

San Francisco Randonneurs - La Ruta Loca Randonnee 200K
Start Time 0600 (06:00 am) - 13:30 hour time limit

AT	ACTION	DESCRIPTION	GO
0.0	START	Start Control: Crissy Field Beach Hit Cafe parking lot East Beach San Francisco, CA Open: 06:00 Close: 07:00	
0.0	STRAIGHT	Javowitz Street	0.08
0.1	RIGHT	(T, SS) Mason St; bike path or road	0.93
1.0	LEFT	(SS) Mason St	0.02
1.0	RIGHT	(T,SS) Crissy Field Ave; climb short hill	0.17
1.2	RIGHT	(T,SS) Lincoln Blvd	0.21
1.4	RIGHT	Battery East Bicycle Trail; poles just after parking lot	0.34
1.8	LEFT	Cross Golden Gate Bridge via west sidewalk	1.75
3.5	STRAIGHT	Conzelman Rd after exiting bike path; go up hill	0.12
3.6	LEFT	(T,SS) Conzelman Rd; continue up hill	1.11
4.7	BEAR RIGHT	(Y) go through traffic circle onto Coastal Trail; Rear of parking lot	1.28
6.0	STRAIGHT	gate - trail continues	0.32
6.3	LEFT	(T) Bunker Rd; paved	0.14
6.5	RIGHT	unnamed service road across from stables	0.05
6.5	RIGHT	Smith Road Bridge; wooden bridge	0.08
6.6	LEFT	(T) Rodeo Valley Trail	0.25
6.9	LEFT	(T) Bobcat Trail; almost U turn after little descent	0.05
6.9	RIGHT	(T) Miwok Trail	1.40
8.3	STOP	Control #2: Info Control Miwok Trail @ Old Springs Trail	
8.3	LEFT	Old Springs Trail	1.31
9.6	LEFT	at Miwok Stables go towards Tennessee Valley Rd through parking lot WALK BIKE AS PER SIGN POSTED	0.06
9.7	LEFT	(T) Tennessee Valley Rd; paved	0.04
9.7	STRAIGHT	go around gate	0.63
10.3	RIGHT	Tennessee Valley trail; gravel starts	0.56
10.9	RIGHT	Coastal Trail; very steep hill	0.67
11.6	RIGHT	Coastal Fire Rd; DO NOT go downhill	0.78
12.4	STRAIGHT	Coastal Fire Rd @ Coyote Ridge Trail down hill towards Muir Beach	0.87
13.2	STRAIGHT	Coastal Fire Rd; down to bottom of hill	0.52
13.7	RIGHT	at intersection turn away from beach	0.47
14.2	RIGHT	(T) Pacific Way; paved road	0.03
14.2	LEFT	(T,SS) CA-1 N; Pelican Inn at corner	0.22
14.5	BEAR RIGHT	Muir Woods Rd	1.88
16.3	LEFT	Deer Park Fire Rd trail head; long climb	2.39
18.7	STOP	Control #3: Info Control Deer Park Fire Rd @ Coast View Trail	

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AT	ACTION	DESCRIPTION	GO
18.7	RIGHT	(T) Coast View Trail	0.35
19.1	STRAIGHT	Old Mine Tr; fire road ends	0.27
19.4	WATER	Pan Toll Ranger Station; Water/Restrooms	0.06
19.4	LEFT	(SS) Pan Toll Rd; cross Panoramic Hwy	1.43
20.8	RIGHT	E Ridgecrest Blvd	0.37
21.2	LEFT	Lagunitas - Rock Spring Rd trail head; diagonal to road	1.56
22.8	STRAIGHT	Rock Springs Lagunitas Rd @ Lagoon Trail Steep descent, walk if not comfortable with loose ground	0.71
23.5	STRAIGHT	Rock Springs Lagunitas Rd @ Rocky Ridge Rd	0.94
24.4	SHARP RIGHT	(T) Frock Springs Lagunitas Rd; at bottom of descent at Lake Lagunitas	0.93
25.4	RIGHT	Lakeview Rd	0.64
26.0	LEFT	(T) Eldridge Grade; down hill	0.78
26.8	LEFT	(T) Eldridge Grade; take left fork	0.50
27.3	WATER	Water fountain across from turn LAST WATER FOR 24 MILES - Refill water bottles	0.01
27.3	RIGHT	Eldridge Grade; trail goes downhill	0.76
28.0	LEFT	Shaver Grade @ Phoenix Lake Rd; main trail toward five corners	0.93
29.0	RIGHT	Shaver Grade Rd; continue towards fiver corners	0.13
29.1	STOP	Control #4: Info Control Five Corners Intersection	
29.1	BEAR LEFT	Concrete Pipe Rd	1.36
30.5	LEFT	(T) Bolinas Rd; fire road ends	2.31
32.8	STRAIGHT	Bolinas Rd @ Pine Mtn Trail Head	4.09
36.9	LEFT	Bolinas Fairfax Rd; cross Alpine Dam	2.55
39.4	RIGHT	Bolinas Fairfax Rd @ W Ridgecrest Blvd	0.01
39.4	RIGHT	Bolinas Ridge Trail; immediately after intersection	3.32
42.7	RIGHT	Bolinas Ridge Trail @ McCurdy Trail	1.51
44.3	STOP	Control #5: Info Control Randall Trail trailhead gate	
44.3	LEFT	Randall Trail - down towards CA-1	1.34
45.6	RIGHT	(T) CA-1 (Shoreline Hwy)	5.84
51.4	STRAIGHT	(SS) CA-1 N @ Sir Francis Drake	2.17
53.6	LEFT	CA-1 N	0.11
53.7	FOOD	Point Reyes Station; good place for lunch	0.08
53.8	RIGHT	CA-1 N	0.42
54.2	STOP	Control #6: Info Control CA-1N @ Point Reyes Petaluma Rd	

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AT	ACTION	DESCRIPTION	GO
54.2	RIGHT	Point Reyes Petaluma Rd	3.15
57.4	RIGHT	(T,SS) Platform Bridge Rd	2.35
59.7	RIGHT	Cross Marin Trail; cross bridge just before Sir Francis Drake	3.34
63.1	STRAIGHT	Cross Marin Trail @ Taylor Park Entrance Rd main paved trail goes left - DO NOT turn on it	0.08
63.1	STRAIGHT	Cross Marin Trail; gate pavement ends	0.51
63.6	STRAIGHT	Cross Marin Trail; bridge over Sir Francis Drake	1.66
65.3	LEFT	(T) Sir Francis Drake Blvd; Inkwells Bridge	2.65
68.0	STRAIGHT	Sir Francis Drake @ Nicasio Valley Rd	5.11
73.1	RIGHT	(SL) Claus Dr; downtown Fairfax	0.03
73.1	LEFT	Broadway Blvd; changes to Center Blvd	0.39
73.5	RIGHT	(SS) Pastori Ave; small side street	0.01
73.5	LEFT	Lansdale Ave; changes to San Anselmo Ave	0.67
74.2	LEFT	(SS) San Anselmo Ave @ Scenic	0.26
74.4	LEFT	(T,SS) San Anselmo Ave @ Hazel Ave	0.32
74.7	RIGHT	(T,SS) San Anselmo Ave	0.57
75.3	RIGHT	(T,SS) Bolinas Ave	0.06
75.4	LEFT	Shady Ln	0.54
75.9	LEFT	(SS) Lagunitas Rd	0.10
76.0	RIGHT	(SS) Ross Common; changes to Poplar then Kent	0.94
77.0	STRAIGHT	(SS) merge onto College Ave @ Wooland Rd changes to Magnolia; then Corte Madera Ave	2.17
79.1	LEFT	(SL) Redwood Ave; DO NOT climb Camino Alto	0.06
79.2	BEAR RIGHT	Tamalpais Dr	0.68
79.9	STRAIGHT	Tamalpais Dr; go over US-101 overpass	0.36
80.2	RIGHT	San Clemente Dr	0.42
80.6	LEFT	(SL) Paradise Dr	3.12
83.8	BEAR LEFT	(SS) Paradise @ Trestle	5.31
89.1	STRAIGHT	(SS) straight through traffic circle onto Tiburon Blvd	0.07
89.1	LEFT	(SS) Main St	0.02
		Control #7: Caffe Acri	
89.2	STOP	1 Main St Tiburon, CA (riders may use restroom) Open: 10:12 Close: 15:32	

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AT	ACTION	DESCRIPTION	GO
89.2	STRAIGHT	continue west on Main St	0.25
89.4	LEFT	(SS) Beach Rd	0.24
89.7	RIGHT	San Rafael Ave	1.07
90.7	LEFT	(SL) Tiburon Linear Park @ Tiburon Blvd	1.02
91.7	LEFT	bike path @ end of park; Mckegney Green	0.18
91.9	FIRST AID	restrooms hidden on right	0.12
92.0	STRAIGHT	do not go through parking lot; continue direction you are going	0.02
92.1	BEAR RIGHT	Greenwood Cove access via a small connector with "Road Closed" and "Bikes OK" signs to the end of the parking lot	0.82
92.9	LEFT	(SL) Tiburon Blvd; changes to E Blithedale @ US-101 overpass	2.76
95.6	STRAIGHT	W Blithedale @ Throckmorton Ave	0.36
96.0	BEAR LEFT	(SS) W Blithedale Ave @ Eldridge Ave	0.71
96.7	BEAR LEFT	W Blithedale @ Lee St	0.08
96.8	RIGHT	Railroad Gate trail head; gate has #3747 black/yellow sign	0.75
97.5	LEFT	no name intersection; towards a dip in the trail	1.17
98.7	STRAIGHT	gate; continue on Railroad Grade Fire Rd	0.07
98.8	RIGHT	Fern Canyon Rd @ Summit Ave; paved road, keep going up	0.63
99.4	STRAIGHT	Railroad Grade Trail; fire road starts again	0.15
99.6	FIRST AID	Wooden shack water fountain, First Aid kit and bike repair kit, please use only what you need	0.28
99.8	RIGHT	Old Railroad Grade Trail; wood logs nicely placed to make intersection	0.03
99.9	BEAR RIGHT	Old Railroad Grade Trail	0.37
100.2	LEFT	Old Railroad Grade Trail @ Hoo Koo E Koo	0.65
100.9	BEAR RIGHT	Old Railroad Grade Trail	0.37
101.3	BEAR LEFT	Old Railroad Grade Trail @ Fern Creek Trail	0.13
101.4	BEAR LEFT	Old Railroad Grade Trail @ Miller Trail	0.80
102.2	STOP	Control #8: Info Control West Point Inn Hostel Old Railroad Grade Water/Restrooms	
102.2	LEFT	Old Stage Rd	1.80
104.0	STRAIGHT	gate	0.13
104.1	LEFT	Panoramic Hwy Water/Restrooms @ Mt Tamalpais ranger station	4.49
108.6	STRAIGHT	Panoramic Hwy @ four corners intersection	0.83
109.4	SHARP RIGHT	(SS) CA-1 N	0.39
109.8	LEFT	Miwok Trail; hidden by sharp turn - usually cars parked DANGEROUS CROSSING - BE CAREFUL	1.53
111.4	STOP	Control #9: Info Control Miwok Trail @ Coyote Ridge Trail	

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AT	ACTION	DESCRIPTION	GO
111.4	RIGHT	Coyote Ridge Tr - go up	0.75
112.1	LEFT	Costal Fire Rd	0.07
112.2	BEAR RIGHT	Coastal Fire Rd @ Fox Trail	0.72
112.9	LEFT	Coastal Trail - very steep descent	0.67
113.6	LEFT	Tennessee Valley Trail	0.56
114.1	STRAIGHT	Tennessee Valley Trail -paved road	0.63
114.8	STRAIGHT	gate preventing car traffic	0.03
114.8	RIGHT	gravel road/parking lot towards Miwok Stables	0.06
114.9	LEFT	Marincello Tr - go up	1.45
116.3	STOP	Control #10: Info Control Marincello Trail Sign	
116.3	STRAIGHT	continue onto Bobcat Trail	0.27
116.6	BEAR LEFT	Bobcat Trail	0.48
117.1	BEAR RIGHT	towards valley/down	2.03
119.1	BEAR LEFT	Rodeo Valley Trail	0.26
119.3	RIGHT	unnamed fire road to Smith Road Bridge	0.08
119.4	LEFT	(T) unnamed service road	0.04
119.5	LEFT	(T) Bunker Rd	0.15
119.6	BEAR RIGHT	Coastal Trail	1.54
121.2	STRAIGHT	trail head gate	0.03
121.2	STRAIGHT	straight through traffic circle to Conzelman Rd	1.14
122.3	RIGHT	Conzelman Rd; Golden Gate Bridge Parking lot	0.07
122.4	STRAIGHT	continue onto Golden Gate Bridge west sidewalk; cross bridge	1.87
124.3	STRAIGHT	Battery East Trail	0.23
124.5	BEAR LEFT	Battery East Trail; north of parking lot	0.21
124.7	SHARP LEFT	Long Ave	0.20
124.9	SHARP RIGHT	(SS) Hamilton St	0.04
124.9	LEFT	dirt path; right after picnic tables/Warming Hut building	0.07
125.0	RIGHT	San Francisco Bay Trail	0.11
125.1	SLIGHT LEFT	San Francisco Bay Trail @ Marine Dr	0.94
126.1	STRAIGHT	Crissy Field Parking lot	0.06
126.1	STOP	Finish Control: Beach Hut Cafe parking lot Crissy Field San Francisco, CA ☐ Open: 11:53 Close: 19:30	

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