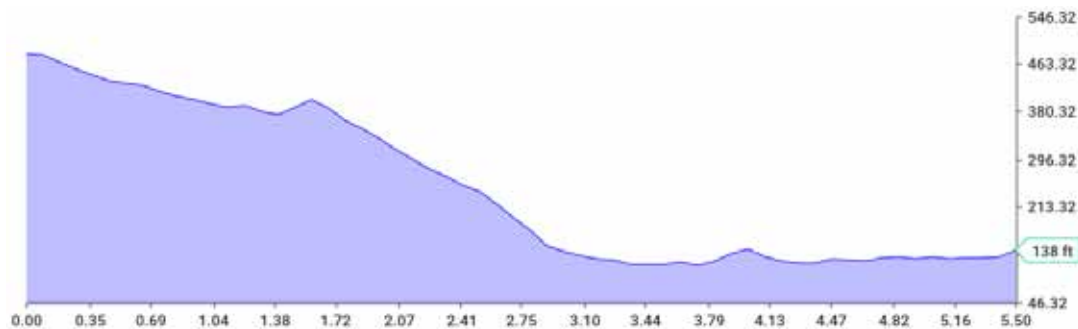
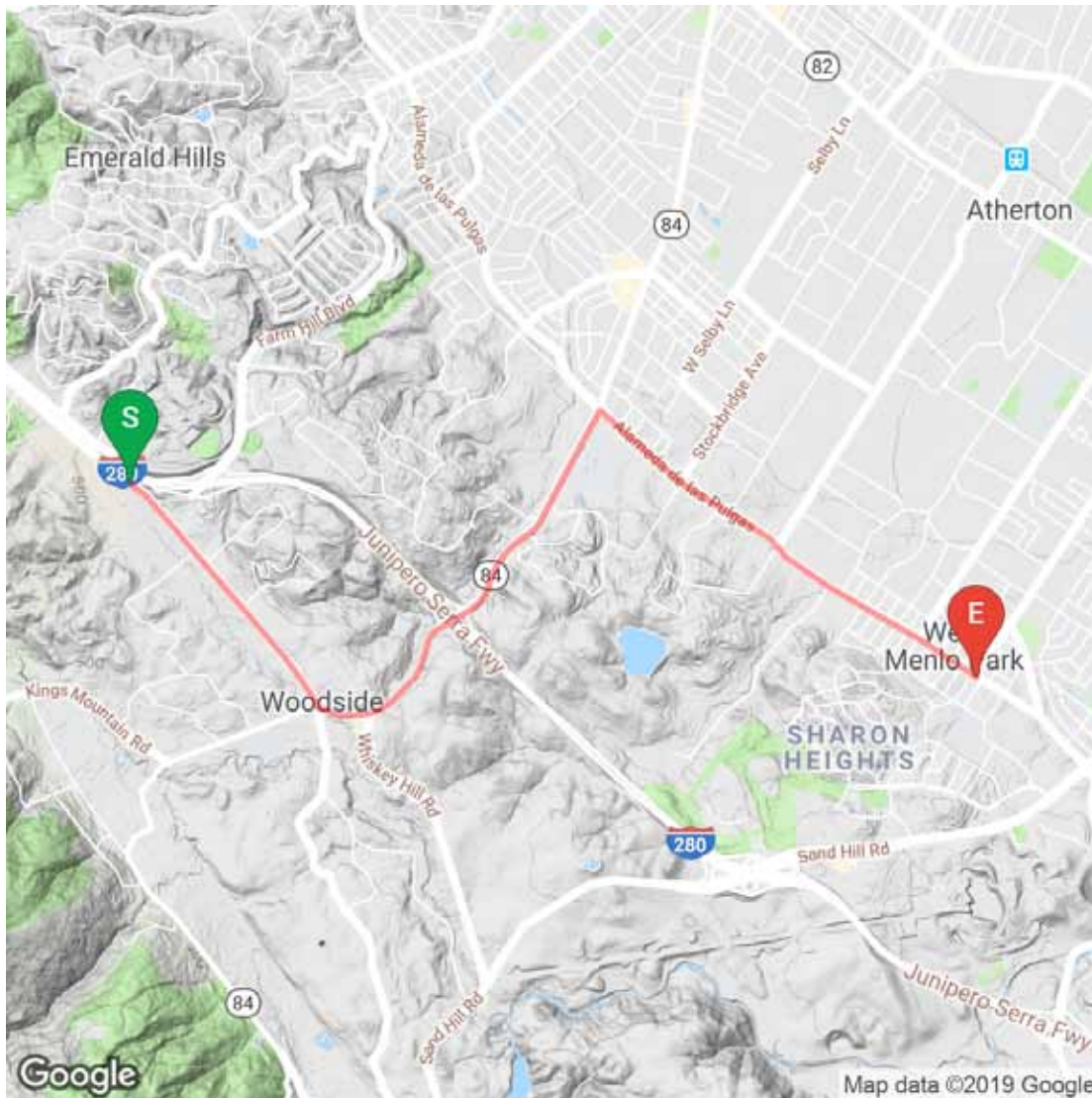
# Easy

## Runner/Walker 1

Canada Rd. at Runnymede Rd.  
San Mateo County, CA  
L - 1.4 Woodside Rd.  
R - 3.4 Alameda De Las Pulgas.  
Exchange 25.  
Chevron/Dutch Goose  
3600 Alameda, Menlo Park, CA..

## Van

R on Avy Ave. to park behind Starbucks.



**Runner/Walker 2**

*Chevron/Dutch Goose*

3600 Alameda, Menlo Park, CA.

0.6 cross to L of Santa Cruz Ave. in crosswalk.

0.7 cross Sand Hill to bike path under road, circle R.

R - 0.8 Junipero Serra Blvd.

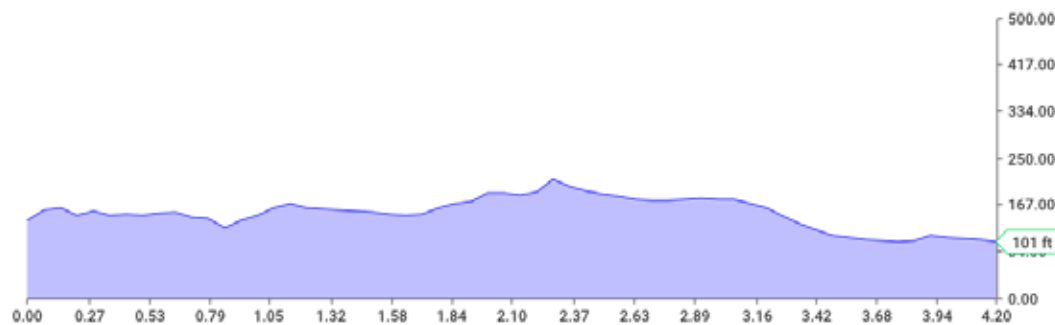
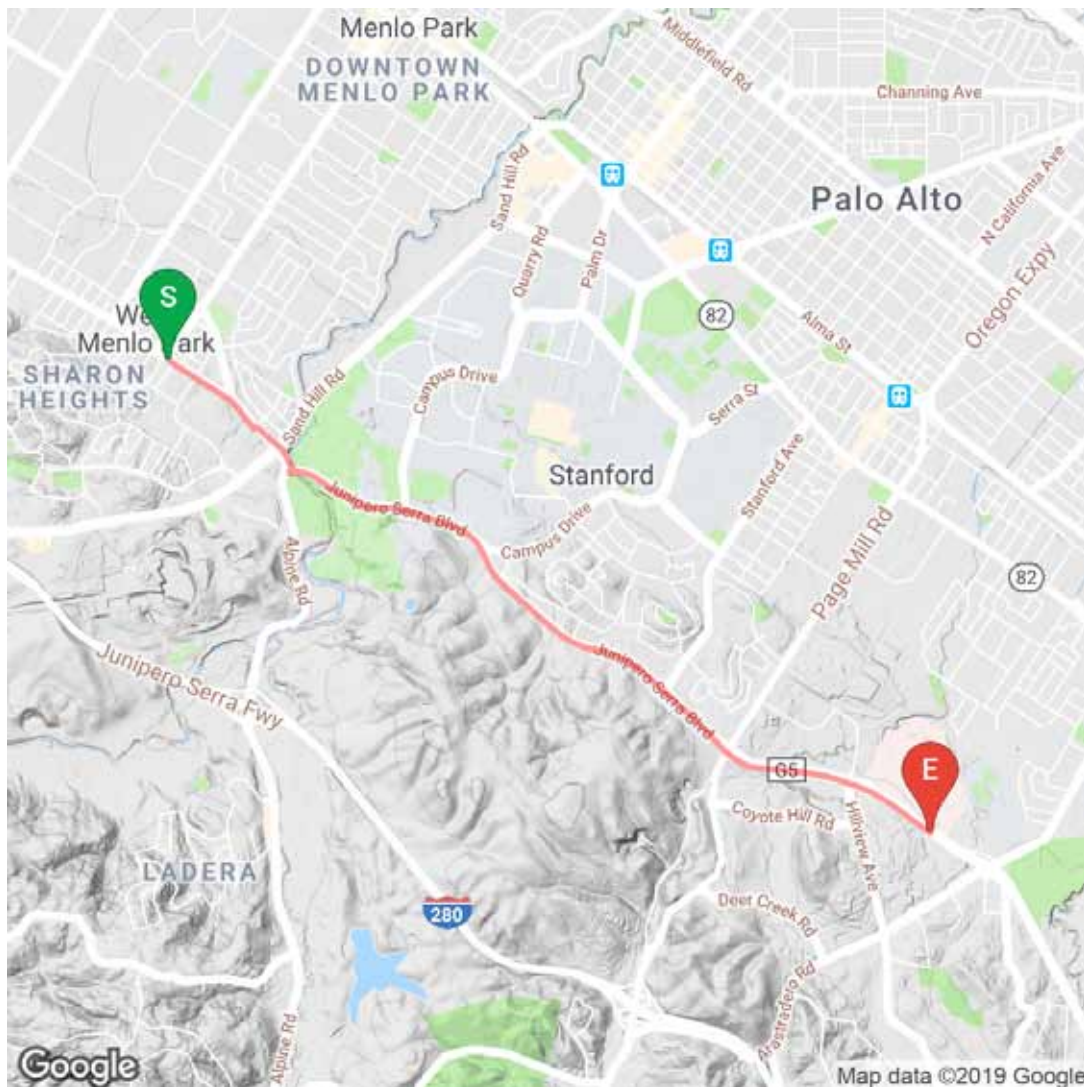
Exchange 26.

Foothill Expwy. 0.2 miles S of Hillview.

Palo Alto, CA..

**Van**

L on Junipero Serra.



# Leg 27

# 5.6 miles

# Easy

### Runner/Walker 3

Foothill Expwy. 0.2 miles S of Hillview.  
Palo Alto, CA.

No turns.

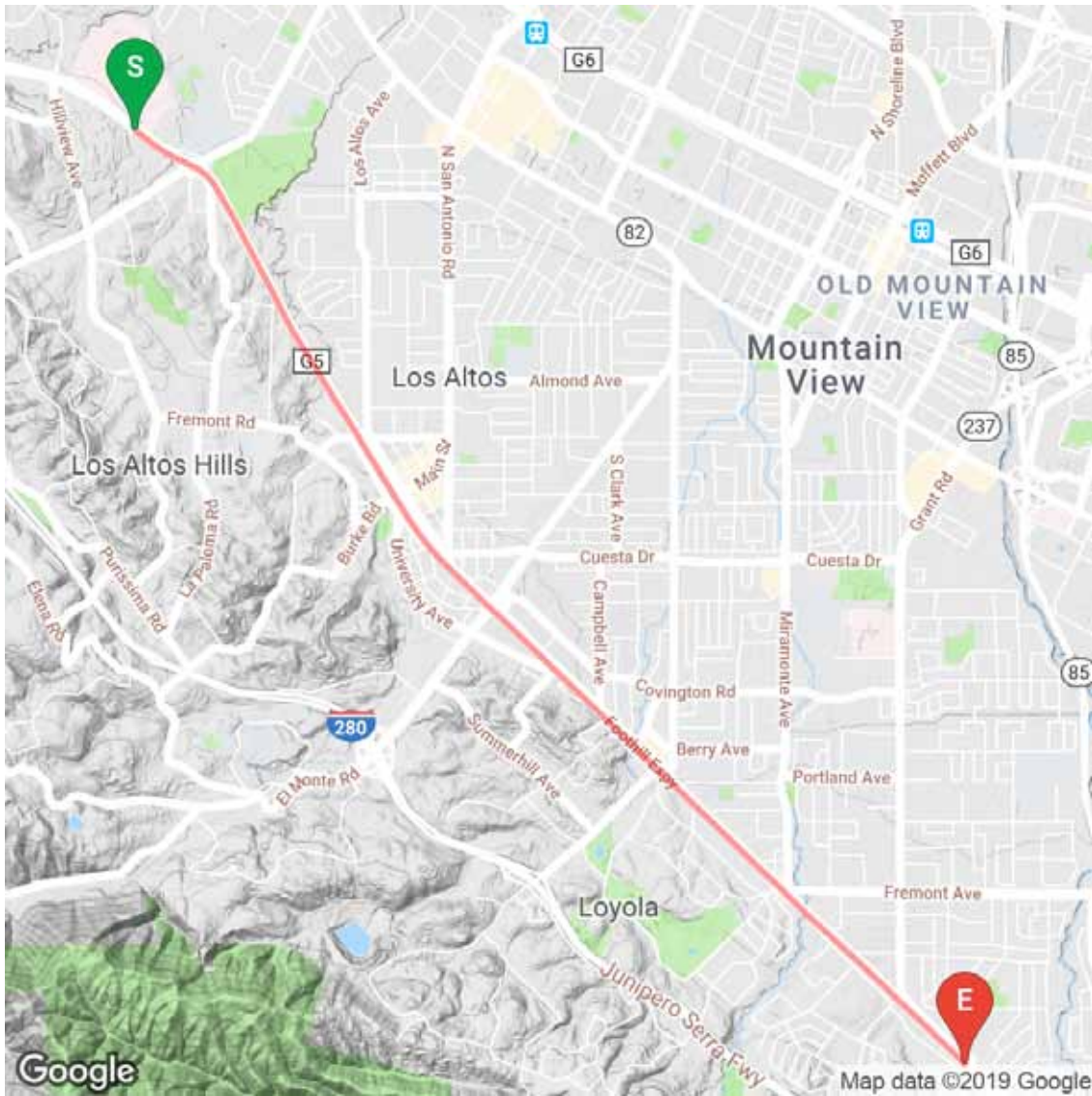
Exchange 27.

Lucky

2175 Grant Rd. Los Altos, CA..

### Van

L at stoplight into Lucky's.  
Park along R (south) edge of lot.

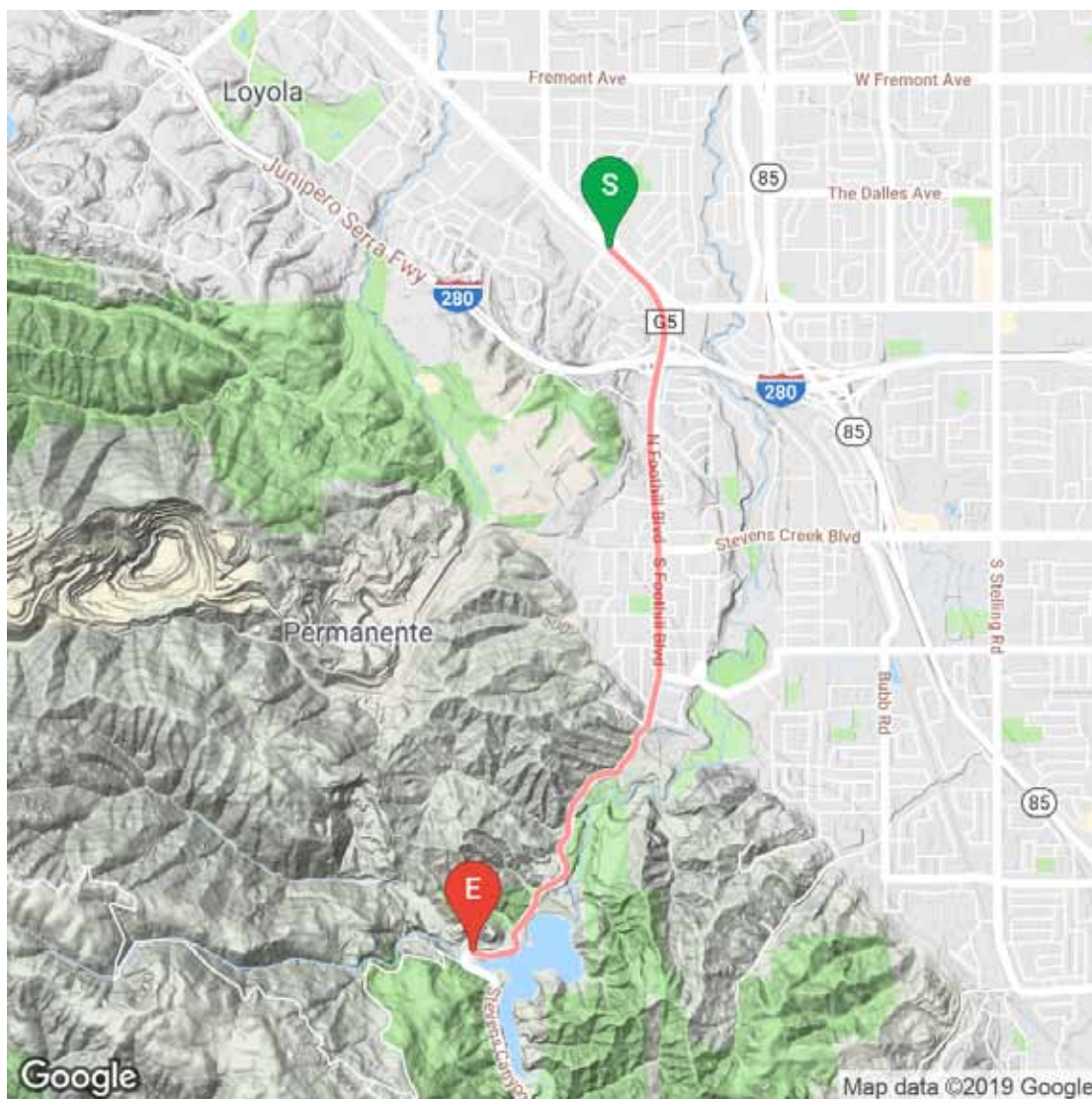


**Runner/Walker 4**

*Lucky*  
 2175 Grant Rd. Los Altos, CA.  
 No turns.  
 Foothill Blvd. to Stevens Canyon Rd.  
 Exchange 28.  
 Stevens Creek Quarry  
 12100 Stevens Canyon, Cupertino, CA..

**Van**

Park inside Quarry.  
 No parking on Stevens Canyon.



# Leg 29

# 4.5 miles

# Very Hard

### Runner/Walker 5

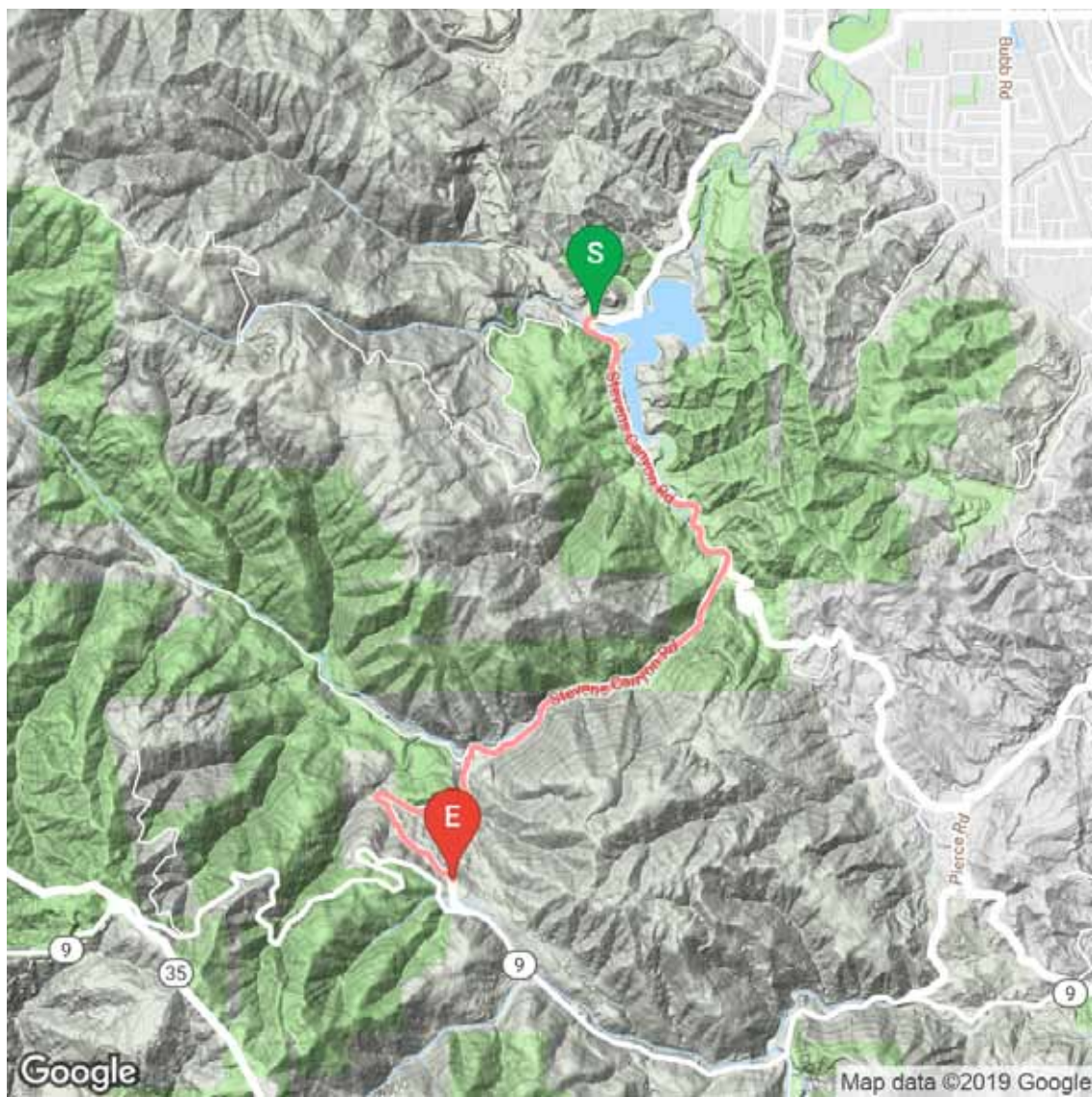
Stevens Creek Quarry  
12100 Stevens Canyon, Cupertino, CA.

R - 1.4 still Stevens Canyon Rd.  
L - 3.1 Redwood Gulch Rd. (narrow).

Exchange 29.  
24500 Redwood Gultch at Hwy.9, Saratoga.

### Van

Straight at 1.4 on Mt. Eden Rd.  
R at 2.3 on Pierce Rd.  
R at 3.3 on Hwy. 9.  
R at 5.8 on Redwood Gulch to entry on R.



**Runner/Walker 6**

24500 Redwood Gultch at Hwy.9 , Saratoga  
 R - 0.05 Hwy. 9 (Congress Springs Rd.).  
 Exchange 30, Van Exchange.  
 Hwy. 9 at Hwy. 35  
 Santa Cruz County, CA..

**Van**

Van 1 - L to parking lot or R shoulder of Hwy. 35.  
 Van 2 - S Hwy. 9 (cross Hwy 35).  
 L to park (beyond exchange) on dirt turn out.



# Leg 31

## 6.2 miles

## Moderate

### Runner/Walker 7

Hwy. 9 at Hwy. 35  
Santa Cruz County, CA.

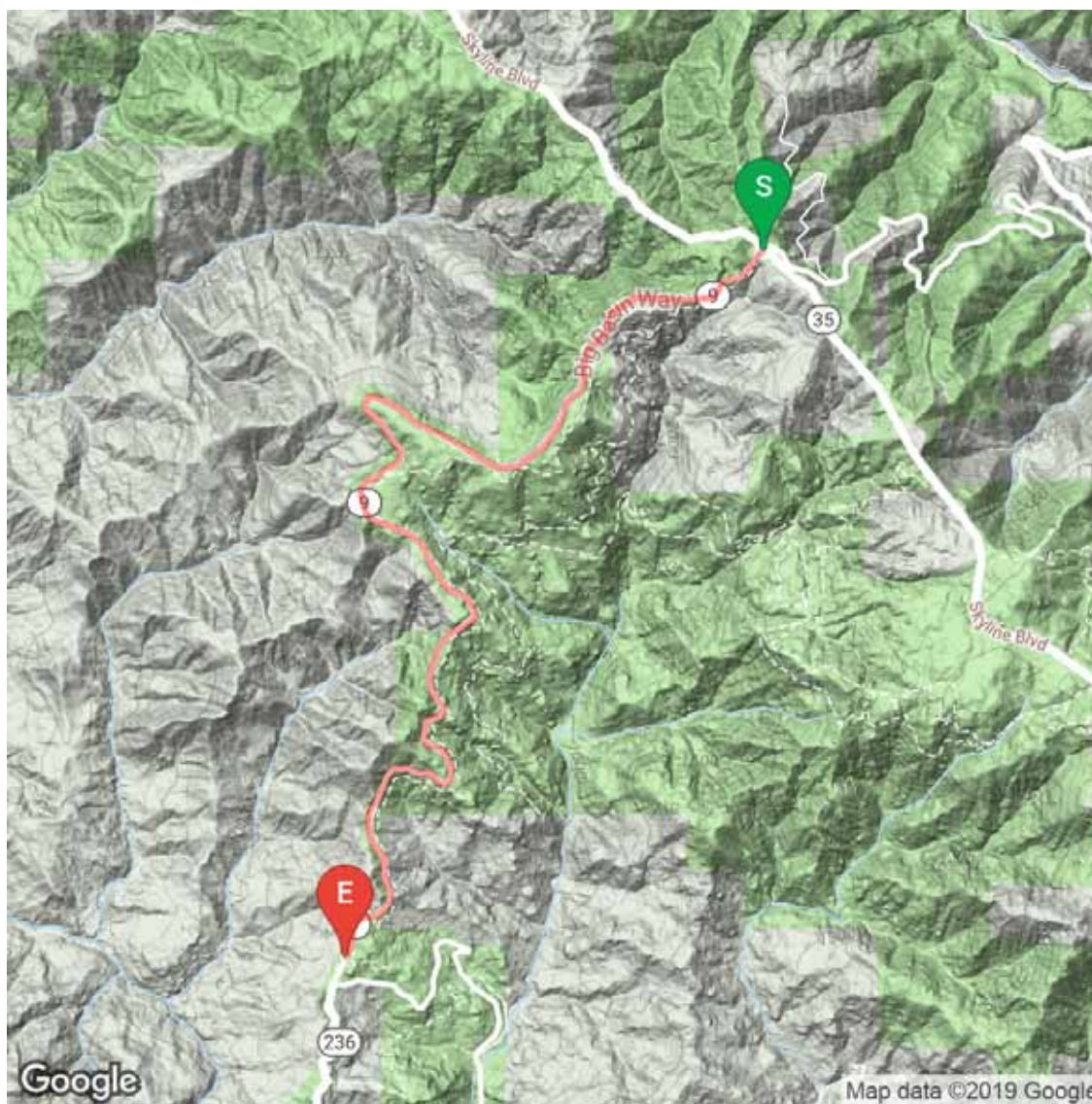
No turns.

Exchange 31.

Hwy. 9 at Hwy. 236  
Santa Cruz County, CA..

### Van

Do not slow/stop on Hwy. 9.  
Park beyond exchange.

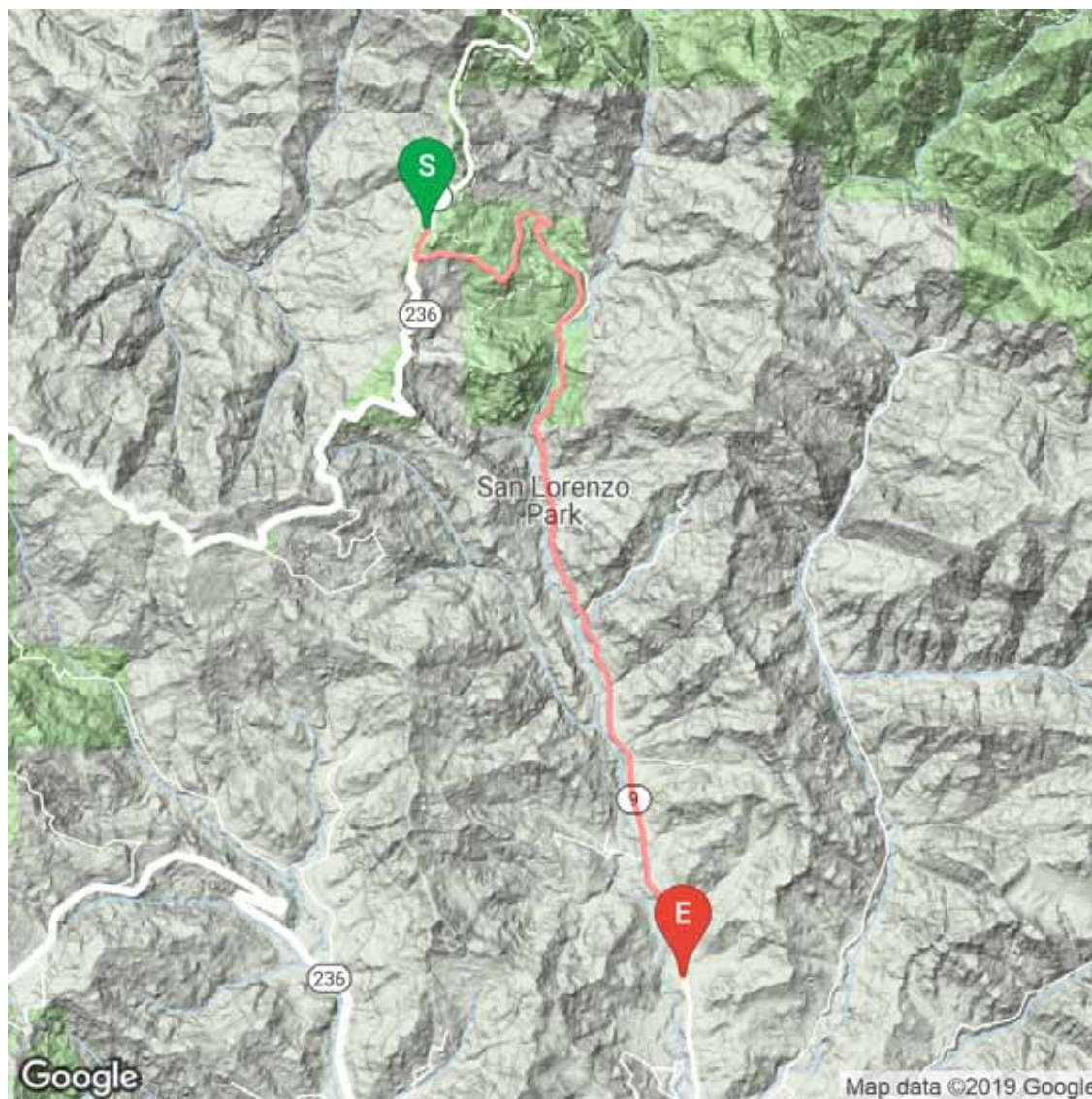


**Runner/Walker 8**

Hwy. 9 at Hwy. 236  
 Santa Cruz County, CA.  
 L - 0.1 stop sign, still Hwy. 9  
 Exchange 32.  
 Easter Seals Camp Harmon  
 16403 N Hwy. 9, Boulder Creek, CA..

**Van**

Do not slow/stop on Hwy. 9.  
 R to camp parking.





# Leg 33

# 6.5 miles

# Easy

### Runner/Walker 9

Easter Seals Camp Harmon  
16403 N Hwy. 9, Boulder Creek, CA.

R - 6.4 Mill St.

Exchange 33.

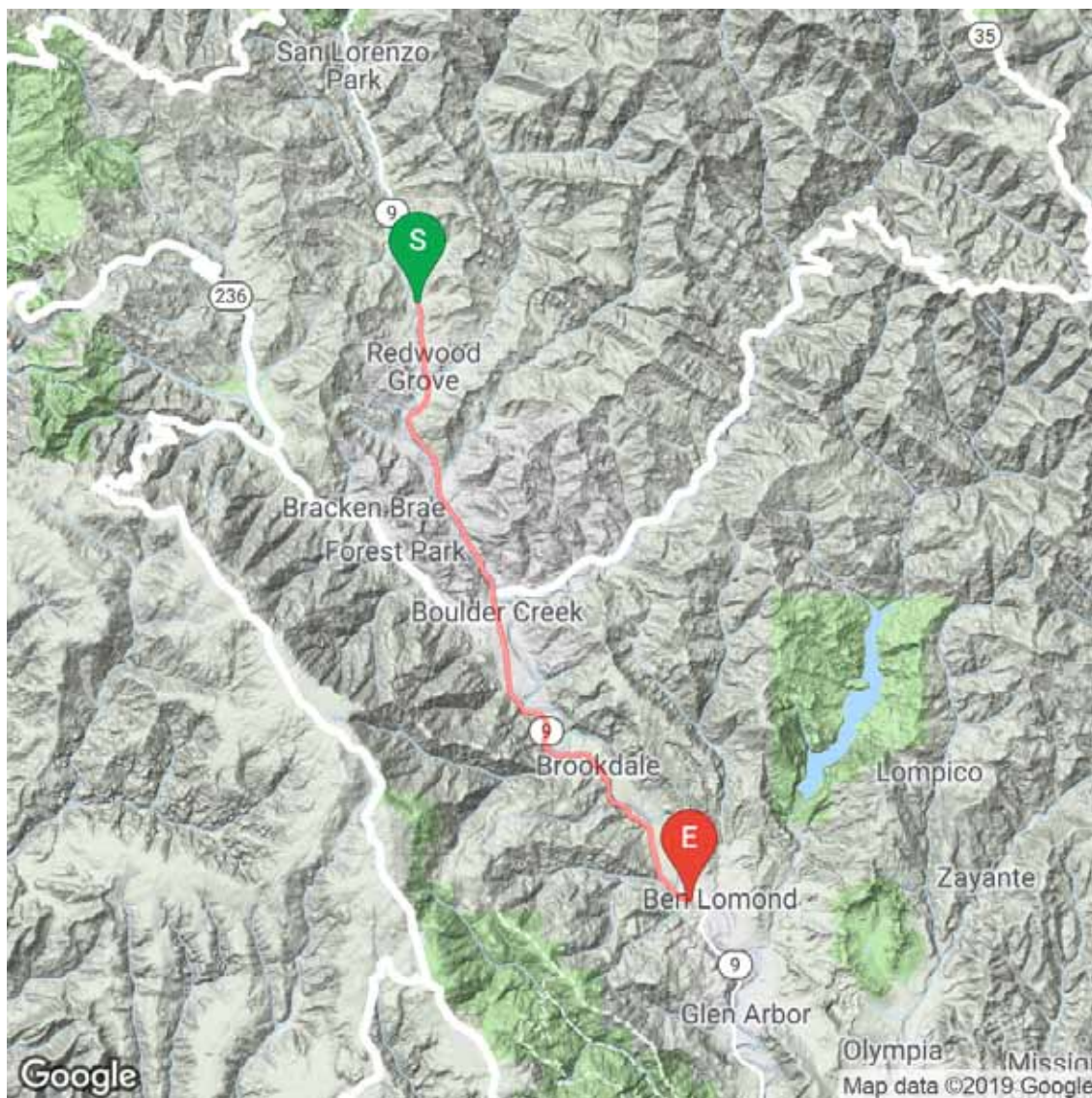
Ben Lomond Park

9525 Mill St., Ben Lomond, CA..

### Van

Do not slow/stop on Hwy. 9.

Park beyond exchange on Mill St.

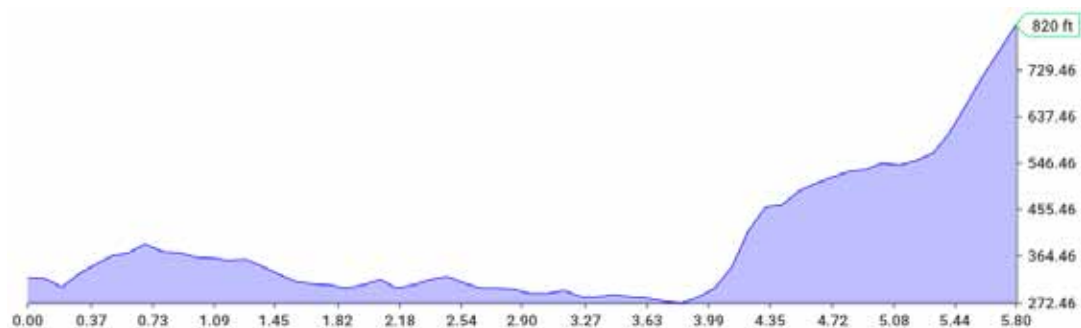
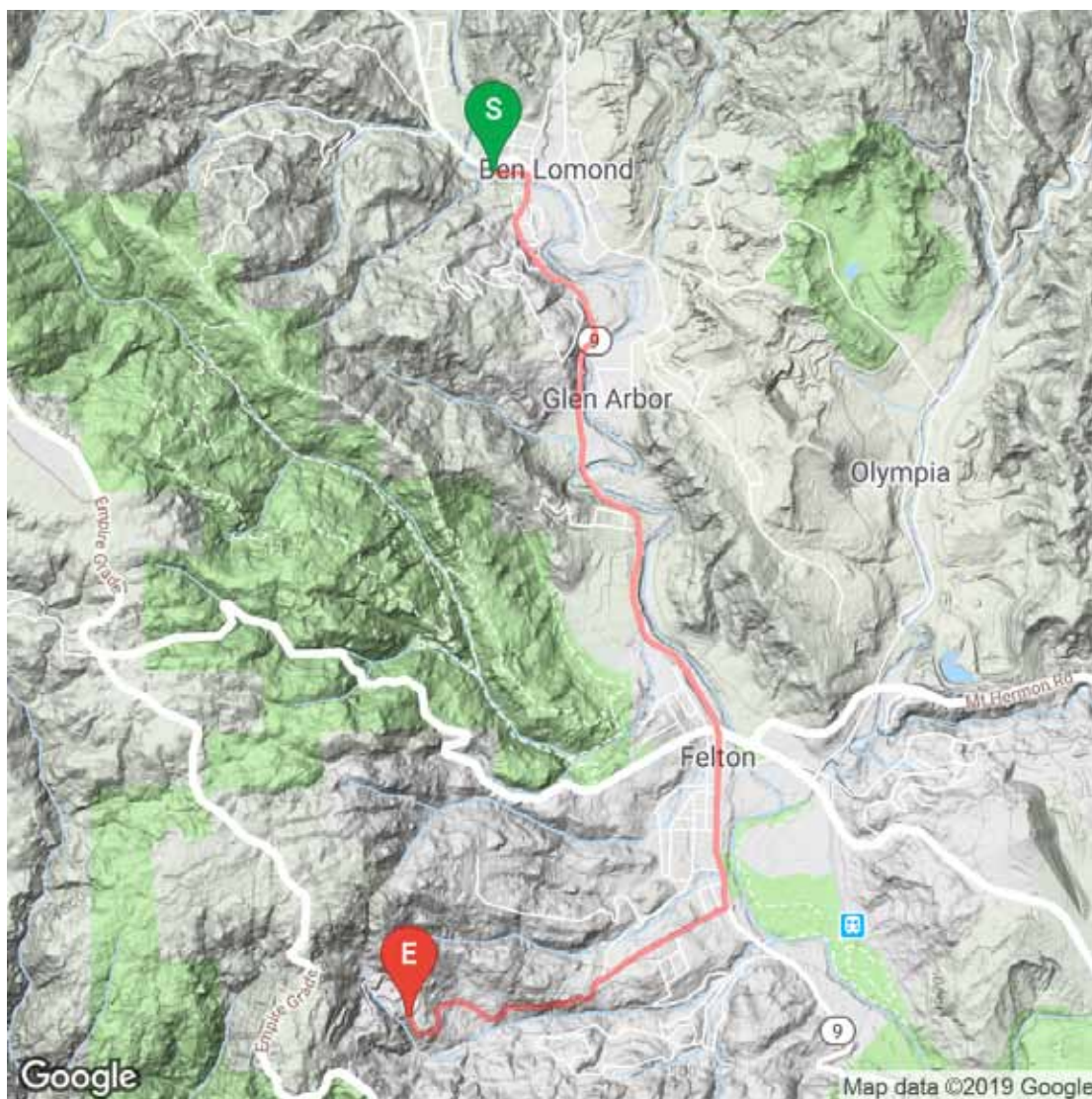


**Runner/Walker 10**

Ben Lomond Park  
 9525 Mill St., Ben Lomond, CA.  
 R - 0.1 Hwy. 9.  
 R - 3.8 San Lorenzo Ave.  
 Exchange 34.  
 Felton Quarry, Granite Construction  
 1800 Felton Quarry Rd., Felton, CA..

**Van**

Do not slow/stop on Hwy. 9.



# Leg 35

# 3.2 miles

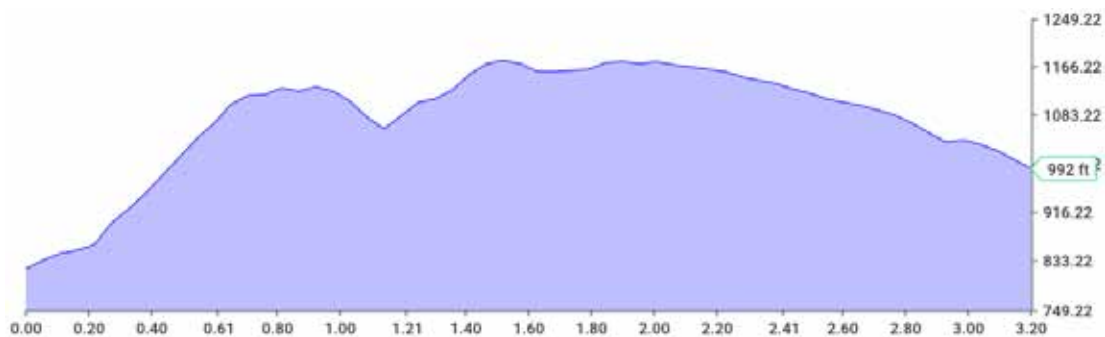
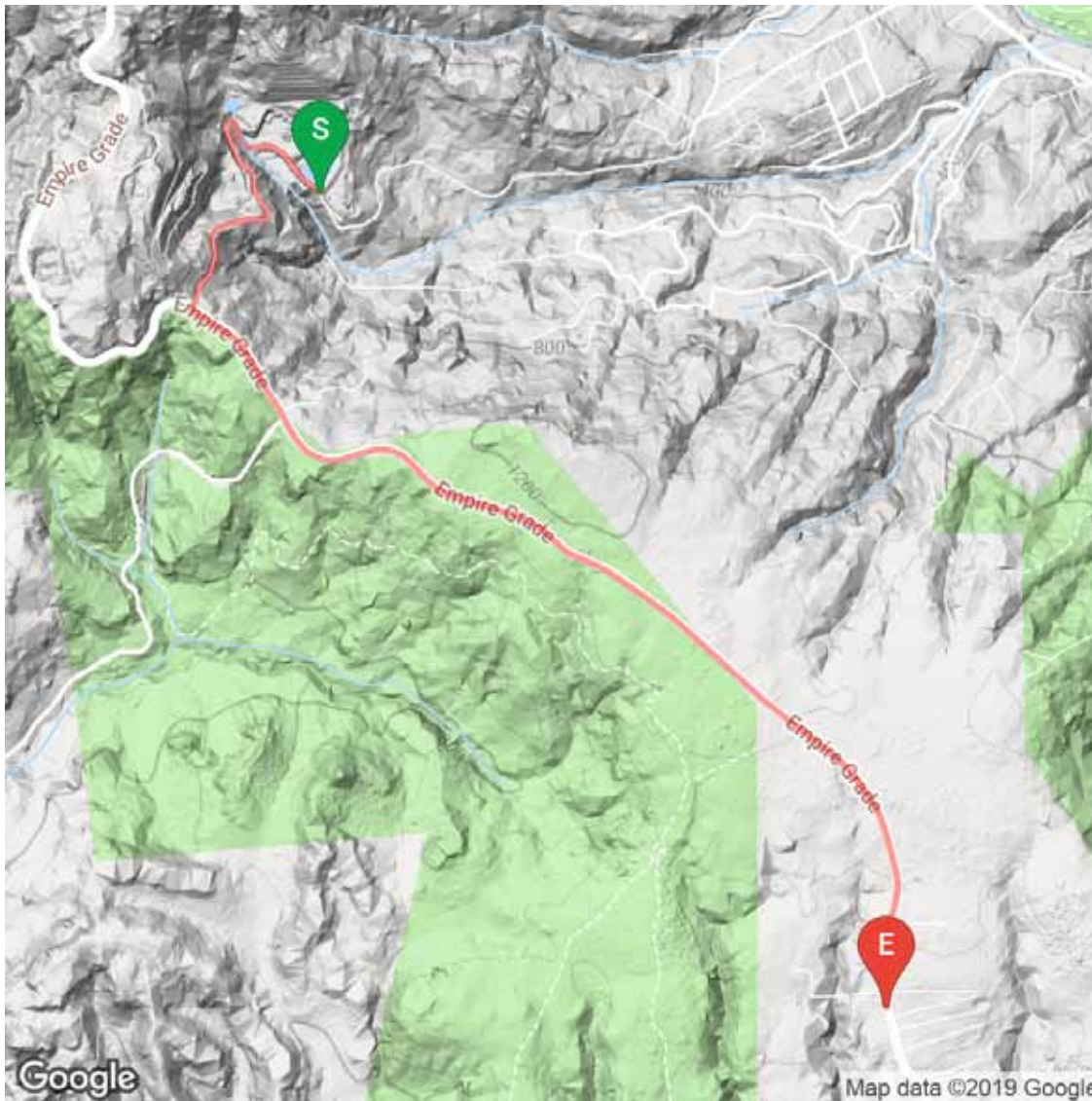
# Easy

## Runner/Walker 11

Felton Quarry, Granite Construction  
1800 Felton Quarry Rd., Felton, CA.  
L - 0.8 Empire Grade Rd.  
Exchange 35.  
2329 Empire Grade Rd.  
Santa Cruz, CA..

## Van

No parking on Empire Grade Rd.



**Runner/Walker 12**

2329 Empire Grade Rd.  
Santa Cruz, CA.

- R - 2.5 Western Dr.
- S - 3.8 cross Hwy. 1 (caution).
- L - 3.9 Mission St.
- R - 4.3 Swift St. + R - 5.0 West Cliff Dr.
- R - 5.4 Swanton Rd. + L - 5.8 Delaware Ave.
- R - 6.1 path for 0.1 miles to finish.

*Finish.*

*Barry Swenson Builder property.  
Delaware Ave. at Shaffer Rd., Santa Cruz, CA..*

**Van**

R on Mission St.  
L on Natural Bridges Dr.  
R to free parking on Delaware Ave.

