

SAN FRANCISCO RANDONNEURS

100K POPULAIRE JULY 10, 2005 Start Time: 0800 (8:00AM)

Total Distance	Turn	Description	GO
0.00		Golden Gate Visitor parking Lot	0.2
0.20		West side across bridge, and bike path	1.7
1.90	L	Uphill at Conzelman	1.82
3.72		Start steep down hill (carefull here)	2.69
6.41	L	At Y intersection (go to Rodeo trail before the building)	0.88
7.29	R	Bobcat Trail	1.61
8.90	R	Marinchello Rd Downhill (control your speed)	2.64
11.54	R	Parking lot (Miwok Stables)	0.15
11.69	L	Tennessee Valley Rd (Paved road)	0.05
11.74		Gate preventing car traffic	0.6
12.34	R	Tennessee Valley trail (Gravel)	0.62
12.96	R	Coastal Trail (very steep hill)	0.69
13.65	R	Name Changes to Coastal Fire Rd	0.79
14.44	R	Coyote Ridge Trail	0.8
15.24	L	Miwok Trail	0.6
15.84	R	Shoreline Hwy (Trail ends)	1
16.84	L	Panoramic Hwy (Sharp turn)	4.5
21.34	R	Pan Toll Rd.	1.4
22.74	R	E. Ridgecrest Blvd.	2.7
25.44		Summit (Rest Rooms)	
25.44		Return back down E. Ridgecrest Blvd	2.7
28.14	L	Pan Toll Rd	1.4
29.54	R	Panoramic Hwy	3.6
33.14	L	Shoreline Hwy (hwy 1)	0.3
33.44		Stop sign	6.3
39.74	L	Muir Woods Rd	2.3
42.04		Muir Woods parking lot (toilet)	1.7
43.74		Across Panoramic Hwy to Sequoia Valley Rd (slight Left	0
43.74	R	Sequoia Valley Rd	0.7
44.44		Edgewood Stay on main road	1.3
45.74	L	Mountford	0.1
45.84	L	LaGoma	0.05
45.89	S	Miller Ave (Downtown Mill Valley)	0.05
45.94	R	Sycamore	0.4
46.34	L	Camino Alto	1.4
47.74	S	Corte Madera Dr.	0.8
48.54	R	Redwood Ave	0.05
48.59	Bear Right	Tamalpais Dr	1.1
49.69	Bear Left	Paradise Dr	0.4
50.09	Right	San Clementi Dr.	1.9
51.99	Left	Paradise Dr	1.2
53.19	Right	Trestle Glen Blvd	0.6
53.79	Right	SR-131 [Tiburon Blvd]	1.8
55.59	Right	E Blithedale Ave	0.7
56.29	Left	Bike Path @ 680 E Blithedale Ave (just past Lomita)	2.4
58.69	Right	Gate 6 Road	0.01
58.70	Left	Bridgeway	2.4
61.10	Right	Richardson St	0.05
61.15	Left	2nd St	0.2
61.35	Left	South St	0.07
61.42	Bear Right	Alexander Ave	0.2
61.62	Bear Right	Follow sign to Ft. Baker (go under Alexander)	0.1
61.72	Bear Right	East Rd.	0.80
62.52	L	Murray Rd.	0.2
62.72	L	Counzelman Rd.	0.80
63.52	R	Park & Ride go to Bridge West sidewalk	1.56
65.08	R	South Abutment Trail	0.20
65.28	Stop	Vista Point (Finish)	

Route Concept: C. Duque

Adaptation: T. Teachout