

Golden Gate
Relay
Walk



WALKBOOK 2018 • MAY 5-6



Stanford
HEALTH CARE
STANFORD MEDICINE

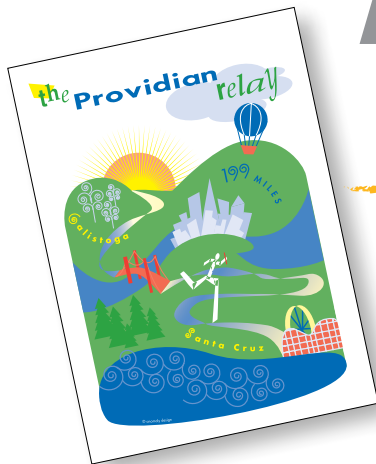
NBC 
BAY AREA



Cognizant

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

Graphic Design • Web Design • Photography • Illustration

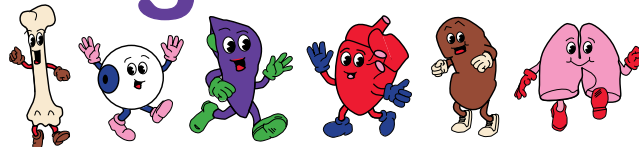


**ANOMALY
DESIGN**

anomalydesign.com



Organs R Us



Golden Gate Relay Walk 2018

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

Through Organs R Us (ORU)

the Golden Gate Relay Walk (GGRW) supports 125,000 Americans waiting for organs. Since 2005, the transfer of the baton from walker to walker has symbolized the transfer of an organ from donor to recipient.

Ken's Body Walks a Marathon

daily to survive. 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. When arthritis medications damaged his organs, Ken needed a new kidney in 2014. After helping others for 50 years as a firefighter, Ken will greet runners at the Dry Creek Lokoya Fire Station (GGR exchange 3). Santa Clara firefighters on Duct Tape & WD (23 year team) and Alameda County firefighters dedicate their runs to Ken. Contact Ken at kvo01@yahoo.com to offer support or a kidney.



Bernard Llave, San Diego, CA

Bernard Continues To B.strong

During a life packed with Crossfit, triathlons, marathons and centuries, Bernard Llave (born 8/19/74), received a bone marrow transplant in 2012 from his sister, Maribel, to combat leukemia. After returning to athletics and his job at FedEx, Bernard founded B.strong to support others with AML. In 2016, Bernard required a second bone marrow transplant. Savoring each moment, Bernard rides, crews for his wife during triathlons and enjoys his puppy Frank. While crossing the GGRW finish, 24 walkers from San Diego on Bstrong and Mission Possible will be cheering for Bernard.

Fighting for Kurtis

When he was five days old, Kurtis Lindsay of Reno, NV, had surgery for Hypoplastic Left Heart Syndrome. After two additional surgeries, the Lindsay family moved to Stanford where Kurtis received a new heart on December 7, 2006. Kurtis' blue lips turned pink allowing him to enjoy playing with his older brother, EJ, and his dog, Karlee. After developing coronary disease in April 2011, Kurtis was placed on the transplant wait list. Sadly, a heart donor was not available. Since 2010, Kurtis' Angels have crossed the GGRW finish with Kurtis cheering from above.



Kurtis Lindsay, 11/26/03–5/6/11

ORU Relays the Message

by promoting the need for organ donors. Since 1997, the ORU Kiddie Pede (children's centipede) has walked to victory in the Bay to Breakers.

Discuss Your Personal Wishes

regarding organ donation with your family. Solicit online donations and request tax deductible matching funds from your employer for ORU.

Help Save 18 Americans

who die everyday waiting for organs. In the long run or walk, organ donation saves lives.

Organs R Us

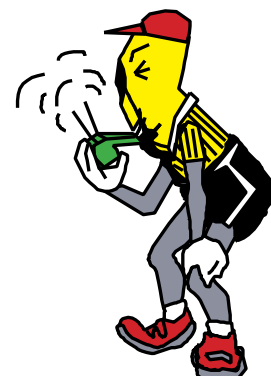


Follow rules to enhance safety and avoid penalties or disqualification. There are no road closures, traffic control or aid stations. To qualify as winners, teams must follow all rules. Non-competitive teams must follow rules 1–15.

1. Obey the CA Vehicle Code:
 - a. Cross roads only in cross-walks or at intersections.
 - b. Stop at red lights.
 - c. Do not walk in a bicycle lane when a sidewalk is adjacent.
2. Walk on the RIGHT with traffic except Leg 18.
3. Wear team number (bib) in front and baton (wristband). From sunset to sunrise, wear a reflective vest, rear blinking light and carry a lighted flashlight. Reflective vests are recommended during daylight to increase visibility, especially on blind curves.
4. Only one/team may exit a van to assist a walker and must wear a reflective vest.
5. Vehicles may not trail walkers. Santa Cruz county is “no van support.” Follow traffic laws and drive ahead to ready the next walker. Do not force runners or walkers onto the road by obstructing the shoulder. Receiving a citation will result in disqualification.
6. Provide two vehicles with team number (provided at Start) on front and rear windows, 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 the 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 (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, the walker must return to the missed turn and continue.
10. To report a rule violation, submit an Incident Report (available at TheRelay.com) to Medals within 30 minutes of finishing. Reporting team must notify accused team before submission to resolve misunderstandings.
11. Obey volunteers and respect private properties. Dispose of waste. Be quiet at night.
12. Alcohol, bicycles, children, headphones, nudity and pets are prohibited.
13. Submit completed Team Time Record to Medals at the finish to receive medals.
14. Two volunteers must sign in, each fulfill a 5 hour shift and sign out.
15. Walkers must submit accurate pace times and teams must not finish more than two hours ahead of their estimates.

Rules for Competitive Teams

16. Walkers must maintain the order submitted at the Start on the Roster/Waiver.
17. Submaster/masters teams must submit a copy of each walker’s driver license at the Start.
18. If a walker is injured or ill, the next walker (of the same gender) in rotation must substitute. The injured walker may not walk again requiring one or more walkers to walk extra legs. The original order must be maintained. Women must walk a minimum of eleven legs or a mixed team will be reclassified.
19. A walker may not drop out to substitute a faster walker. If a walker is unable to finish a leg, the next walker in rotation must take the baton at the point of injury and hand-off in the next Baton Exchange Area. A walker may not complete one leg and walk the next leg. 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 emergencies, call 911 and notify the radio operator at the nearest Exchange to alert the medical team. Do not call 911 for lost walkers. Write allergies, contacts, illnesses and medications on the backs of bibs to expedite the delivery of emergency care.

Through five counties, volunteer radio operators provide communications and hone their skills so they may better serve their communities during times of disaster. Frequency information is available at Exchanges.

Please acknowledge members of:

- Five County Bay Area Amateur Radio Emergency Service
- Los Gatos Amateur Radio Club
- Marin Amateur Radio Society
- Millbrae Amateur Radio Club
- San Francisco Amateur Radio Club, Inc.
- San Jose Amateur Radio Emergency Service
- San Lorenzo Valley Amateur Radio Emergency Service
- South County Amateur Radio Emergency Service

Hospitals Along the Way

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



Walkers

Be safe. Read the Rules.

Since there are no road closures, traffic control or aid stations, obey the CA Vehicle Code:

- Cross roads only in crosswalks or at intersections.
- Stop at red lights.
- Do not walk in a bicycle lane when a sidewalk is adjacent.

Cross intersections with caution and allow approaching vehicles to pass. Do not take risks.

Walk on the RIGHT with traffic except Leg 18. Wear reflective vests when out of the van. When spectating, do not force runners or walkers onto the road by obstructing the shoulder. Be alert!

Write medical history on the backs of bibs to expedite the delivery of emergency care.

Walking at Night

From sunset to sunrise, wear a reflective vest, rear blinking light and carry a lighted flashlight. Women may walk with escorts, phones and pepper spray.

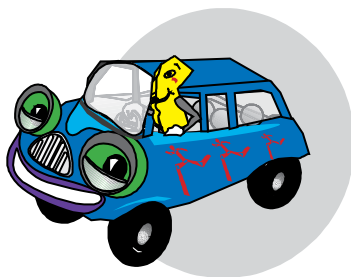
Drivers

Follow traffic laws. Vehicles may not trail walkers but must drive ahead to the Exchange to ready the next walker. Do not stop within 500 feet BEFORE Exchanges. Park beyond Exchanges before exiting vehicles.

To reduce congestion, only one team vehicle (Active Van) may park in Exchanges. Active and Resting Vans may park in Van Exchanges (18, 24, 30).

Park off the road. Do not block traffic or private drives. Do not force runners or walkers onto the road by obstructing the shoulder. Do not drive on vegetation to avoid starting a fire.

Vans must carry supplies because there are no aid stations.



Do NOT Bring:

- ⊗ Alcohol
- ⊗ Bicycles
- ⊗ Children
- ⊗ Headphones
- ⊗ Pets

Pedestrians' Rights and Duties (Excerpted from the CA Vehicle Code)

Right-of-way at Crosswalks

21950. (a) The driver of a vehicle shall yield the right-of-way to a pedestrian crossing the roadway within any marked crosswalk or within any unmarked crosswalk at an intersection, except as otherwise provided in this chapter. (b) The provisions of this section shall not relieve a pedestrian from the duty of using due care for his or her safety. No pedestrian shall suddenly leave a curb or other place of safety and walk or run in the path of a vehicle which is so close as to constitute an immediate hazard. No pedestrian shall unnecessarily stop or delay traffic while in a marked or unmarked crosswalk. (c) The provisions of subdivision (b) shall not relieve a driver of a vehicle from the duty of exercising due care for the safety of any pedestrian within any marked crosswalk or within any unmarked crosswalk at an intersection.

Vehicles Stopped for Pedestrians

21951. Whenever any vehicle has stopped at a marked crosswalk or at any unmarked crosswalk at an intersection to permit a pedestrian to cross the roadway, the driver of any other vehicle approaching from the rear shall not overtake and pass the stopped vehicle.

Right-of-way on Sidewalk

21952. The driver of any motor vehicle, prior to driving over or upon any sidewalk, shall yield the right-of-way to any pedestrian approaching thereon.

Pedestrians Outside Crosswalks

21954. (a) Every pedestrian upon a roadway at any point other than within a marked crosswalk or within an unmarked crosswalk at an intersection shall yield the right-of-way to all vehicles upon the roadway so near as to constitute an immediate hazard. (b) The provision of this section shall not relieve the driver of a vehicle from the duty to exercise due care for the safety of any pedestrian upon a roadway.

Crossing Between Intersections

21955. Between adjacent intersections controlled by traffic control signal devices or by police officers, pedestrians shall not cross the roadway at any place except in a crosswalk.

Pedestrian in Bicycle Lane

21966. No pedestrian shall proceed along a bicycle path or lane where there is an adjacent adequate pedestrian facility.

Marin

8 AM at the Marin French Cheese Company. Arrive at 7AM for check-in. Enjoy breakfast by the lake at America's oldest cheese factory. Meet walkers from other teams and begin your adventure with a team photo.



MARIN FRENCH
CHEESE COMPANY

Check-in Essentials

To receive baton, bibs and van numbers (shirts available at Finish):

Donations to Organs R Us: Additional donations and the minimum \$600/team donation may be brought to the finish.

Walkers: submit names on signed Roster/Waiver. To qualify as winners, submasters/masters teams must submit a copy of each walker's driver license.

Safety: Teams must show 2 blinking lights, 2 flashlights, 2 reflective vests and 2 "CAUTION Runner/Walker on Road" signs (\$5 each). Provide medical information on backs of bibs. Walk Legs are 13-36 (not 1-24) to avoid issues with emergency responders.

Vehicles: 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.

Volunteers: Two volunteers must register online by April 15 for a 4-5 hour shift. If every walker lives more than 50 miles from the course, volunteers are not required.

Directions to Start

Marin French Cheese Co.,
7510 Pt. Reyes Petaluma Rd.,
Novato

From Golden Gate Bridge
(32 miles):

Hwy. 101 N 22 miles to
Atherton Ave.

- L** Atherton Ave. 0.1 miles
(becomes San Marin Dr.)
- S** San Marin Dr. 2.7 miles
- R** Novato Blvd. 6.2 miles
- L** Pt. Reyes Petaluma Rd. 0.4
miles
- R** park behind visitor center,
Marin French Cheese Co.

L = Left turn

R = Right turn

S = Straight

Victory Party & Expo

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

Lunch, 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 a view of the ocean and finish line.

Awards

Medals: Captains may pick up 12 medals by turning in completed Team Time Records at the Medals Booth. Medals will not be mailed. Extra medals may be purchased. Disqualified teams will not receive medals.

Winners: Finish times are updated at TheRelay.com and are not official for 48 hours. Masters and submasters teams will not qualify as winners unless a copy of each Walker's driver license was submitted at the Start.

Ideal Victory Party

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

Directions to Finish

Hwy. 17 S to Santa Cruz.

R Hwy. 1 N (becomes Mission)

L Swift St.

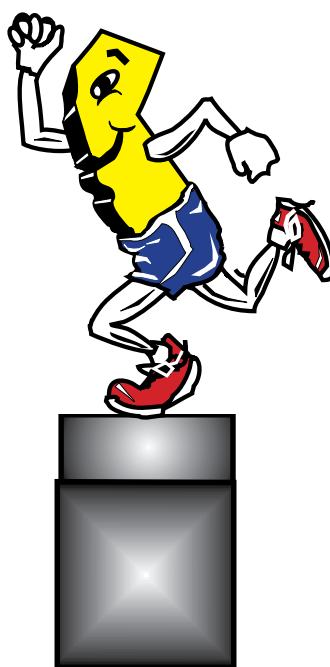
R Delaware Ave. to Shaffer Rd.

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

Park free on Delaware Ave.
(near Antonelli Pond).

L = Left turn

R = Right turn





Registration

Complete highlighted areas before arriving at Start.

Bib No. _____ **Team Name** _____

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

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

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

	Survey
	I rented _____ vehicle(s) from _____.
	I rented _____ hotel room(s) from _____.
	I rented _____ hotel room(s) from _____.

_____ _____ _____

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

Team Name: _____ **Start:** _____ **Bib:** _____

List walkers in order and submit this form at the Start with signatures. Competitive teams must walk in order. Competitive Submasters and Masters teams must submit a copy of each walker's driver license. Parents must sign for walkers under age 18.

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.




WALKER	Print Name	Signature (of parent if under age 18)	Date
1			
2			
3			
4			
5			
6			
7			
8			
9			
10			
11			
12			

VOLUNTEER	Print Name	Signature (of parent if under age 18)	Date
1			
2			



Team Time Record

Team Name: _____ Start: _____ Bib: _____

Leg*	Walker Name**	Distance/ Difficulty	Time of Exchange**	Walker 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				
 Finish		126.0				

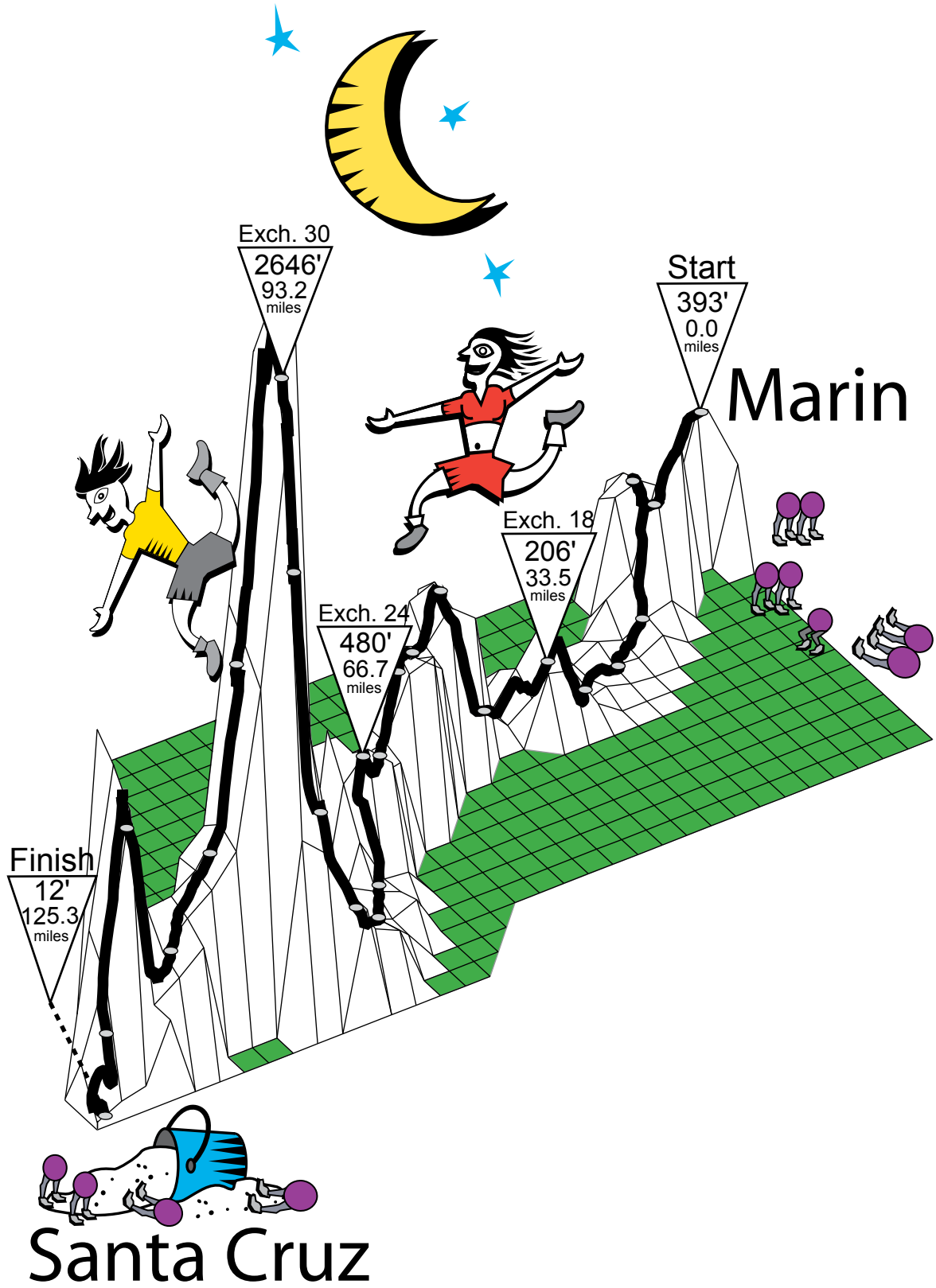
*Walk Legs are 13–36 (not 1–24) to avoid issues with emergencies.

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





Course Elevation



Penalties will be assessed to resting vans that 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 (18, 24, 30).

Van Route 1, From Start, Exchange 12 (Marin French Cheese Co.) 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 2, 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 3, 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 4, 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.

Walkers may finish as a team.

CONGRATULATIONS!

L = Left turn
R = Right turn
S = Straight

Safety

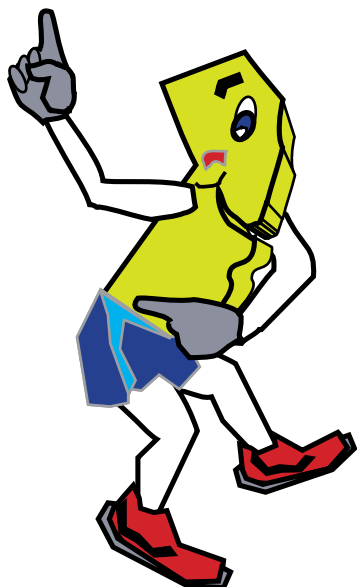
Obey the CA Vehicle Code. There are no road closures, traffic control or aid stations.

Walk on the RIGHT with traffic except Leg 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.



Mr. Cali doing porta-potty dance




Maps

Maps have five sections:

1. Heading

- Leg Number from 13–36 (not 1–24) to avoid issues with emergency responders.
- Leg Distance rounded to the nearest 0.1 mile
- Difficulty: Easy, Moderate, Hard, Very Hard

2. Street Map

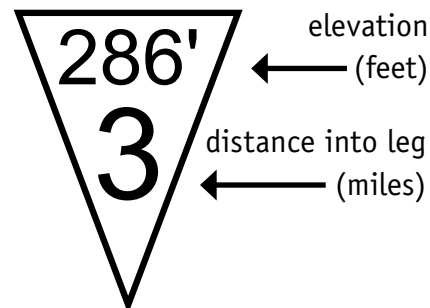
- Street names, turns, mile markers, exchanges
- Path of walker: 
- Path of walker on bike path with no vehicle support: 
- Van route, when different from walker's route: 

3. Leg Directions

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

4. Elevation Map

- Presented so walker looks ahead at the leg
- Elevation and distance into the leg are indicated as:



5. Exchange Illustration

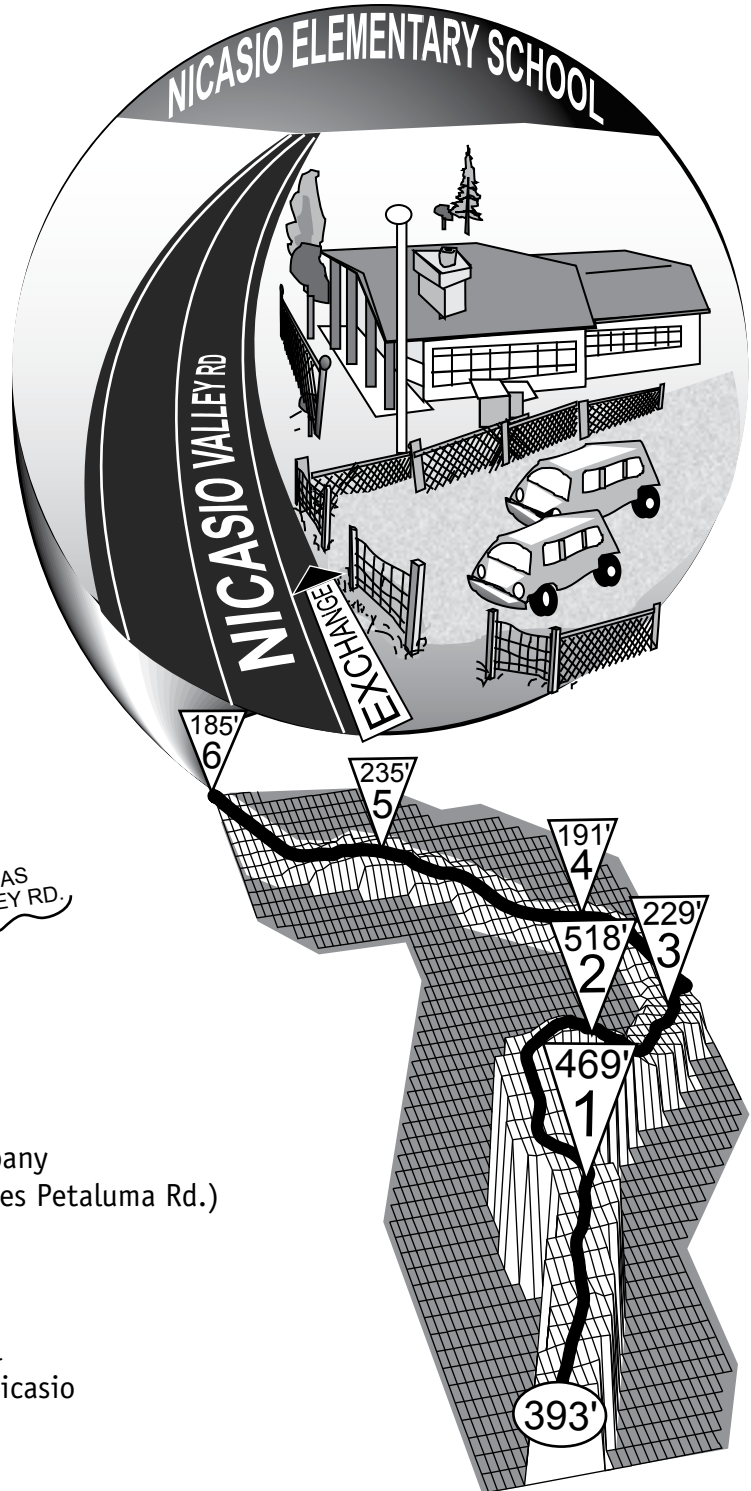
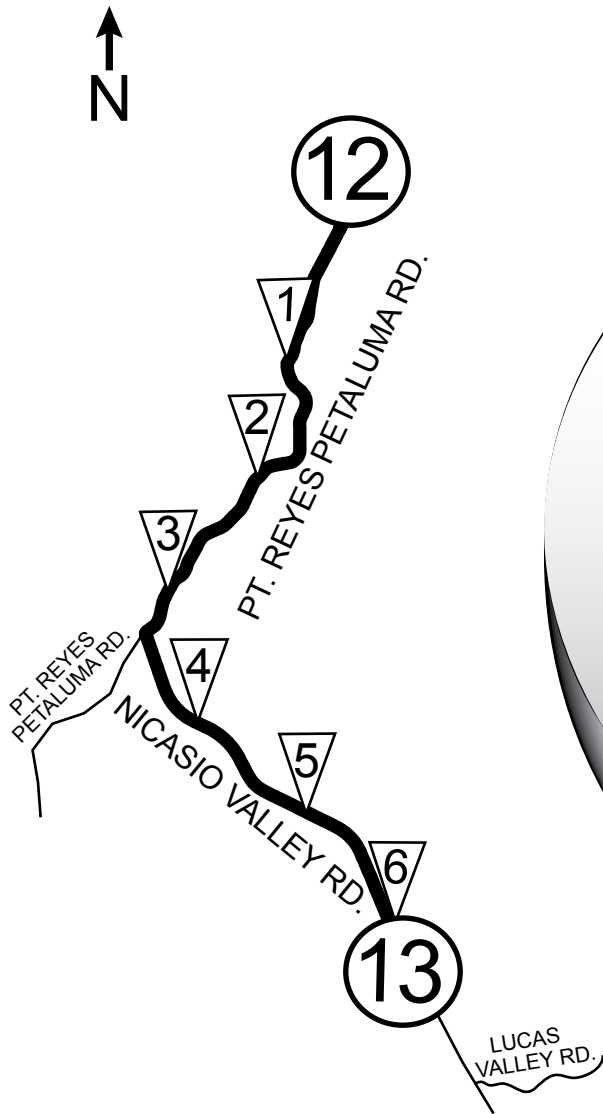
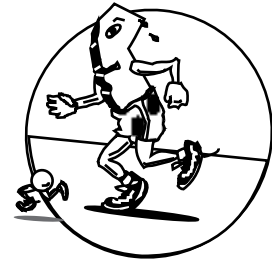
- Drawing of Exchange from view of approaching walker
- Legs are numbered so Exchange 13 is on Map 13
- Baton exchange area



- Van parking



Do not stop or park within 500 feet BEFORE Exchanges. Park beyond Exchanges before exiting vehicles. Do not force walkers onto the road by obstructing the shoulder.



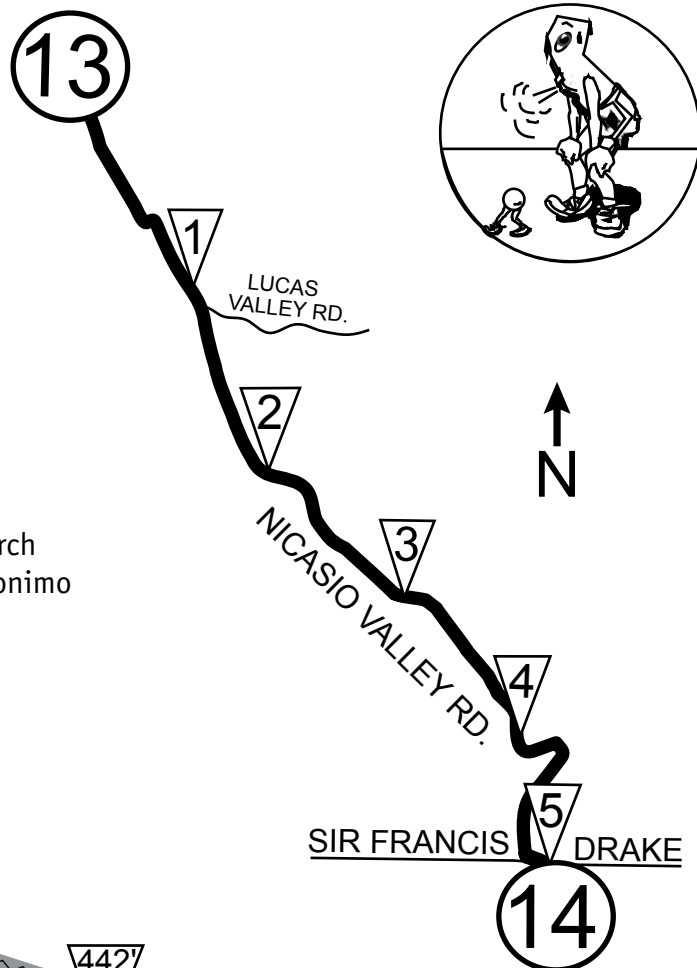
1 Turn

0.0 Marin French Cheese Company
7500 Red Hill Rd. (Pt. Reyes Petaluma Rd.)

CAUTION: Narrow road

L 3.3 Nicasio Valley Rd.

6.0 Exchange 13
Nicasio Elementary School
5555 Nicasio Valley Rd., Nicasio



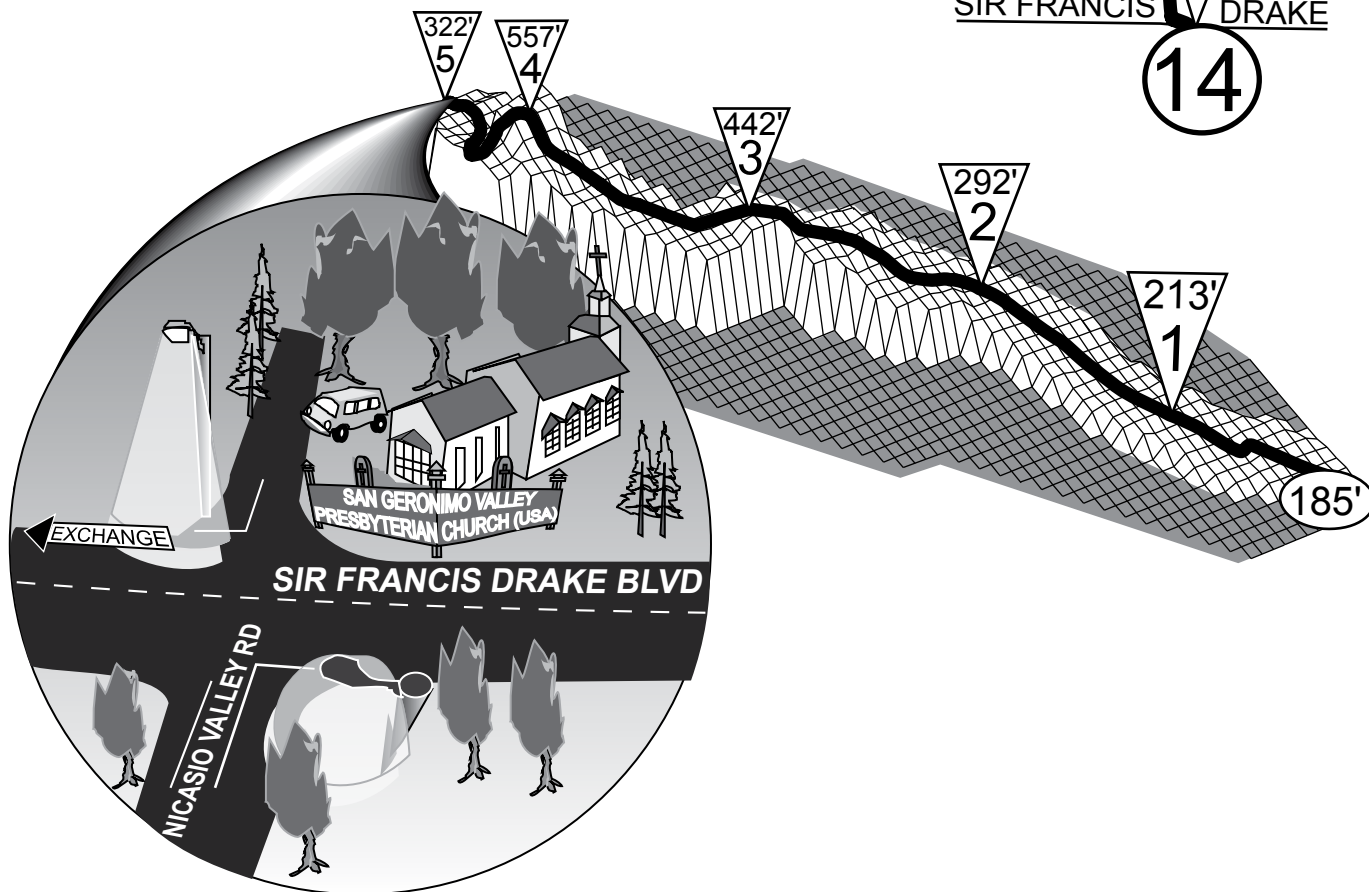
1 Turn

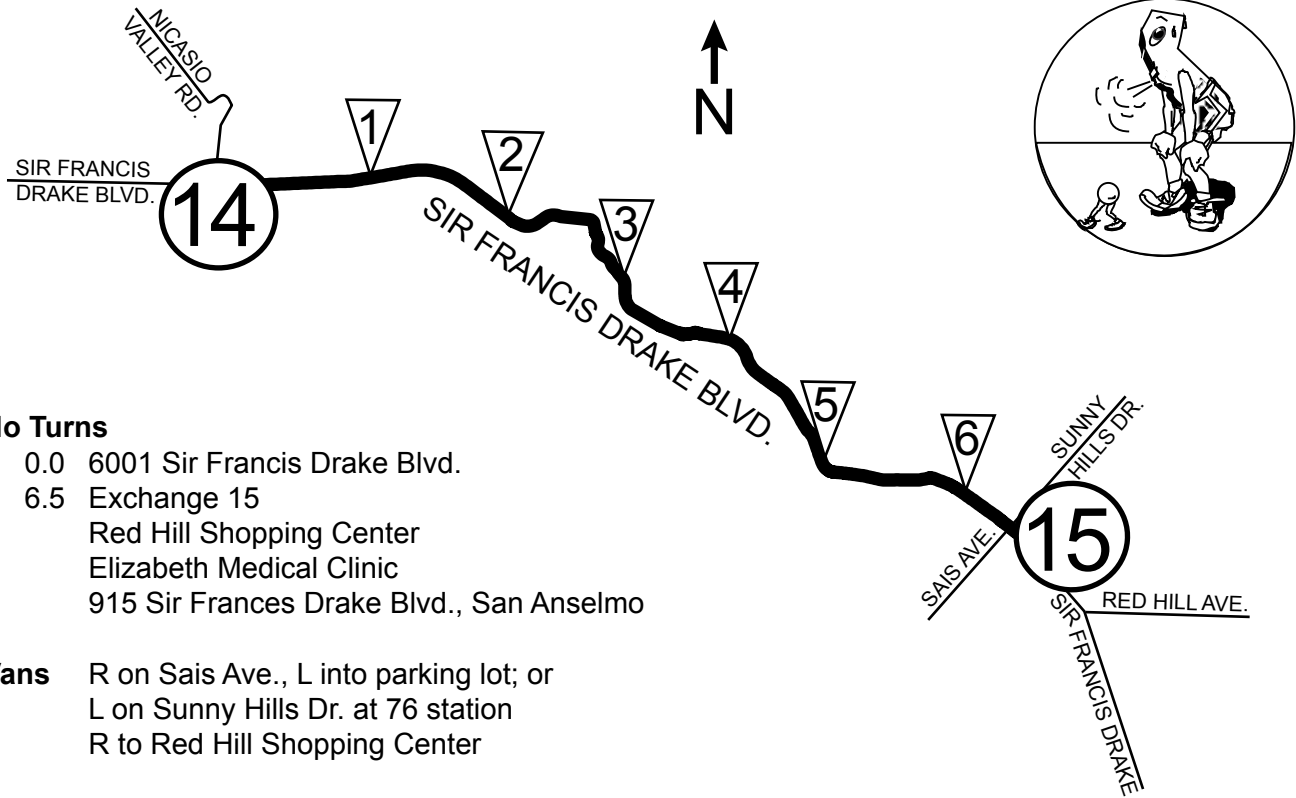
0.0 Nicasio Elementary School
5555 Nicasio Valley Rd.

CAUTION: Narrow road

L 4.9 Sir Frances Drake Blvd.

5.0 Exchange 14
San Geronimo Valley Presbyterian Church
6001 Sir Frances Drake Blvd., San Geronimo

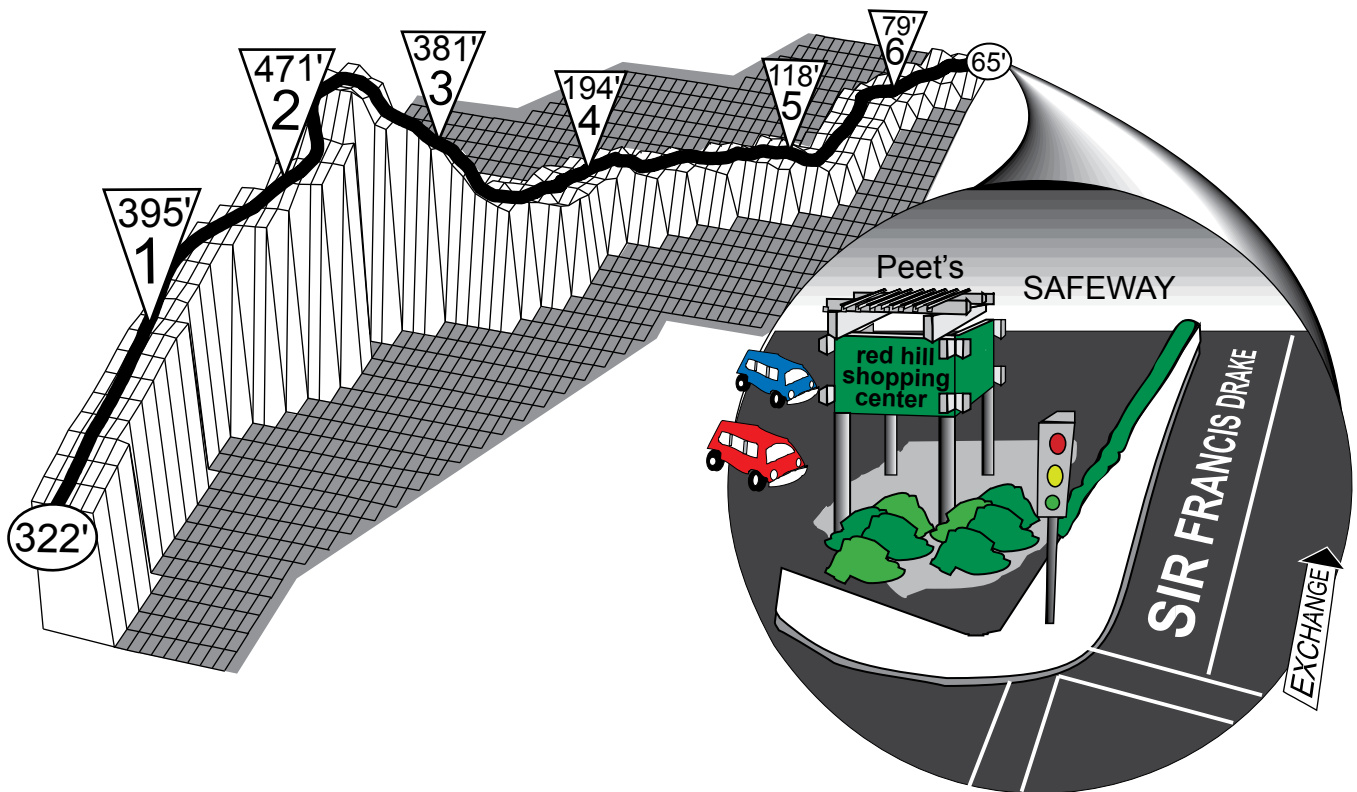


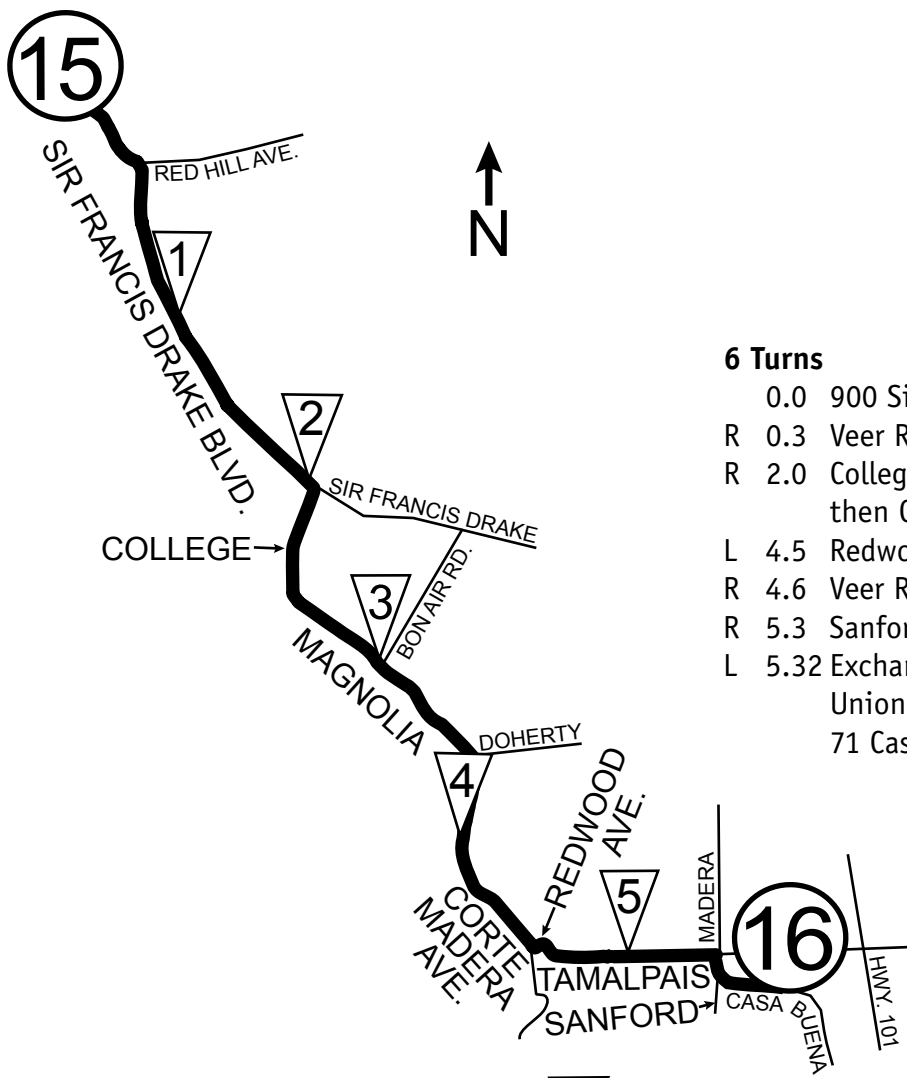


No Turns

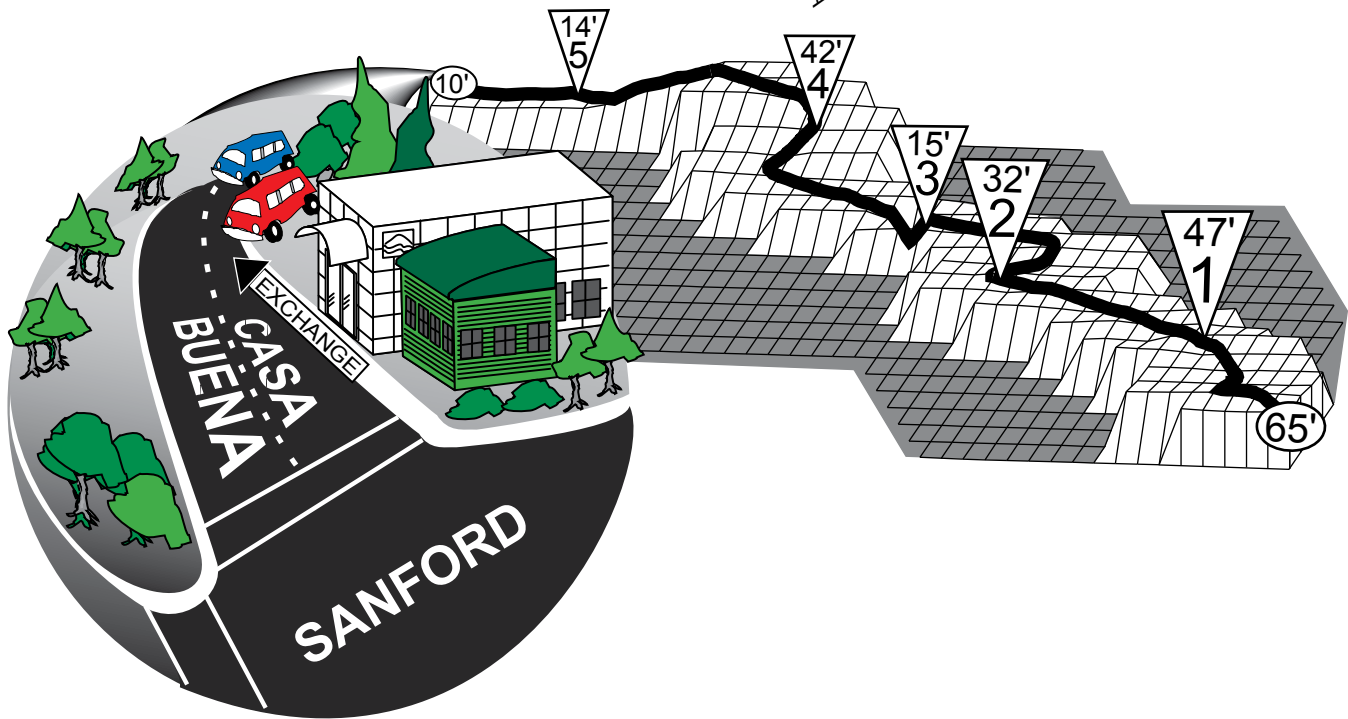
- 0.0 6001 Sir Francis Drake Blvd.
- 6.5 Exchange 15
Red Hill Shopping Center
Elizabeth Medical Clinic
915 Sir Frances Drake Blvd., San Anselmo

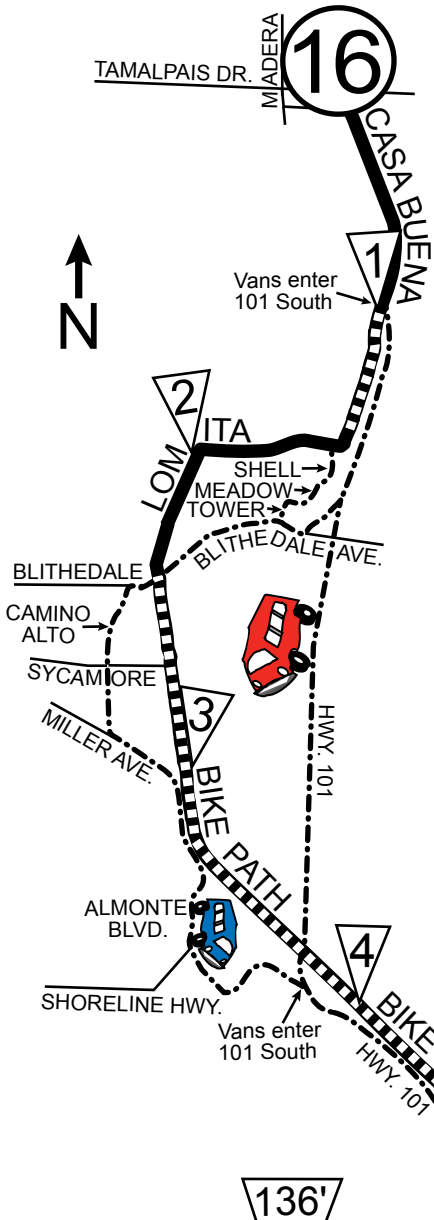
- Vans**
- R on Sais Ave., L into parking lot; or
 - L on Sunny Hills Dr. at 76 station
 - R to Red Hill Shopping Center





- 6 Turns**
- 0.0 900 Sir Frances Drake Blvd.
 - R 0.3 Veer R on Sir Francis Drake Blvd.
 - R 2.0 College Ave. (becomes Magnolia Ave., then Corte Madera Ave.)
 - L 4.5 Redwood Ave.
 - R 4.6 Veer R on Tamalpais Dr.
 - R 5.3 Sanford St.
 - L 5.32 Exchange 16
Union Bank
71 Casa Buena Dr., Corte Madera





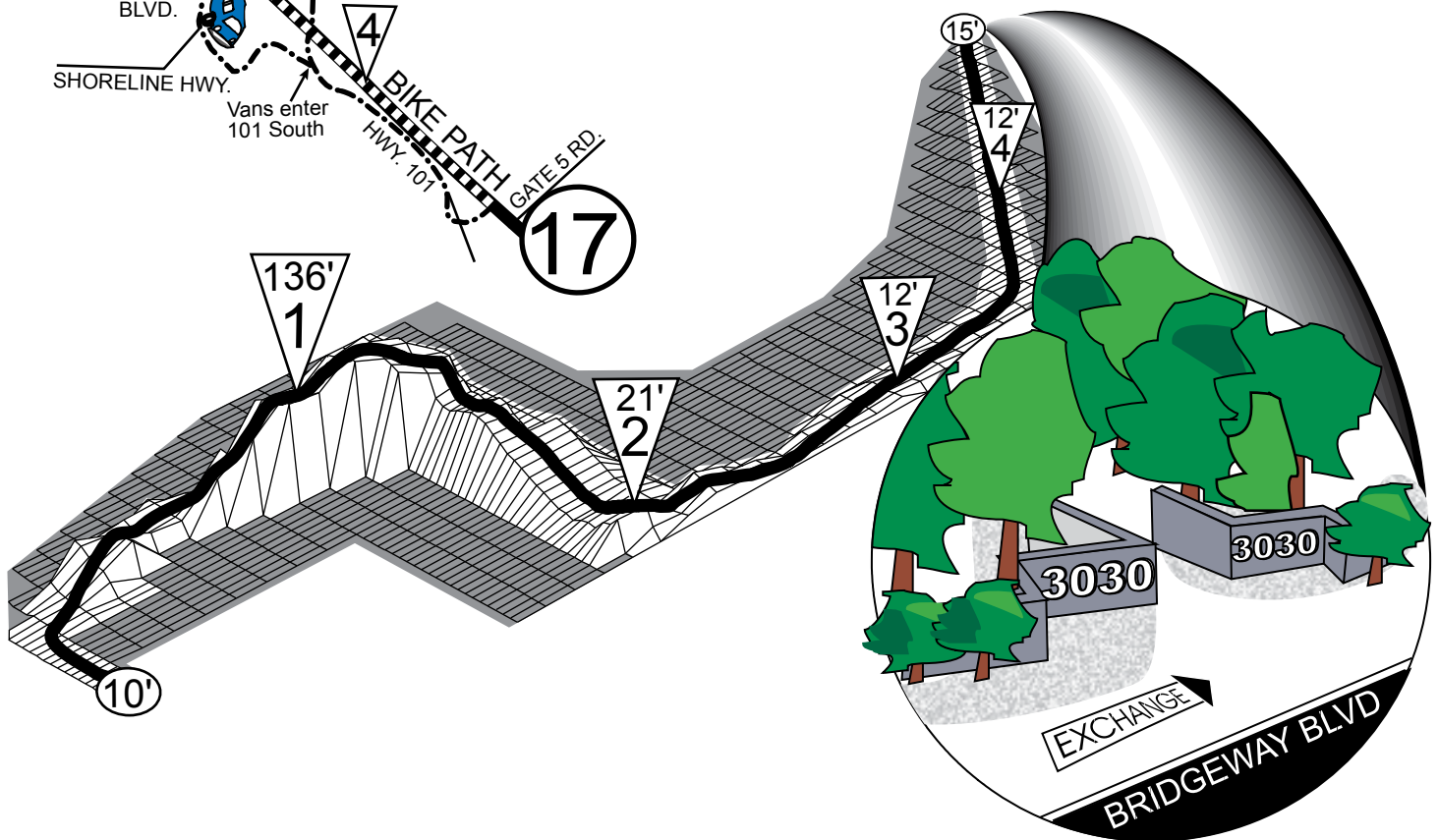
2 Turns

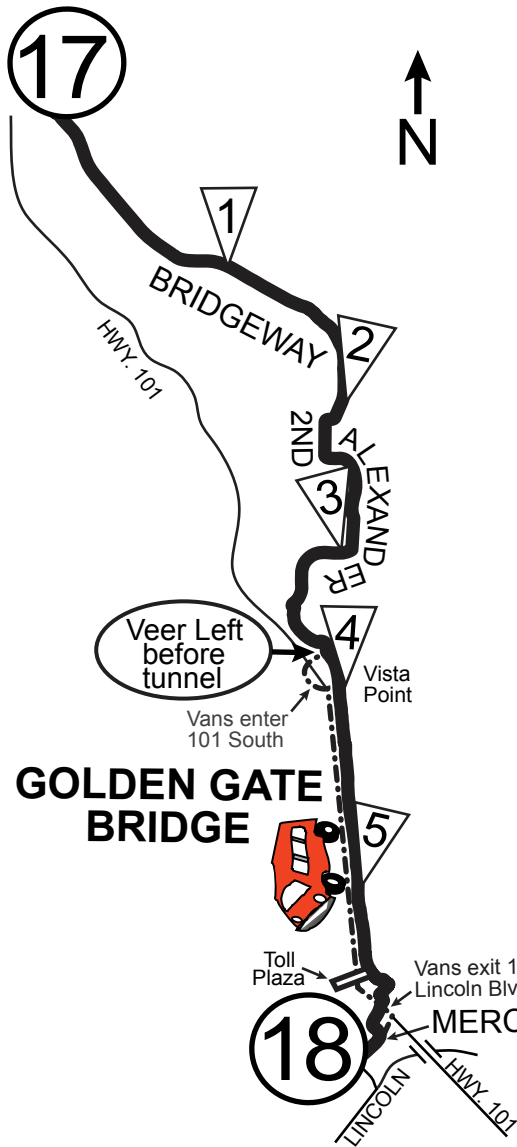
- 0.0 Union Bank
71 Casa Buena Dr.
- 0.9 **Vans** L on Hwy. 101 South
- S 1.1 Bike path
- R 1.5 Lomita Dr.
- L 2.0 Stopsign (continue on Lomita)
- S 2.8 Cross Blithedale Ave. to bike path
- 4.9 Exchange 17 (on Left)
3030 Bridgeway Blvd., Sausalito



Vans have 2 options:

1. **Direct to Exch. 17:** exit 101 at Marin City/Sausalito (3.0 miles); L on Donahue (under Hwy. 101); R on Bridgeway; L on Gate 5 Rd.
2. **To follow a runner/walker:** exit 101 at E. Blithedale (0.75 miles); R on Blithedale; R on Tower; R on Meadow; R on Shell; L on Lomita; L at stopsign (still Lomita); R on Blithedale; L on Camino Alto; (L on Sycamore to bike path, optional); L on Miller Ave. to Almonte to Shoreline Hwy. to Hwy. 101 South; exit 101 at Marin City/Sausalito; L on Donahue (under Hwy. 101); R on Bridgeway; L on Gate 5 Rd.

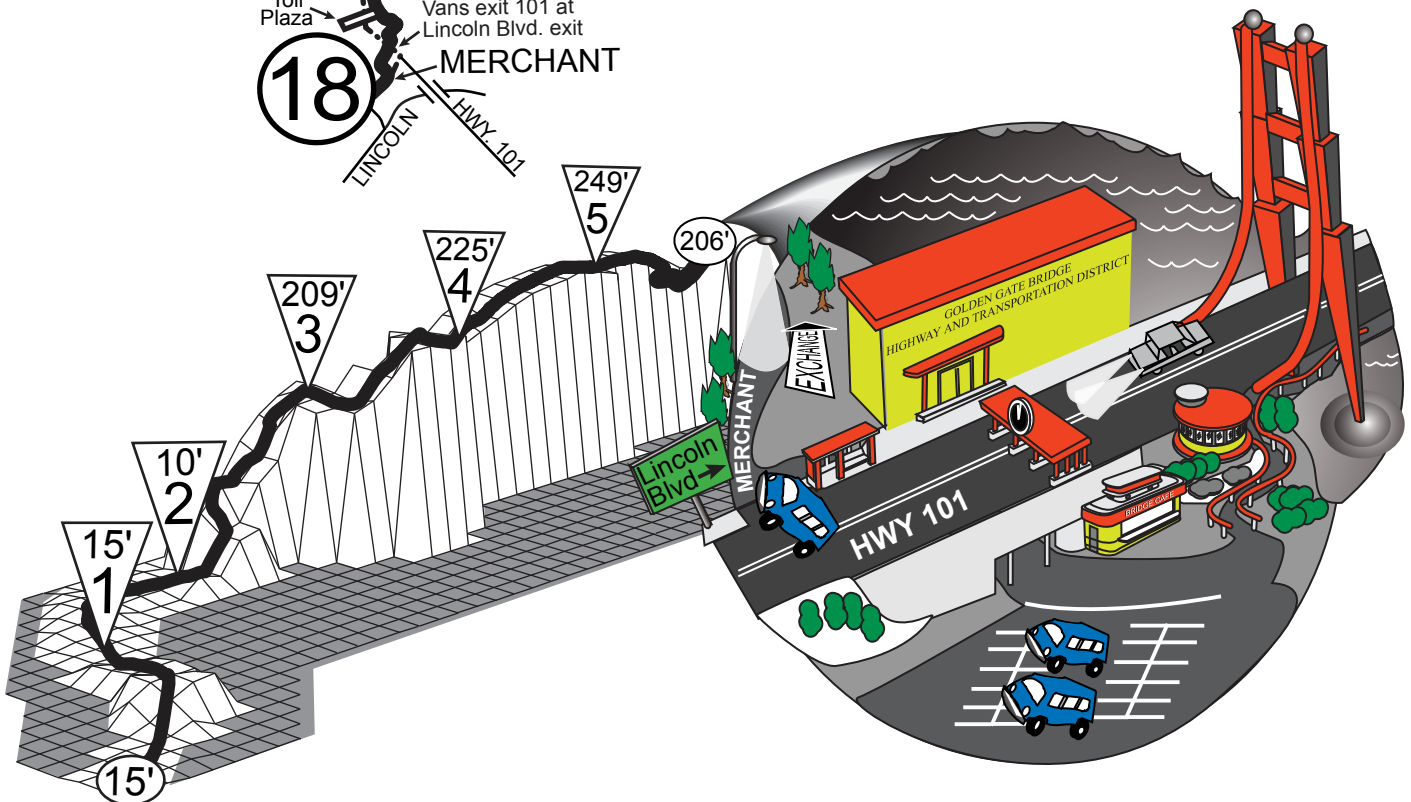


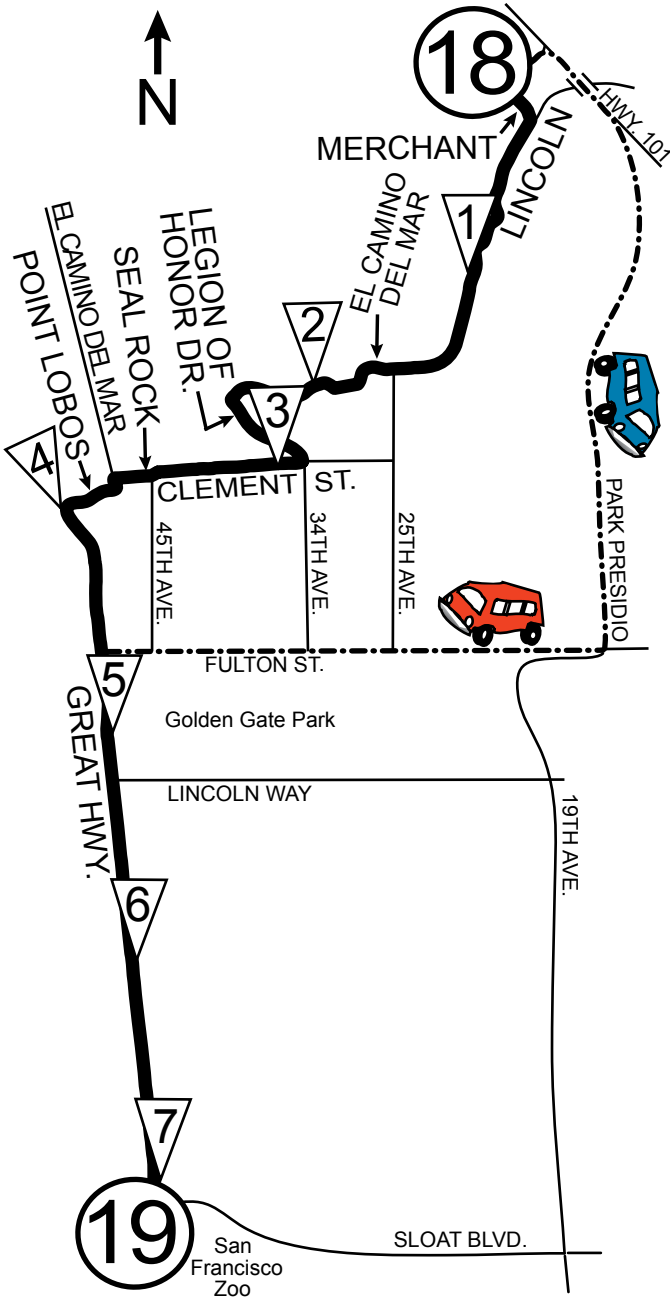


7 Turns Run leg on Left

- 0.0 3030 Bridgeway Blvd.
- L 2.2 Second St.
- L 2.4 Veer L on Alexander Ave.
- L 3.8 Veer L before tunnel to east pedestrian walkway of Golden Gate Bridge
- Vans** continue through tunnel
- L 5.6 Golden Gate Bridge Gift Center and down ramp
- R 5.7 Through tunnel under Hwy. 101
- L 5.75 Tunnel end
- R 5.8 Merchant Rd.
Exchange 18 (Van Exchange 3)
Golden Gate Bridge, San Francisco

Vans Cross Golden Gate Bridge to SF in far R toll lane; first R (Lincoln Blvd. exit) on Merchant Rd.
Van 1: first R; R through tunnel to visitor parking
Van 2: L on Lincoln Blvd.; second L to dirt lot



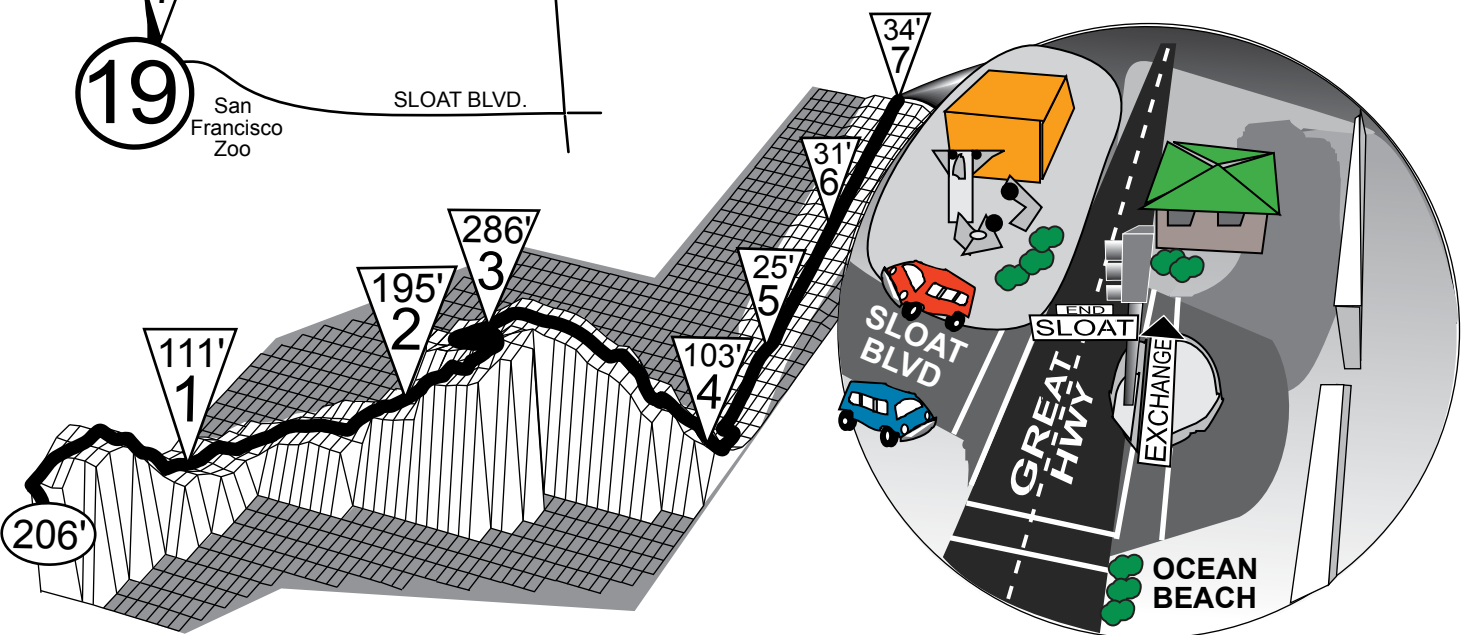


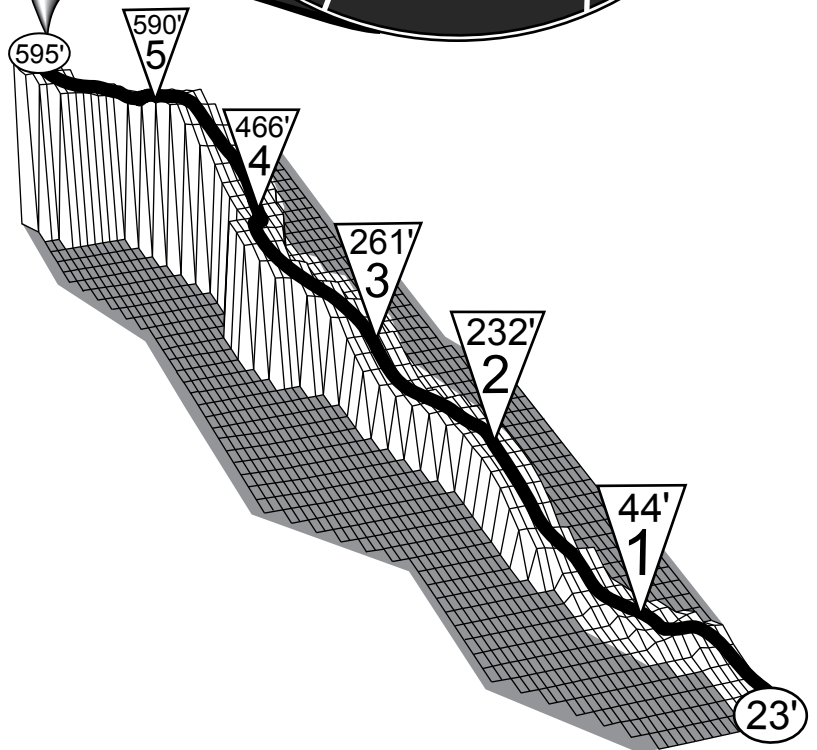
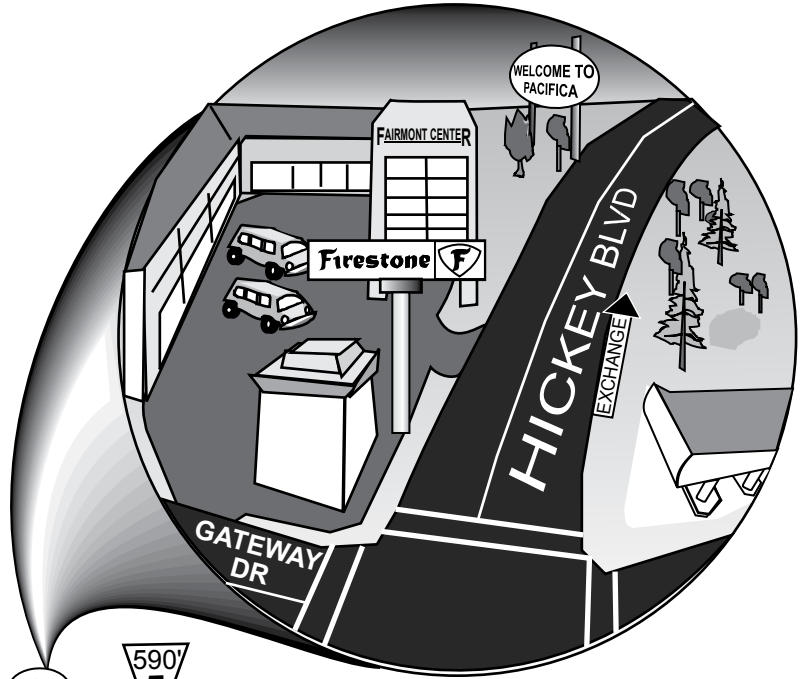
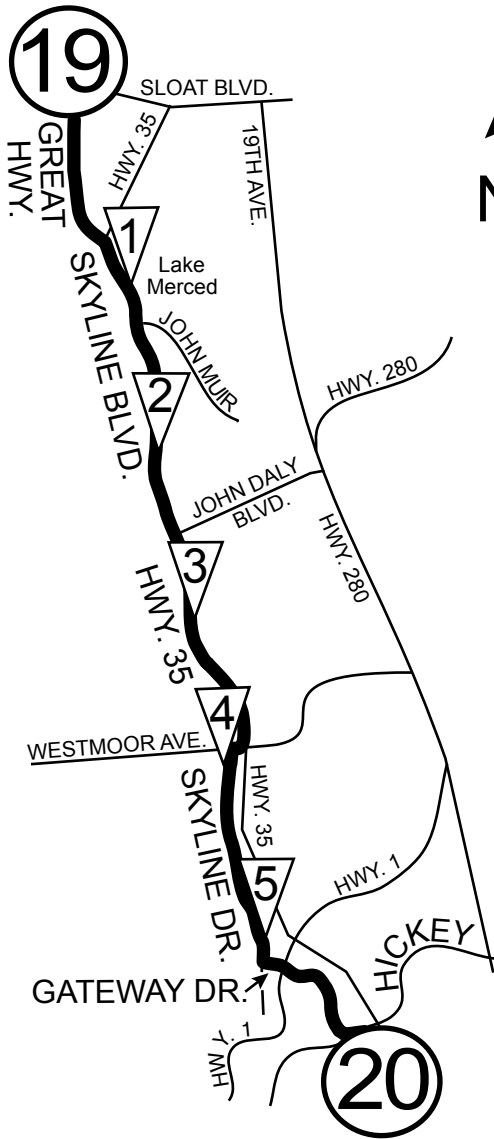
5 Turns

- 0.0 Golden Gate Bridge, Merchant Rd.
- R 0.2 Lincoln Blvd. (Quiet Zone till Great Highway)
- S 1.5 25th Ave. (becomes El Camino del Mar)
- L 2.4 Legion of Honor Dr. (at Palace of Legion of Honor)
- R 2.8 Clement St. (becomes Seal Rock Dr. at 45th Ave.)
- L 3.6 El Camino del Mar
- R 3.65 Point Lobos Ave. (becomes Great Hwy.)
- 7.0 Exchange 19
Great Hwy. at Sloat Blvd., San Francisco

Van option direct to Exchange

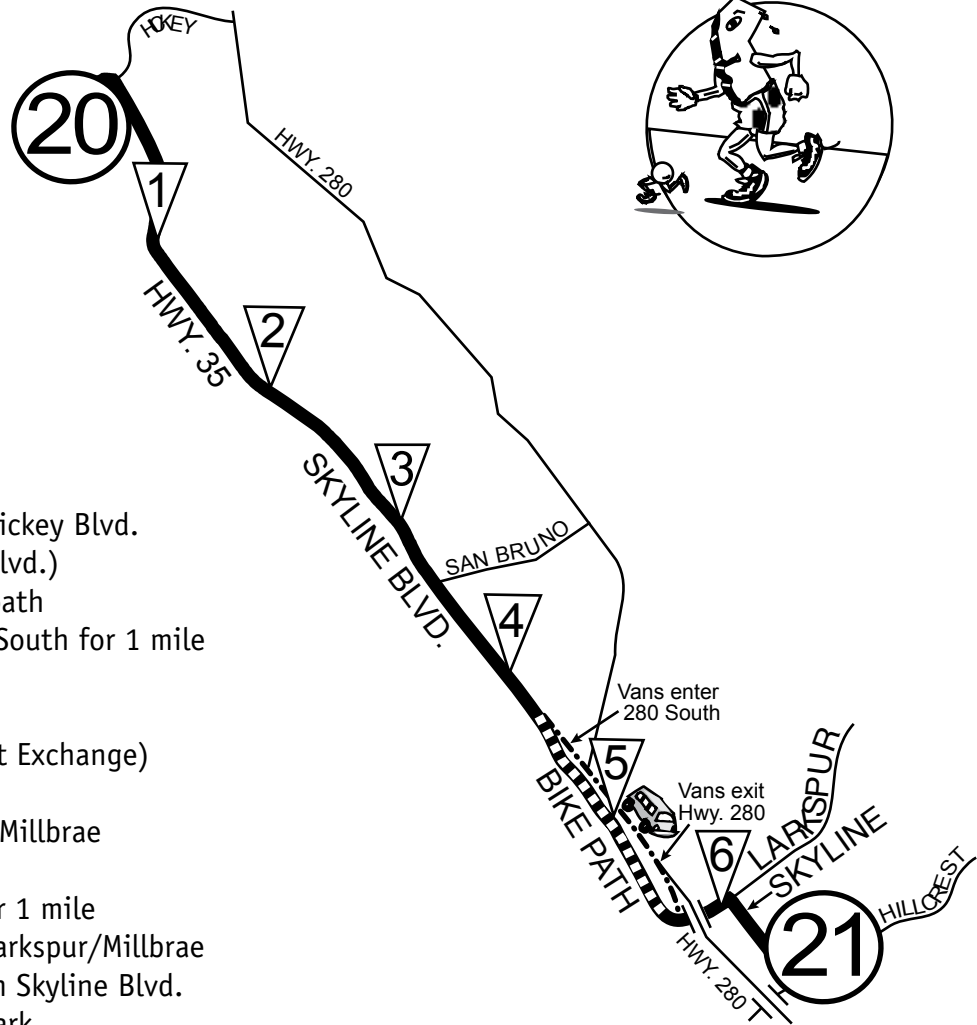
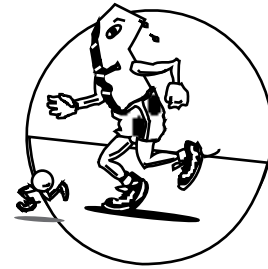
- L 0.0 Merchant Rd.
- R 0.1 Hwy. 101 South
- R 0.5 Park Presidio
- R 2.7 Fulton St.
- L 4.9 Great Hwy.
- L 7.4 Sloat Blvd. to park





5 Turns

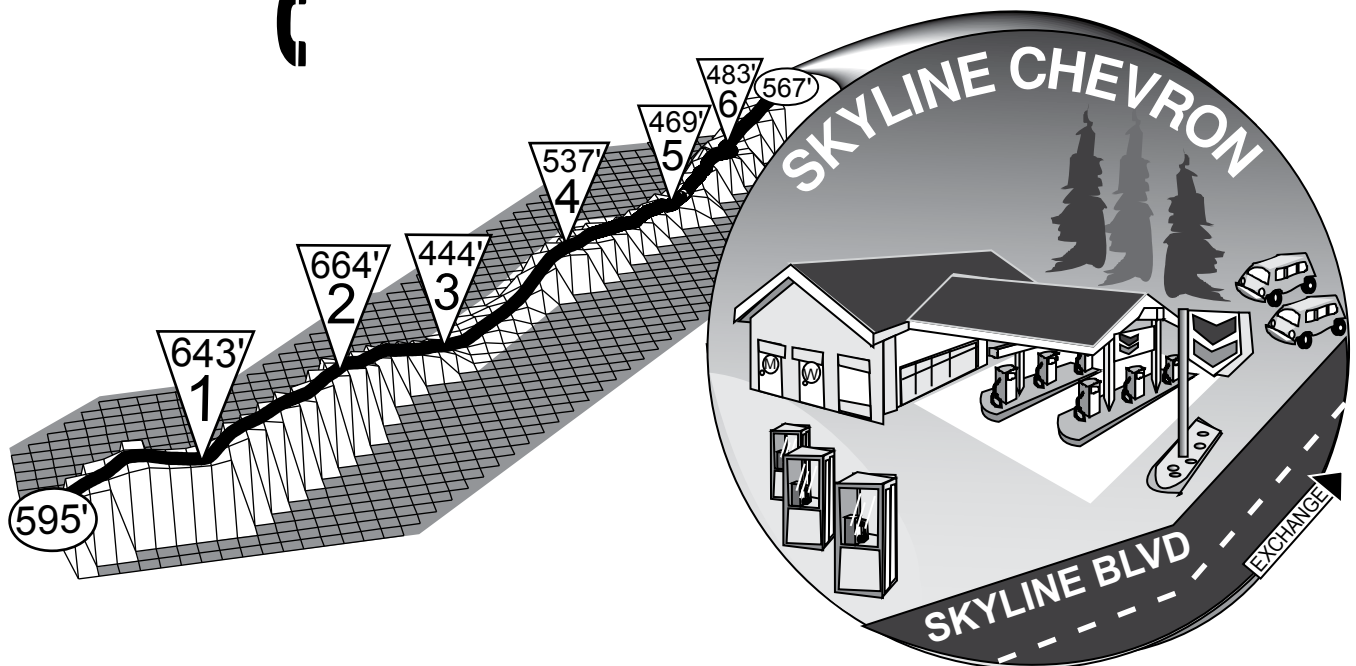
- 0.0 Great Hwy. at Sloat Blvd.
- R 0.8 Hwy. 35 (Skyline Blvd.)
- R 3.8 Westmoor Ave.
- L 3.85 Skyline Dr.
- L 5.1 Gateway Dr.
- L 5.9 Hickey Blvd.
Exchange 20
Fairmont Center, Pacifica



3 Turns

- 0.0 Fairmont Center, Hickey Blvd.
- R 0.1 Hwy. 35 (Skyline Blvd.)
- 4.2 San Andreas bike path
Vans to Hwy. 280 South for 1 mile
- L 5.8 Larkspur Dr.
- R 5.85 Skyline Blvd.
- 6.5 Exchange 21 (Quiet Exchange)
Skyline Chevron
400 Skyline Blvd., Millbrae

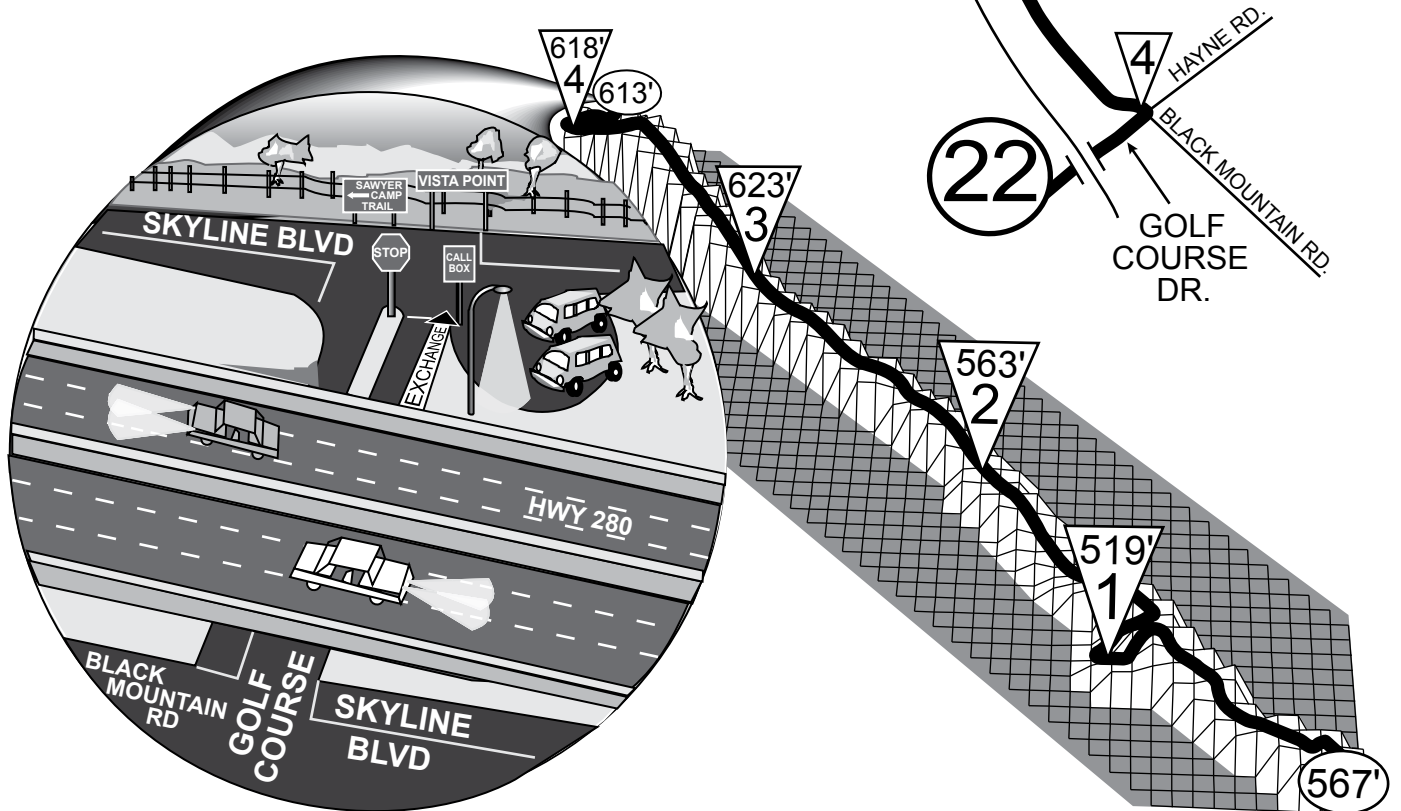
- Vans** Hwy. 280 South for 1 mile
Exit Hwy. 280 at Larkspur/Millbrae
L on Larkspur; R on Skyline Blvd.
R on Hillcrest to park





6 Turns

- 0.0 Skyline Chevron
400 Skyline Blvd.
- L 0.15 Millbrae Ave.
- R 0.2 Vallejo Dr.
- R 0.9 Hunt Dr.
- R 1.0 Trousdale Dr.
- L 1.1 Skyline Blvd.
- R 4.0 Golf Course Dr.
- 4.2 Exchange 22, Park and Ride
Skyline Blvd. at Golf Course Dr.
San Mateo County near Hillsborough



Leg 23 van bridge 1.8 miles

Easy 



Van Bridge runner/walker rides in van due to road construction.

Golf Course Dr. at Skyline Blvd.

0.0 Vans enter Hwy. 280 S

R 1.5 Exit Hwy. 280 at Bunker Hill Rd.
Drop runner at stop sign

2 Turns

0.0 Bunker Hill off ramp at Skyline

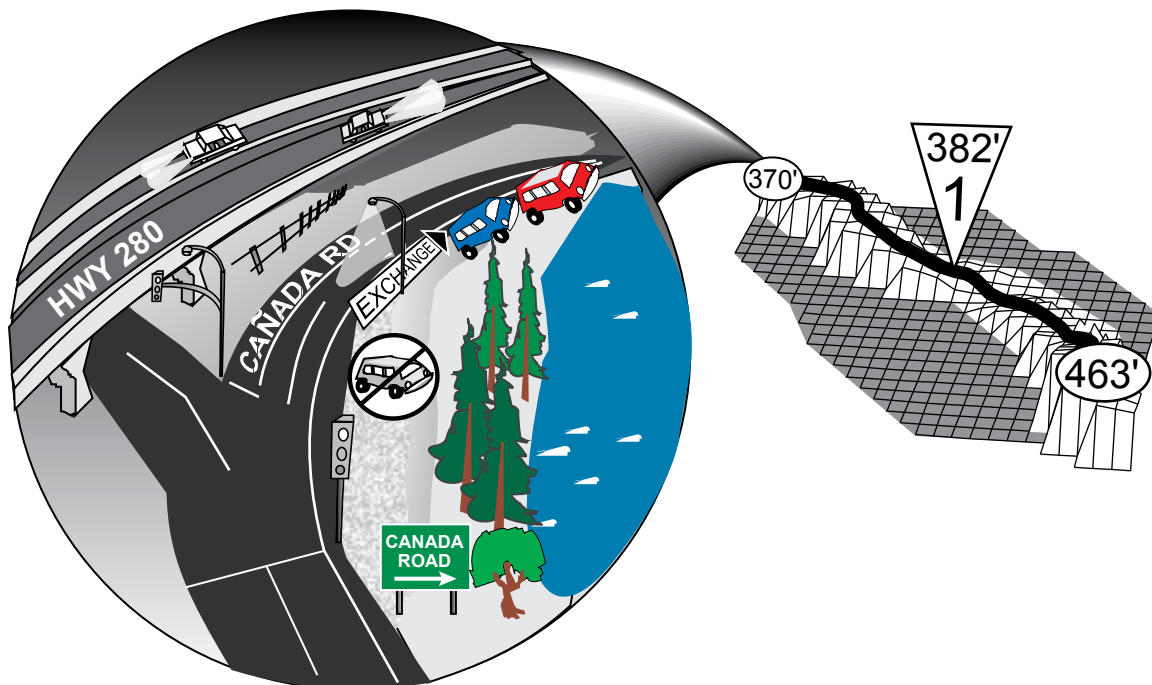
L 1.1 Hwy. 92

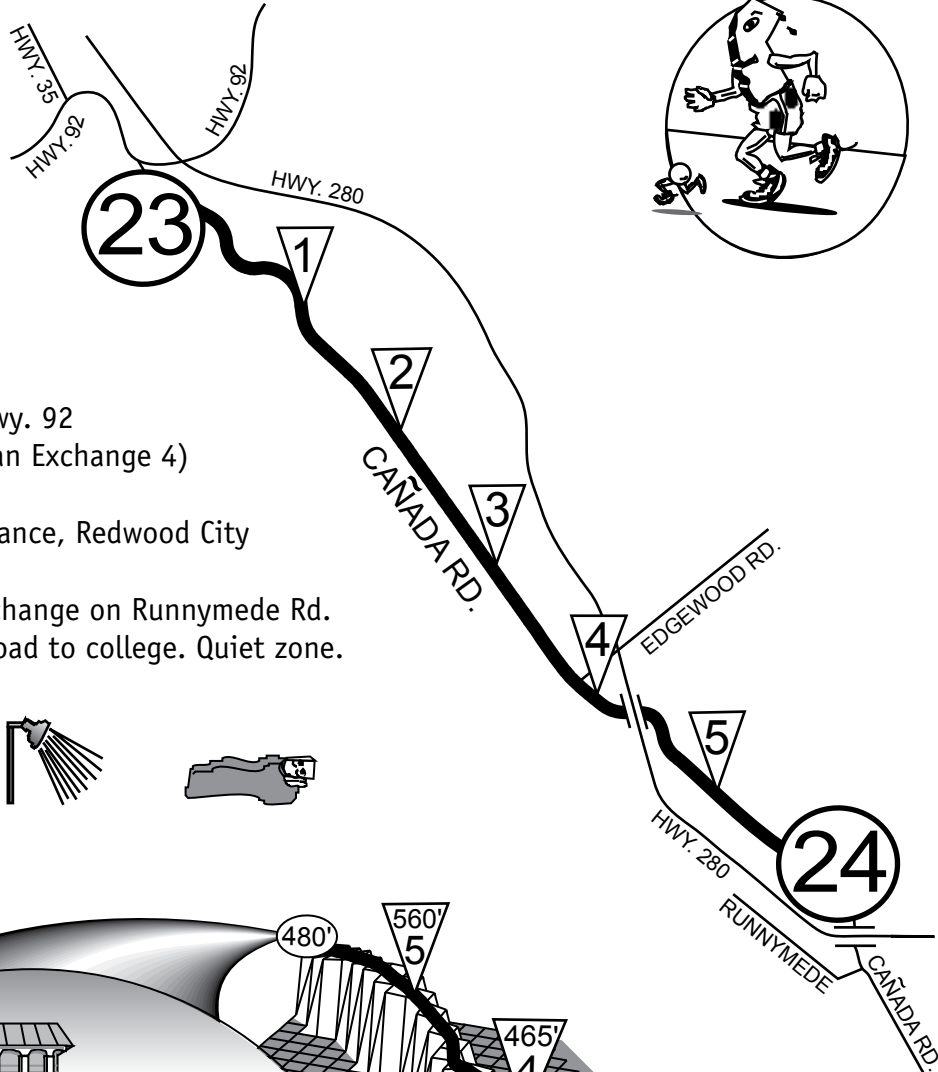
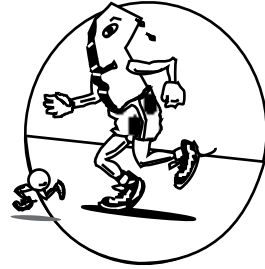
R 1.7 Cañada Rd.

1.8 Exchange 23

Cañada Rd. at Hwy. 92

San Mateo County near Belmont

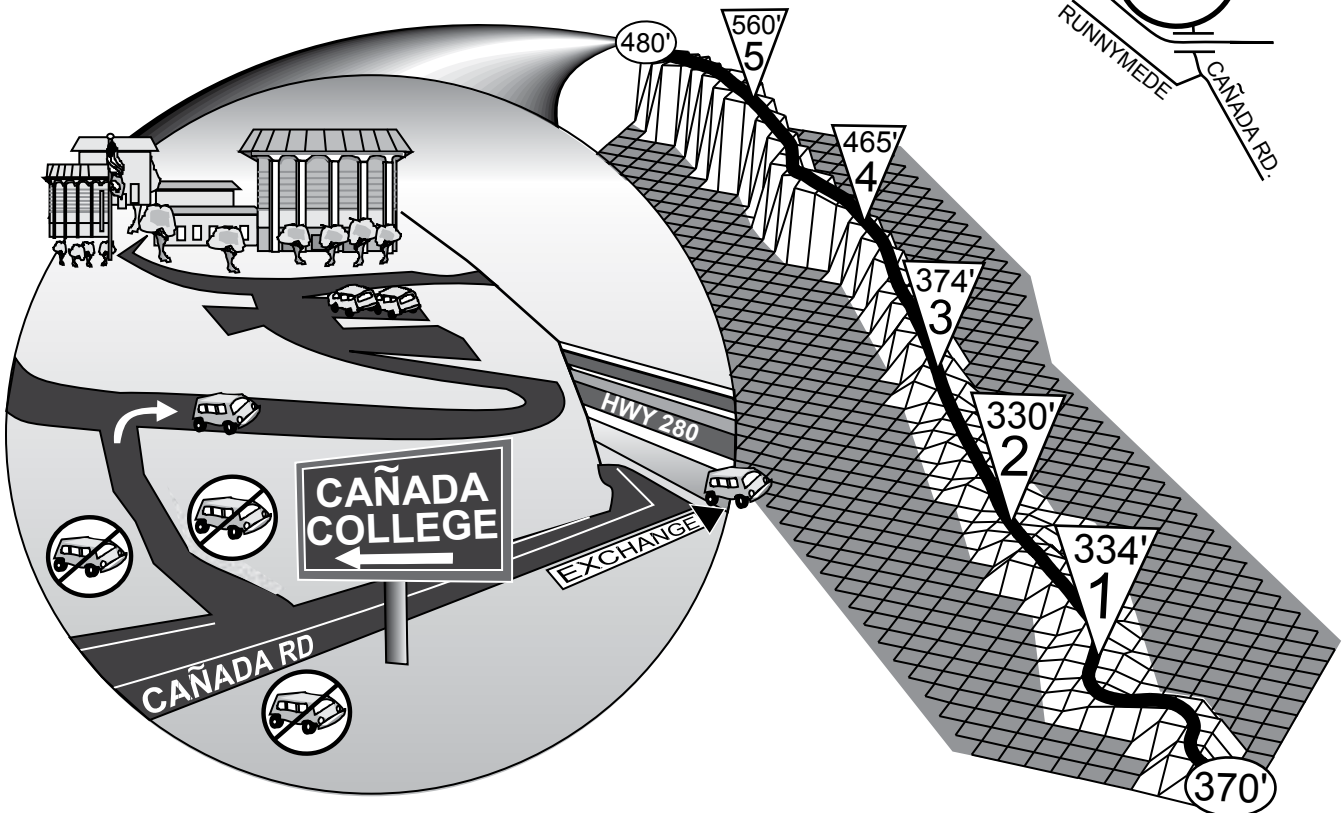


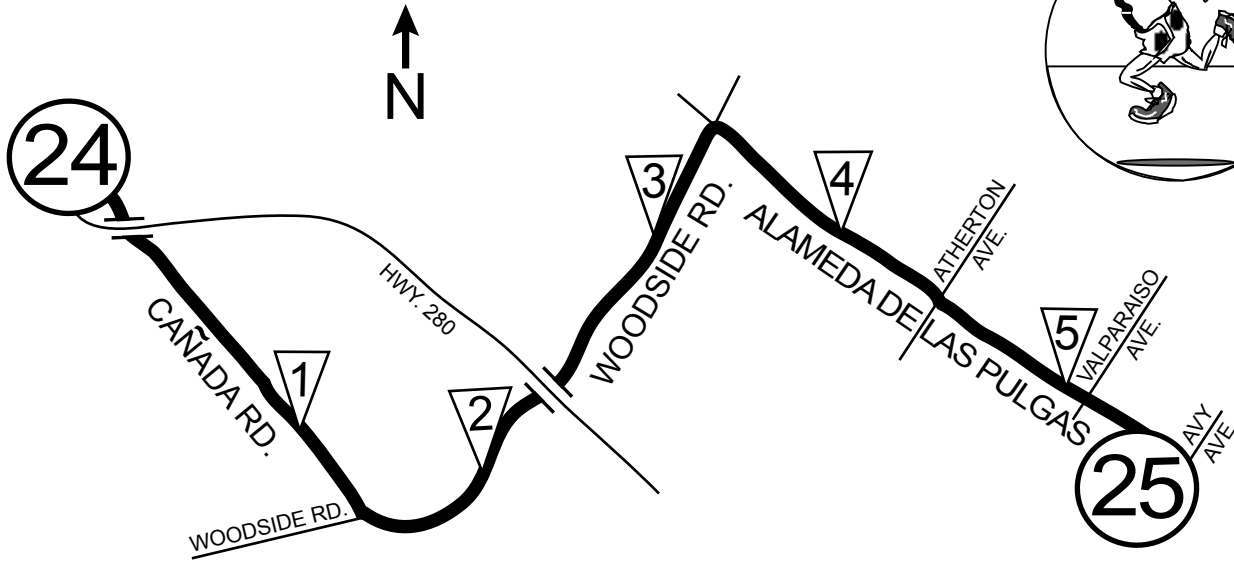


No Turns

- 0.0 Cañada Rd at Hwy. 92
- 5.9 Exchange 24 (Van Exchange 4)
Cañada College
Cañada Rd. entrance, Redwood City

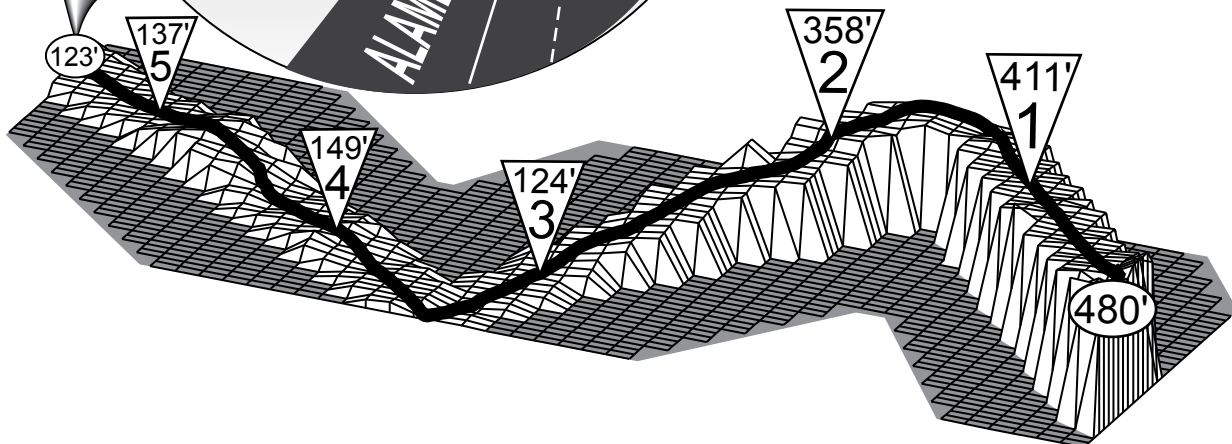
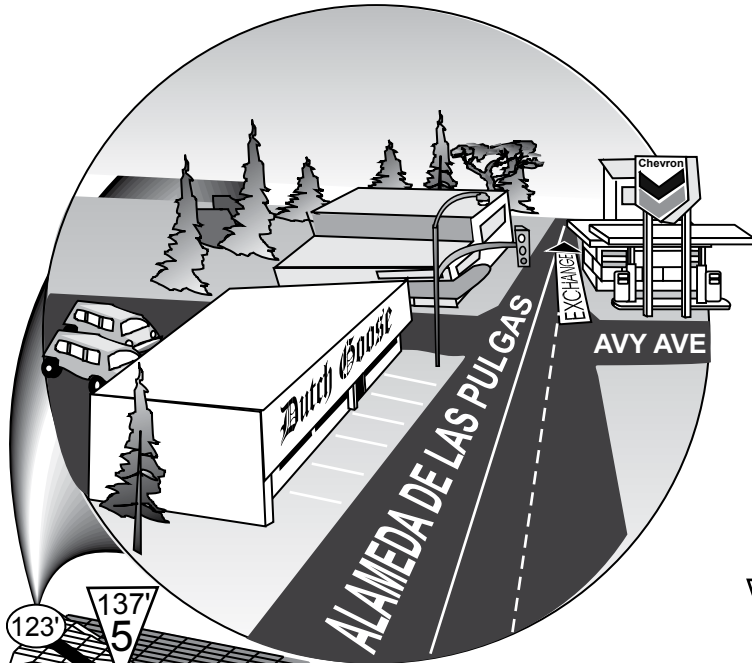
Vans Park beyond exchange on Runnymede Rd.
No parking on road to college. Quiet zone.

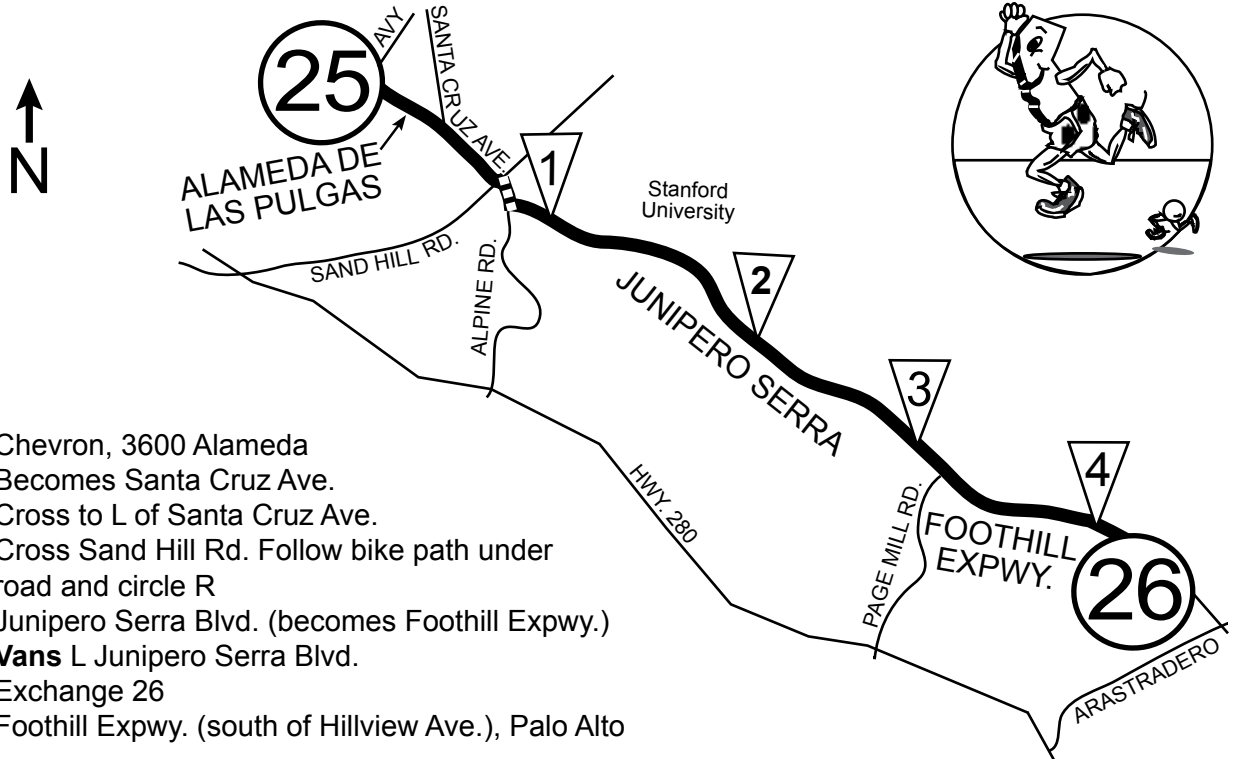




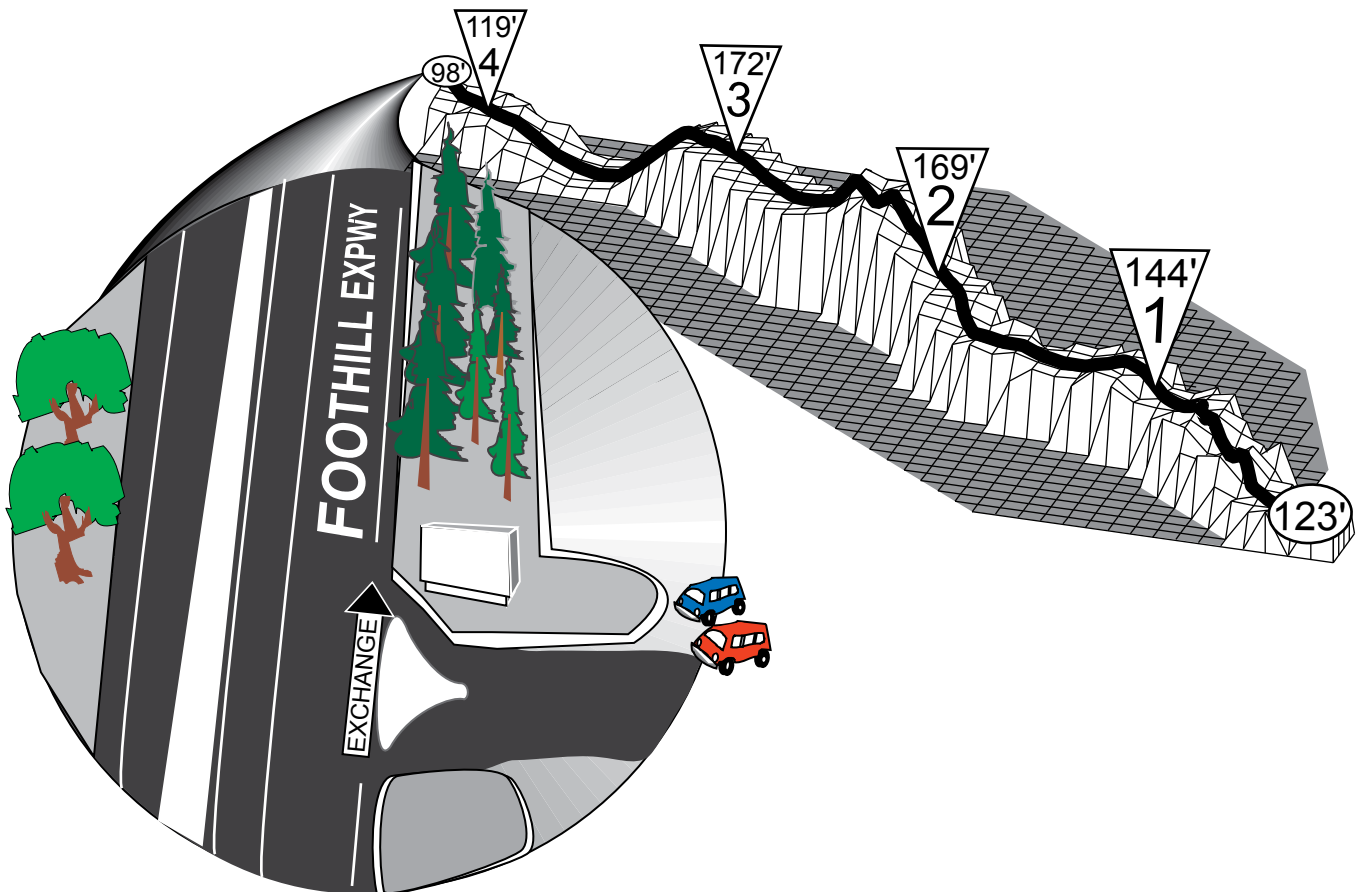
2 Turns

- 0.0 Cañada College, Cañada Rd.
- L 1.4 Woodside Rd.
- R 3.4 Alameda De Las Pulgas
- 5.5 Exchange 25
Chevron
3600 Alameda, Menlo Park



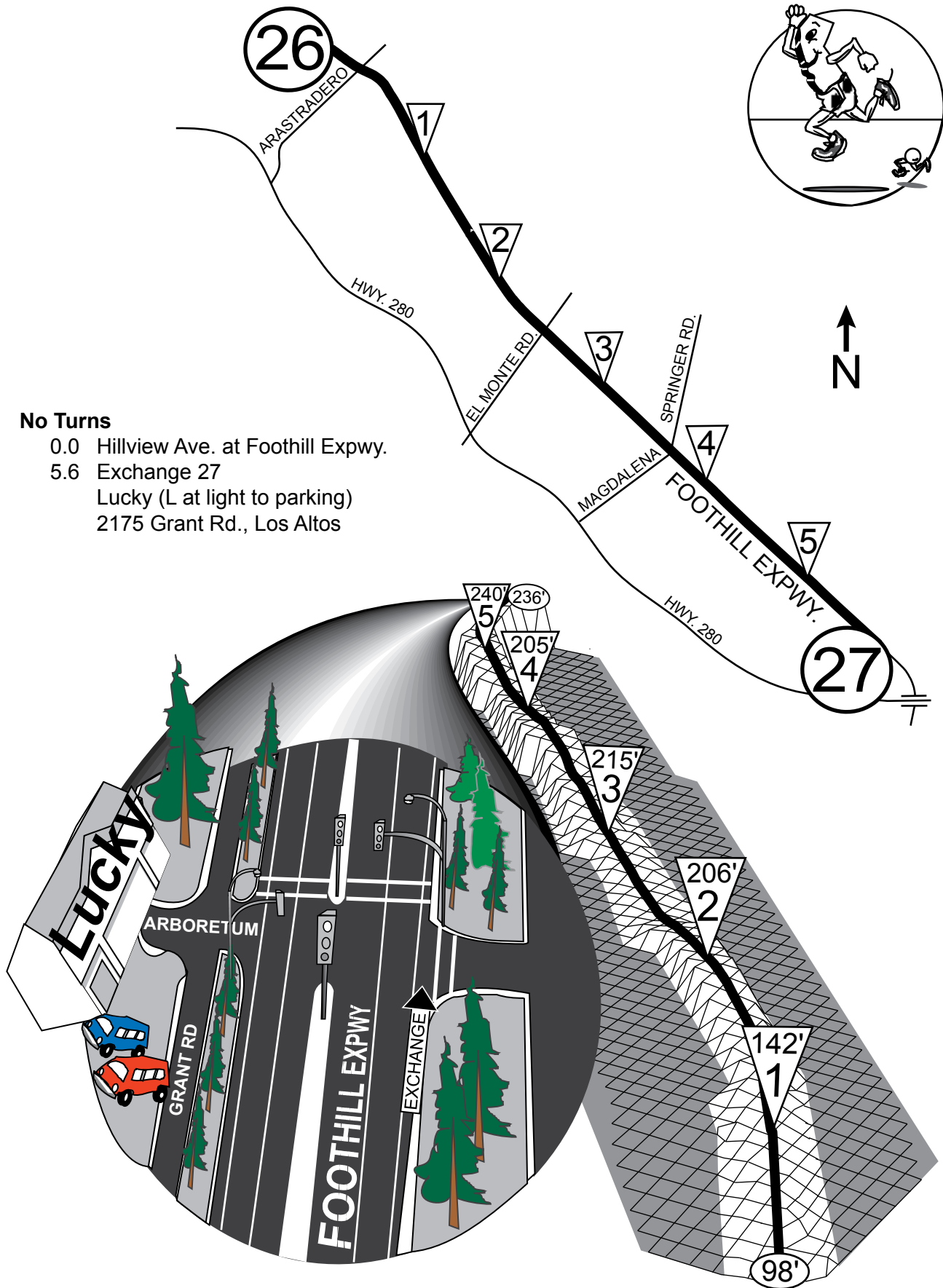


- 1 Turn**
- 0.0 Chevron, 3600 Alameda
 - S 0.4 Becomes Santa Cruz Ave.
 - 0.6 Cross to L of Santa Cruz Ave.
 - 0.7 Cross Sand Hill Rd. Follow bike path under road and circle R
 - R 0.8 Junipero Serra Blvd. (becomes Foothill Expwy.)
Vans L Junipero Serra Blvd.
 - 4.2 Exchange 26
Foothill Expwy. (south of Hillview Ave.), Palo Alto



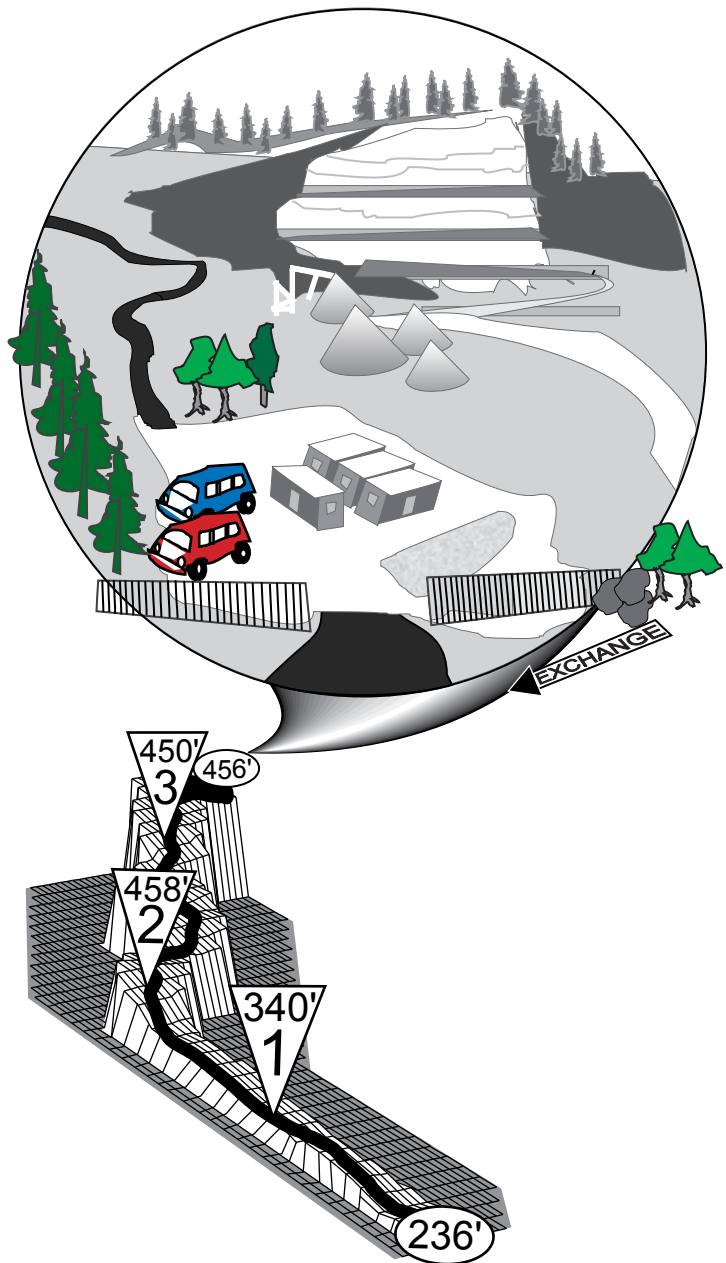
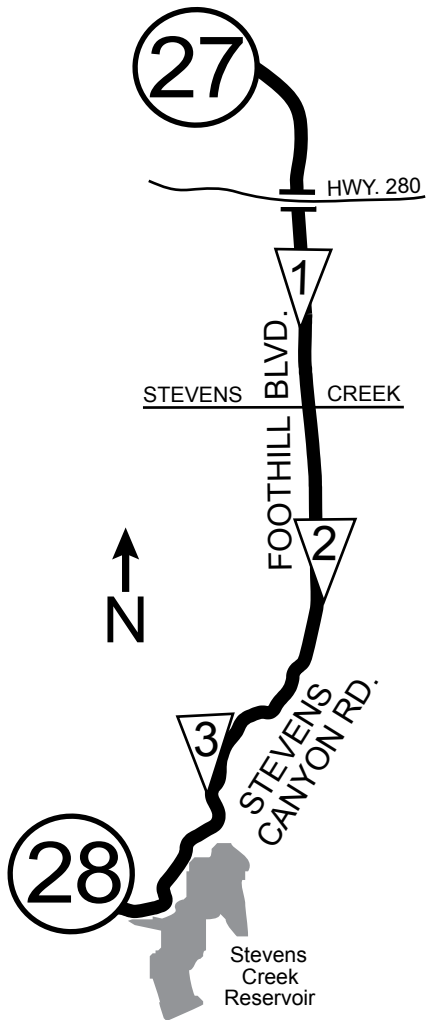
No Turns

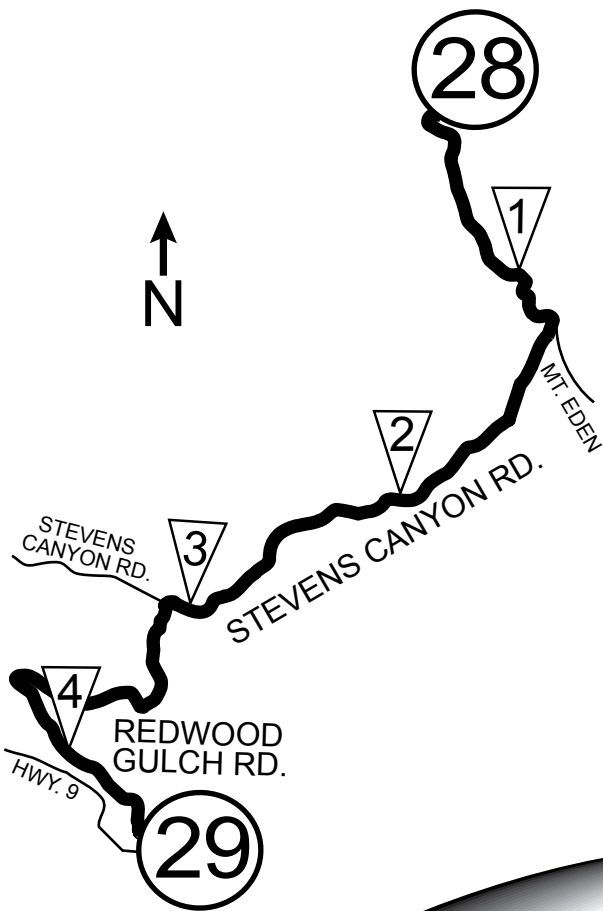
- 0.0 Hillview Ave. at Foothill Expwy.
- 5.6 Exchange 27
Lucky (L at light to parking)
2175 Grant Rd., Los Altos



No Turns

- 0.0 Foothill Expwy. at Arboretum Dr., Los Altos
(Foothill becomes Stevens Canyon Rd.)
- 3.6 Exchange 28
Stevens Creek Quarry
12100 Stevens Canyon Rd., Cupertino
Santa Clara County



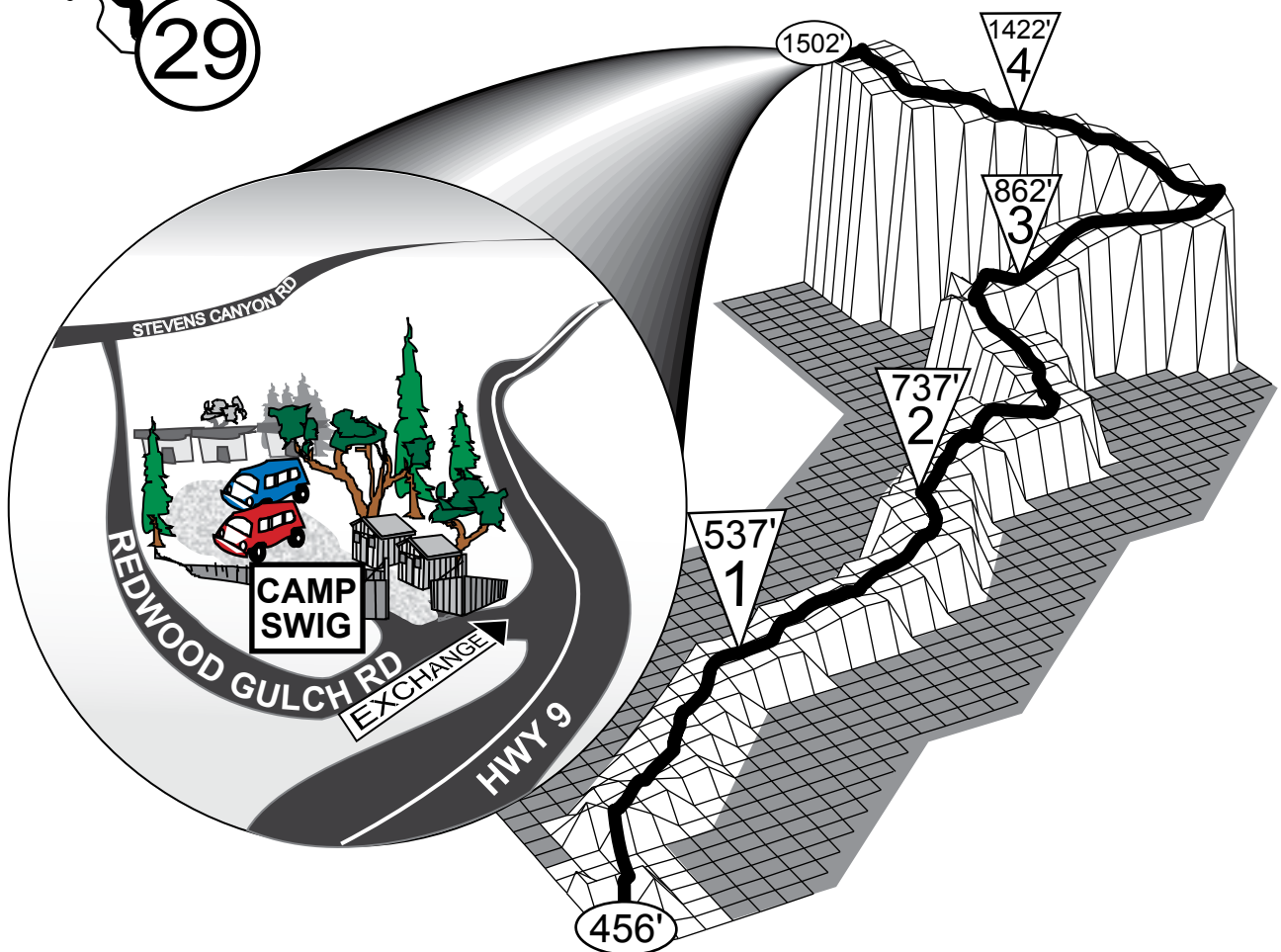


2 Turns

- 0.0 12100 Stevens Canyon Rd., Cupertino
- R 1.4 Stevens Canyon. **Vans** S on Mt. Eden
- L 3.1 Redwood Gulch Rd. (road narrows)
- 4.5 Exchange 29, Camp Swig
24500 Redwood Gulch Rd., Saratoga

Vans

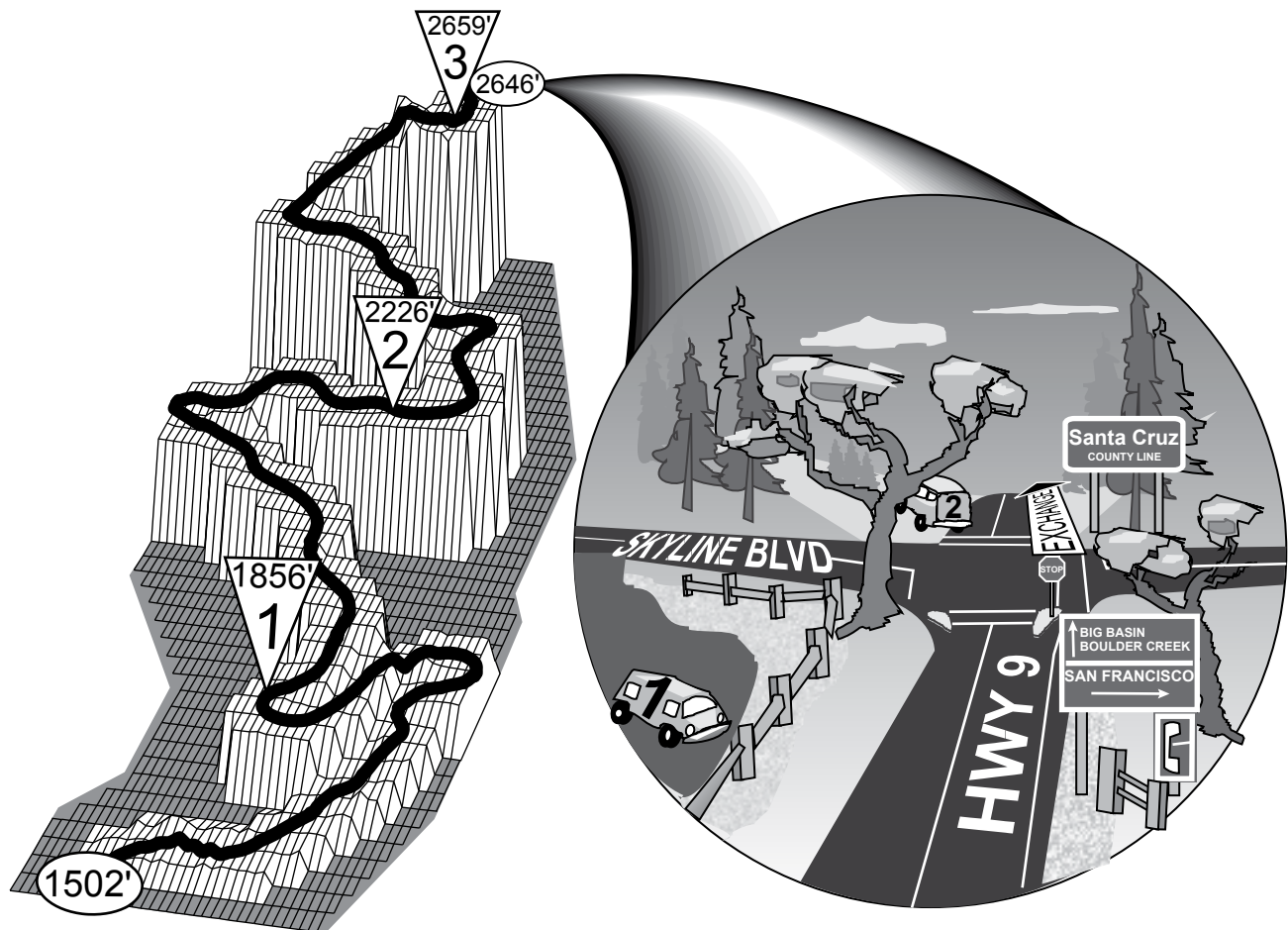
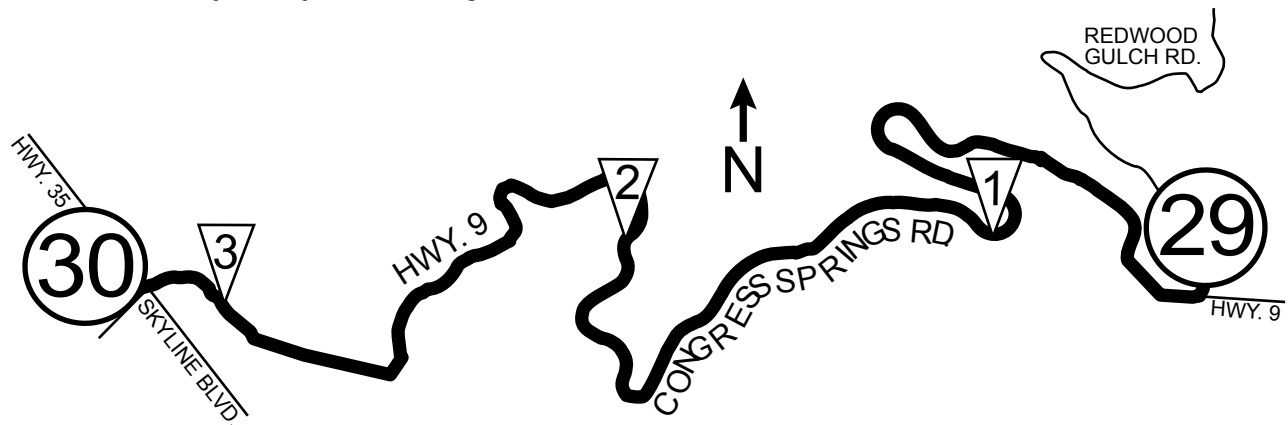
- South on Mt. Eden Rd.
- R 2.3 Pierce Rd.
- R 3.3 Congress Springs Rd. (Hwy. 9)
- R 5.5 Enter camp from Hwy. 9

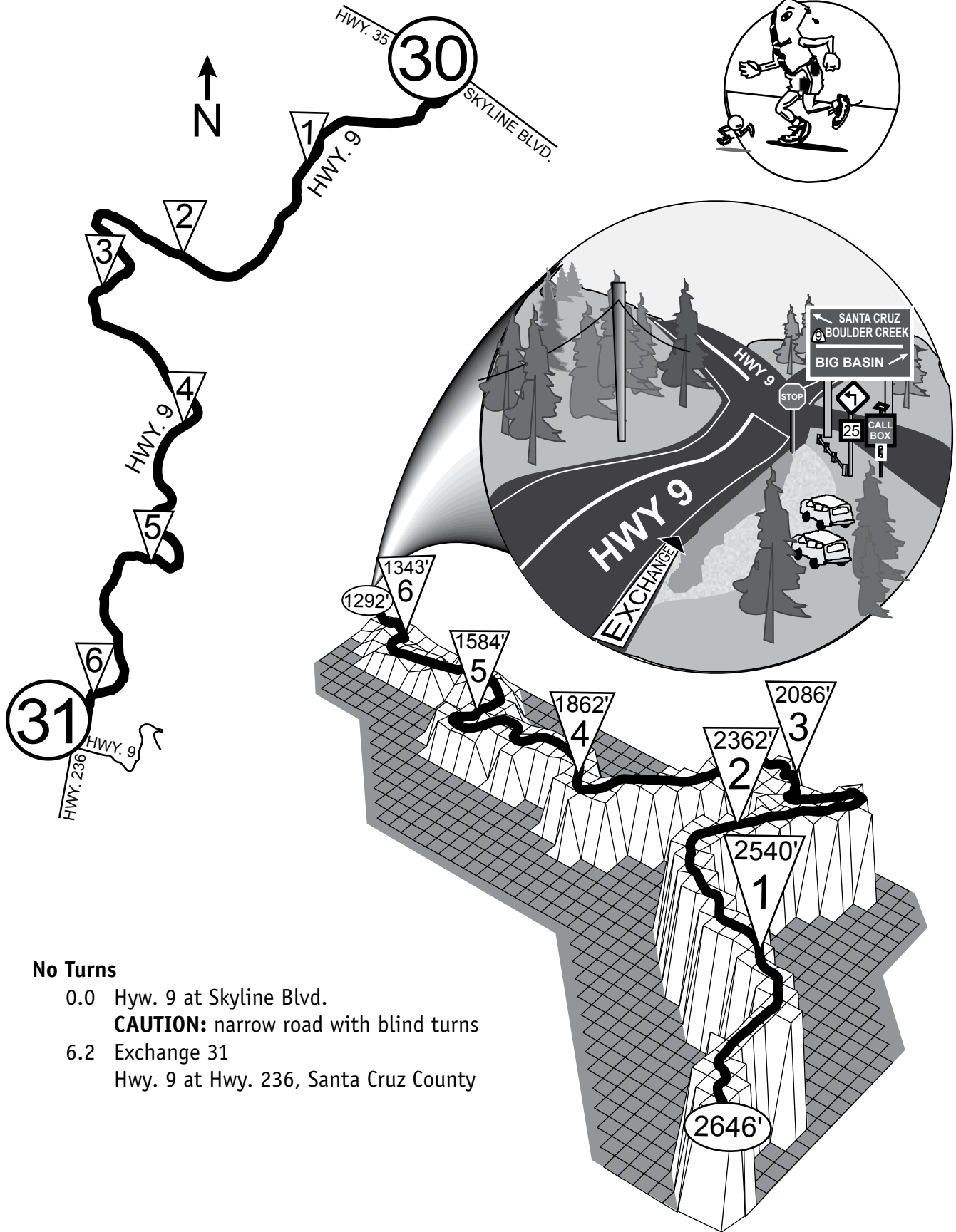
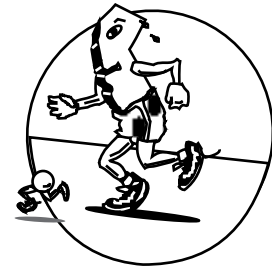


1 Turn

- 0.0 Camp Swig, 24500 Redwood Gulch Rd.
- R 0.05 Hwy. 9 (Congress Springs Rd.)
- 3.1 Exchange 30 (Van Exchange 5)
Hwy. 9 at Skyline Blvd., Santa Cruz County

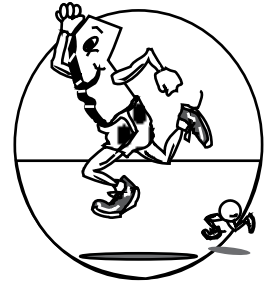
- Van 1** L on Skyline; park on lot or R shoulder
- Van 2** Cross Skyline; park on L dirt lot along Hwy. 9 beyond exchange





No Turns

- 0.0 Hwy. 9 at Skyline Blvd.
CAUTION: narrow road with blind turns
- 6.2 Exchange 31
Hwy. 9 at Hwy. 236, Santa Cruz County



1 Turn

0.0 Hwy. 9 at Hwy. 236

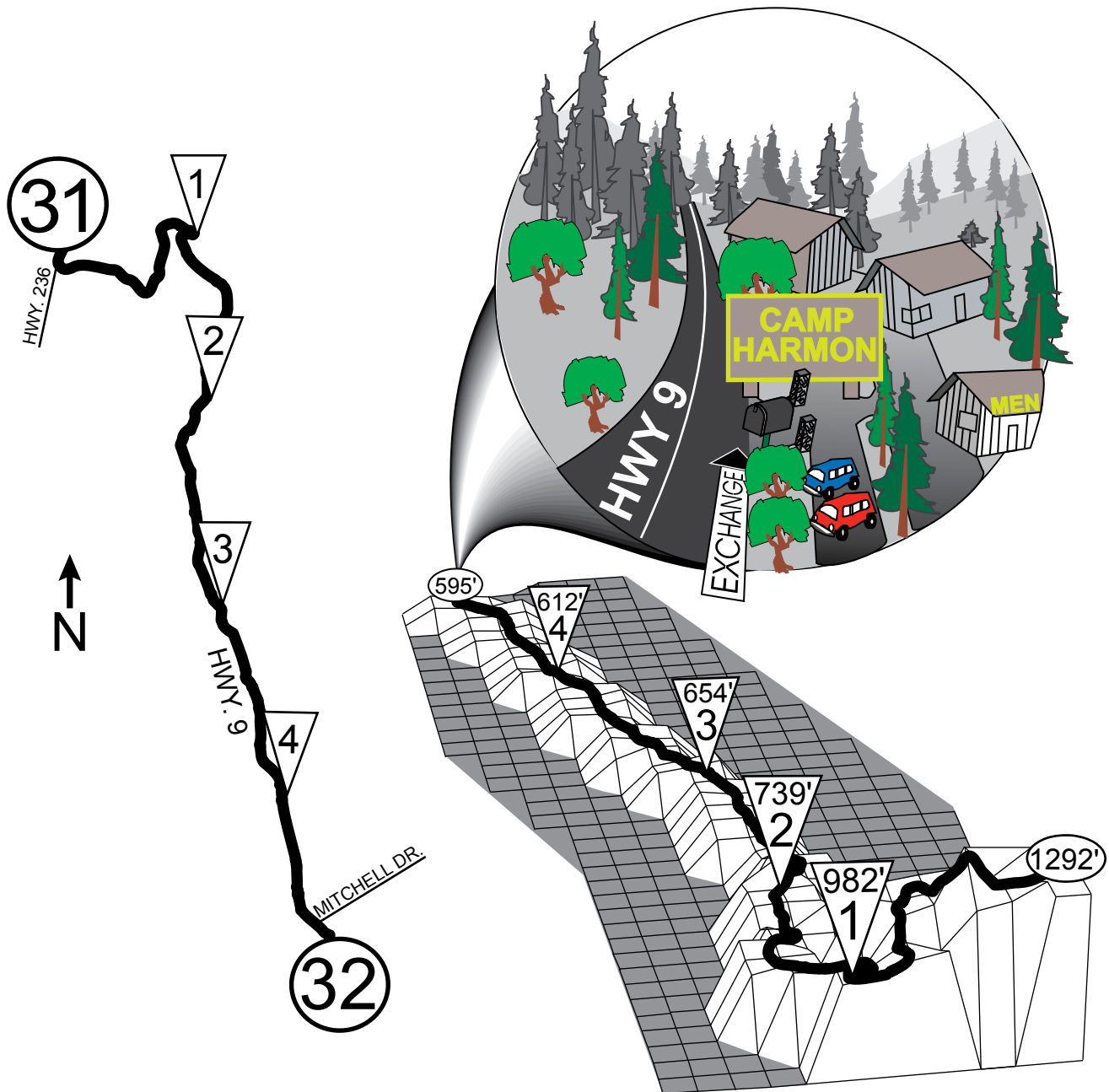
CAUTION: narrow road with blind turns

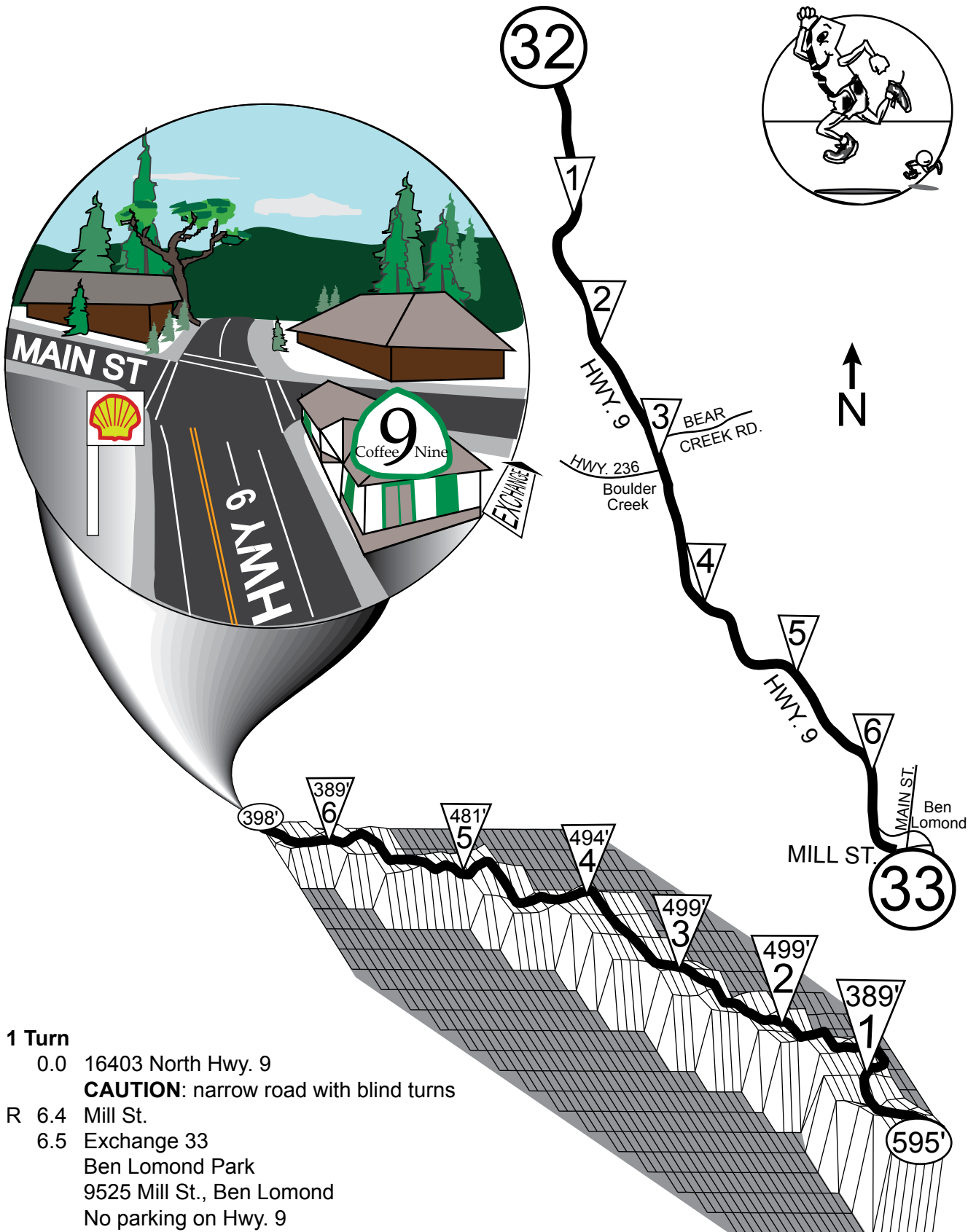
L 0.1 Hwy. 9

4.9 Exchange 32

Easter Seals Camp Harmon

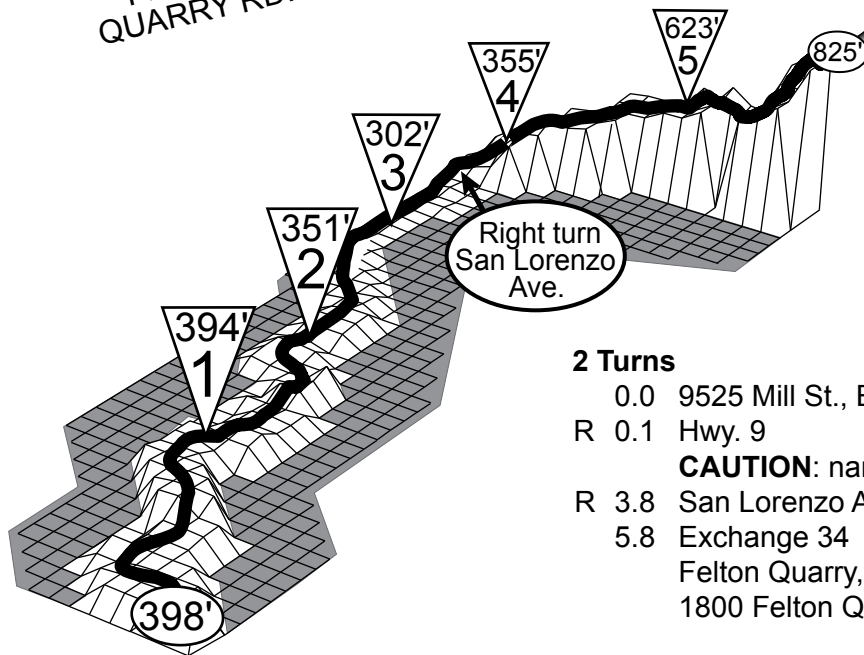
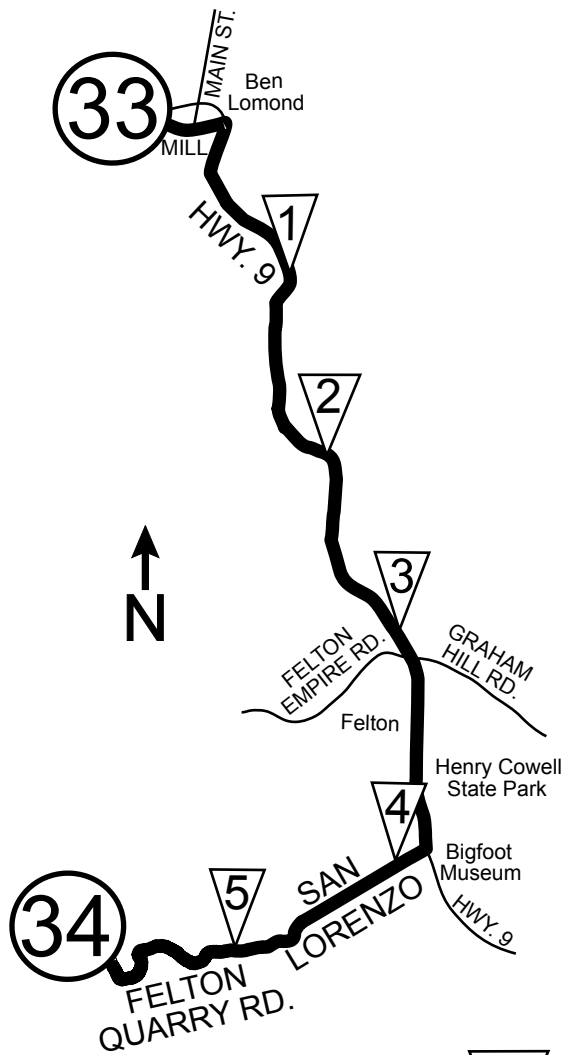
16403 North Hwy. 9, Boulder Creek





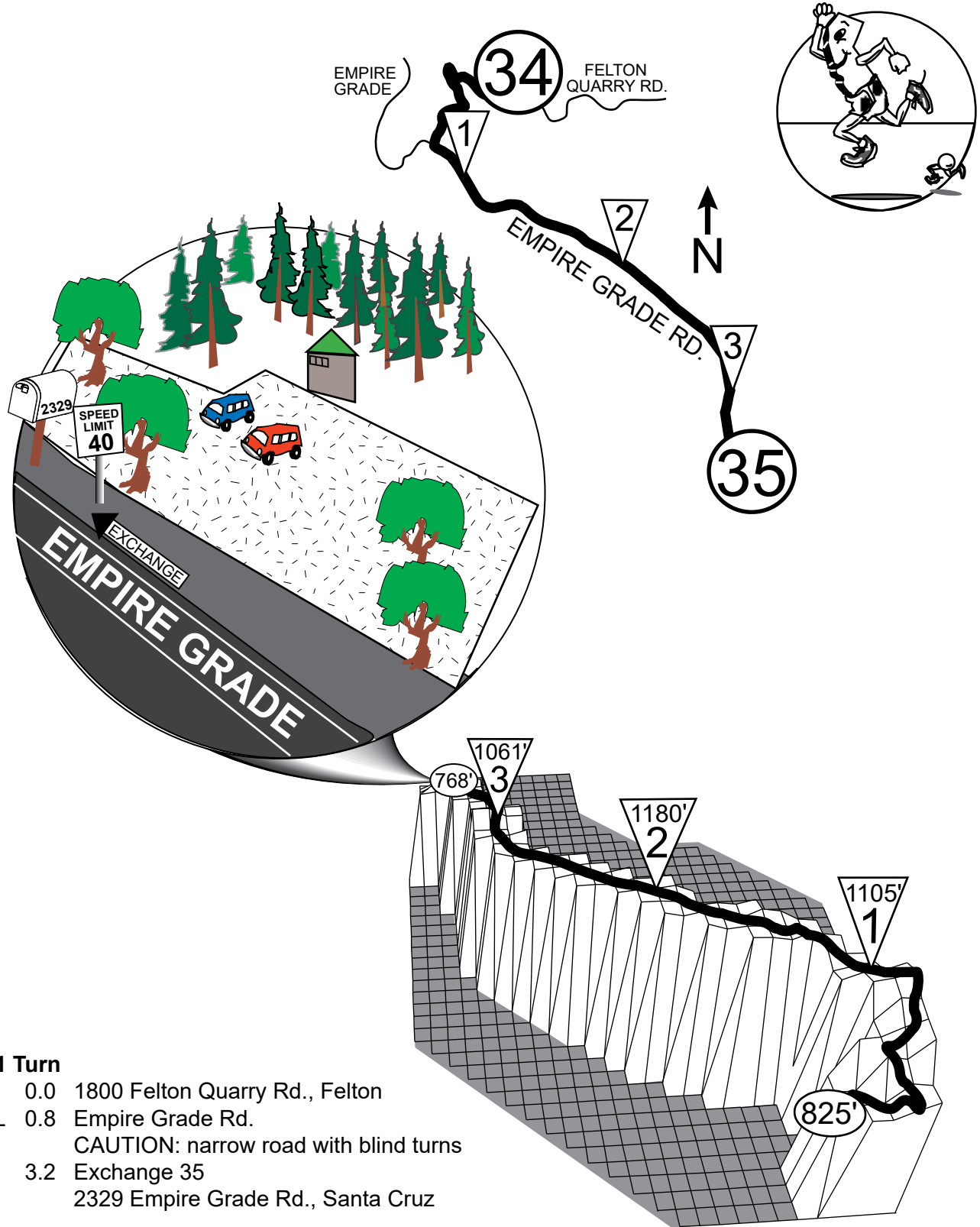
1 Turn

- 0.0 16403 North Hwy. 9
CAUTION: narrow road with blind turns
- R 6.4 Mill St.
- 6.5 Exchange 33
Ben Lomond Park
9525 Mill St., Ben Lomond
No parking on Hwy. 9



2 Turns

- 0.0 9525 Mill St., Ben Lomond
- R 0.1 Hwy. 9
- CAUTION:** narrow road with blind turns
- R 3.8 San Lorenzo Ave. (becomes Felton Quarry Rd.)
- 5.8 Exchange 34
Felton Quarry, Granite Construction Company
1800 Felton Quarry Rd., Felton



- 1 Turn**
- 0.0 1800 Felton Quarry Rd., Felton
 - L 0.8 Empire Grade Rd.
CAUTION: narrow road with blind turns
 - 3.2 Exchange 35
2329 Empire Grade Rd., Santa Cruz

7 Turns

- 0.0 2329 Empire Grade, Santa Cruz
- R 2.4 Western Dr.
- S 3.7 CAUTION: Cross Hwy 1
- L 3.8 Mission St. VANS R on Mission
- R 4.2 Swift St.
- R 4.9 West Cliff Dr.
- R 5.4 Swanton Blvd.
- L 5.8 Delaware Ave.
- R 6.1 path to finish.
Delaware Ave. at Shaffer Rd.
Santa Cruz, CA 95060

Vans R on Mission St.; L on Natural Bridges. Free parking on Delaware. PARTICIPANTS may finish as a team.

