

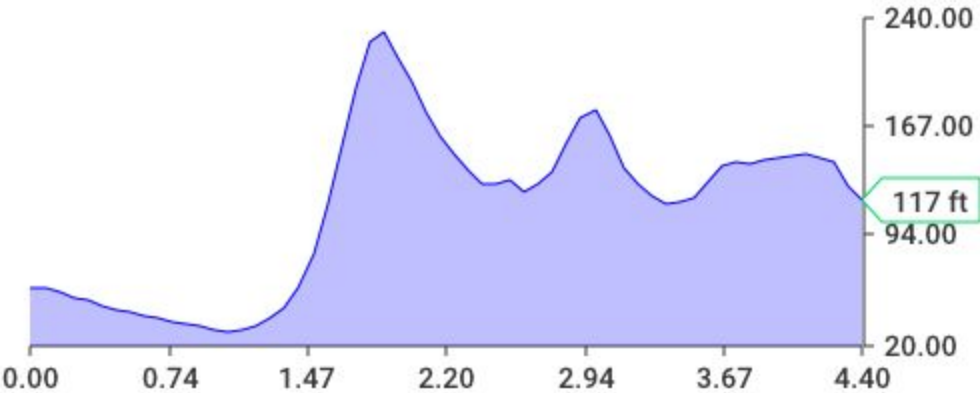
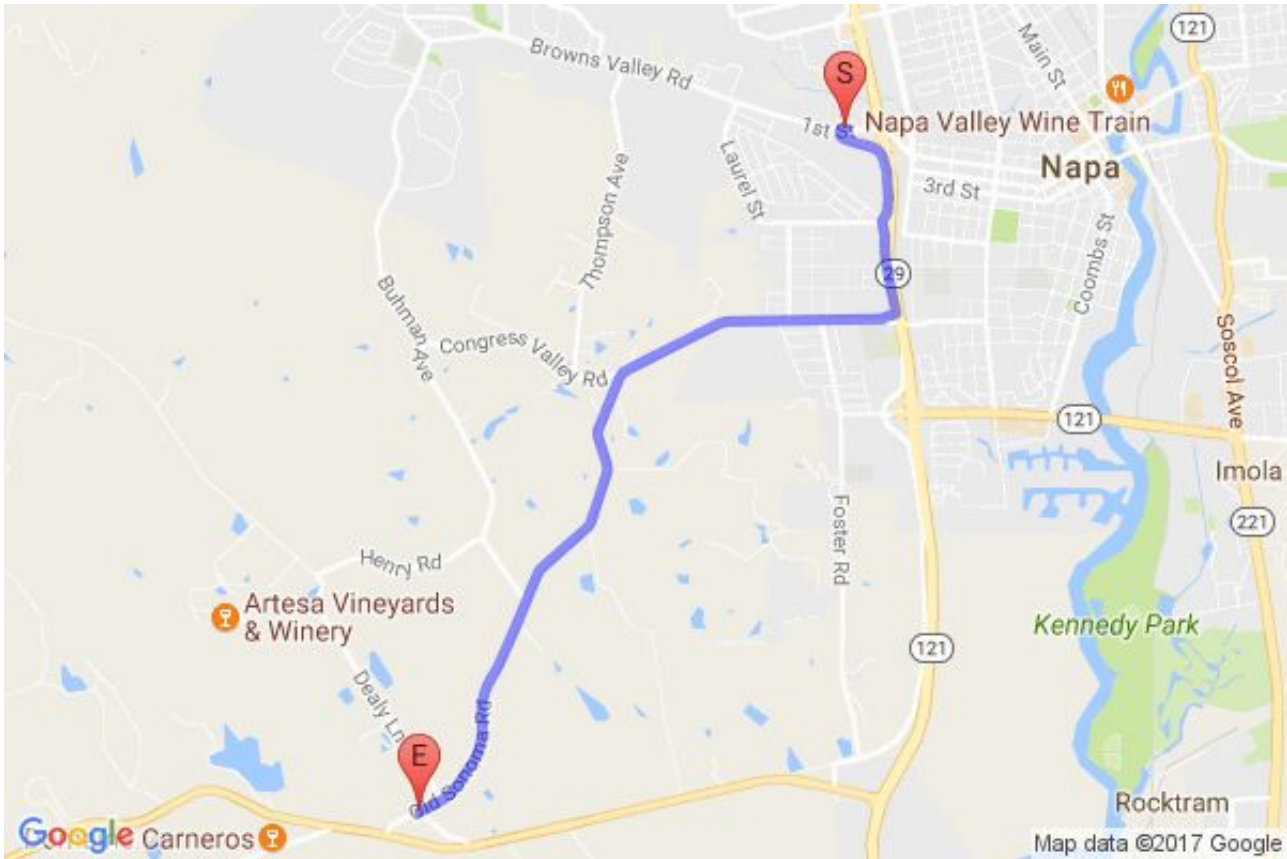
Golden Gate Relay Run

Leg 7
From: Exch. 6, Van Exch. 1

CrossWalk Community Church 2590 First Street, Napa.
Runner: 6 to 7

To: Exchange 7
Old Sonoma Rd. at Old Sonoma Hwy., Napa.

Leg
4.4 miles, Moderate
Runner: 7
Directions: 0.0 Freeway Dr at First St. Napa L - 0.6 follow Freeway Dr to L R - 0.9 on Old Sonoma Rd.
Vans: L on Old Sonoma Hwy. to park.



Leg 8

From: Exchange 7

Old Sonoma Rd. at Old Sonoma Hwy., Napa.
Runner: 7 to 8

To: Exchange 8

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

Leg

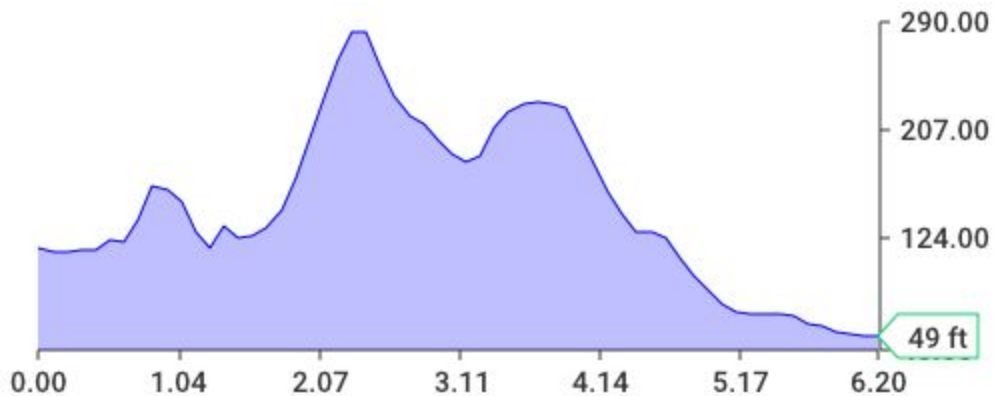
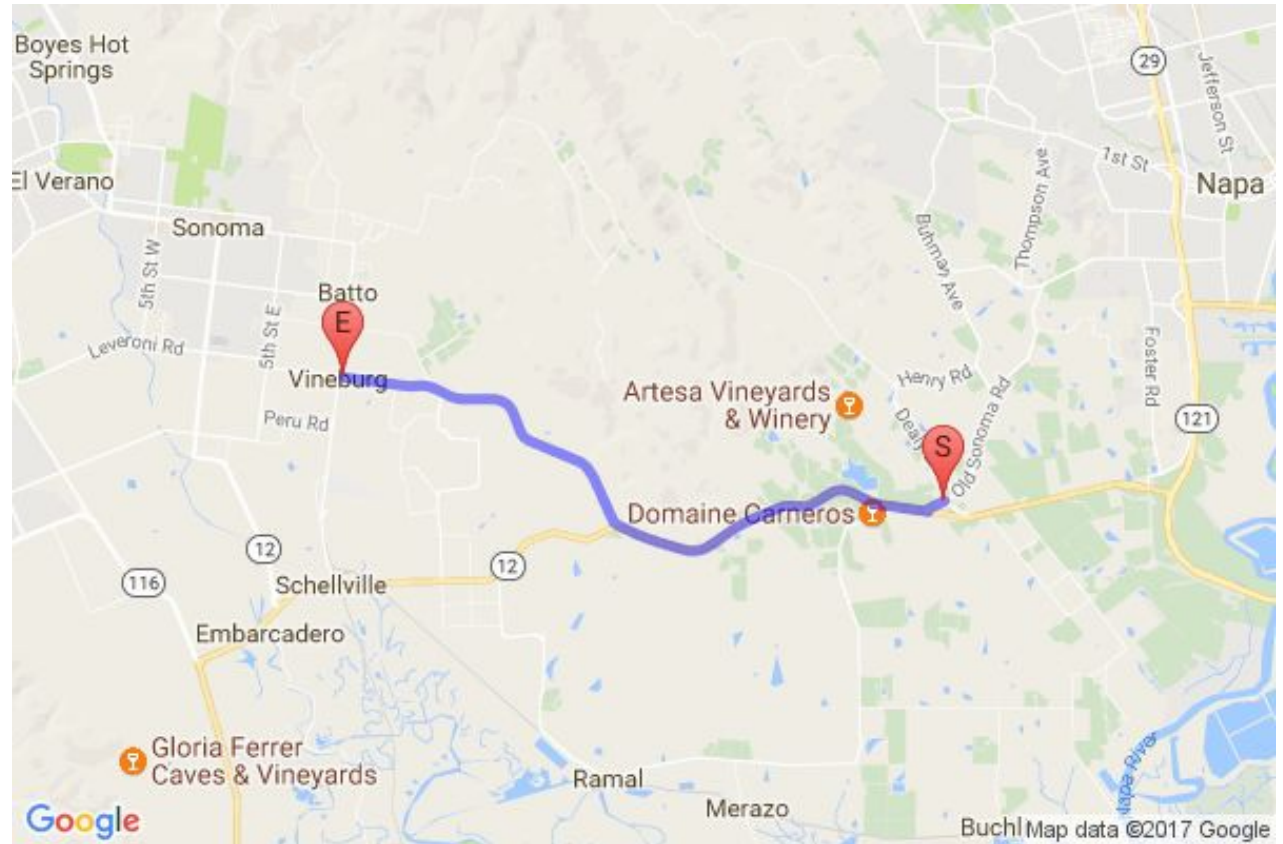
6.2 miles, Moderate

Runner: 8

Directions: R - 0.2 on Hwy. 12/121 R - 3.1 Napa
Rd.

Vans: R on Old Sonoma Hwy. R on Hwy.
12/121.

Do not stop along Hwy. 12/121



Leg 9

From: Exchange 8

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

Runner: 8 to 9

To: Exchange 9

Field of Greens, 1777 W. Watmaugh Rd., Sonoma.

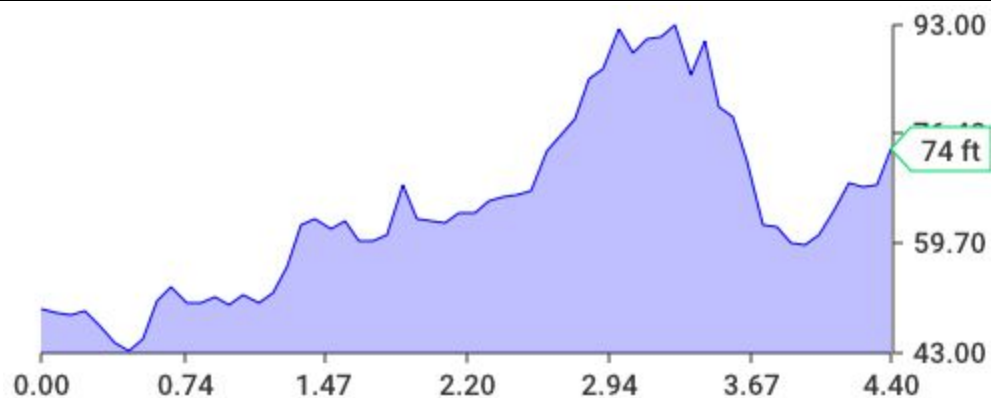
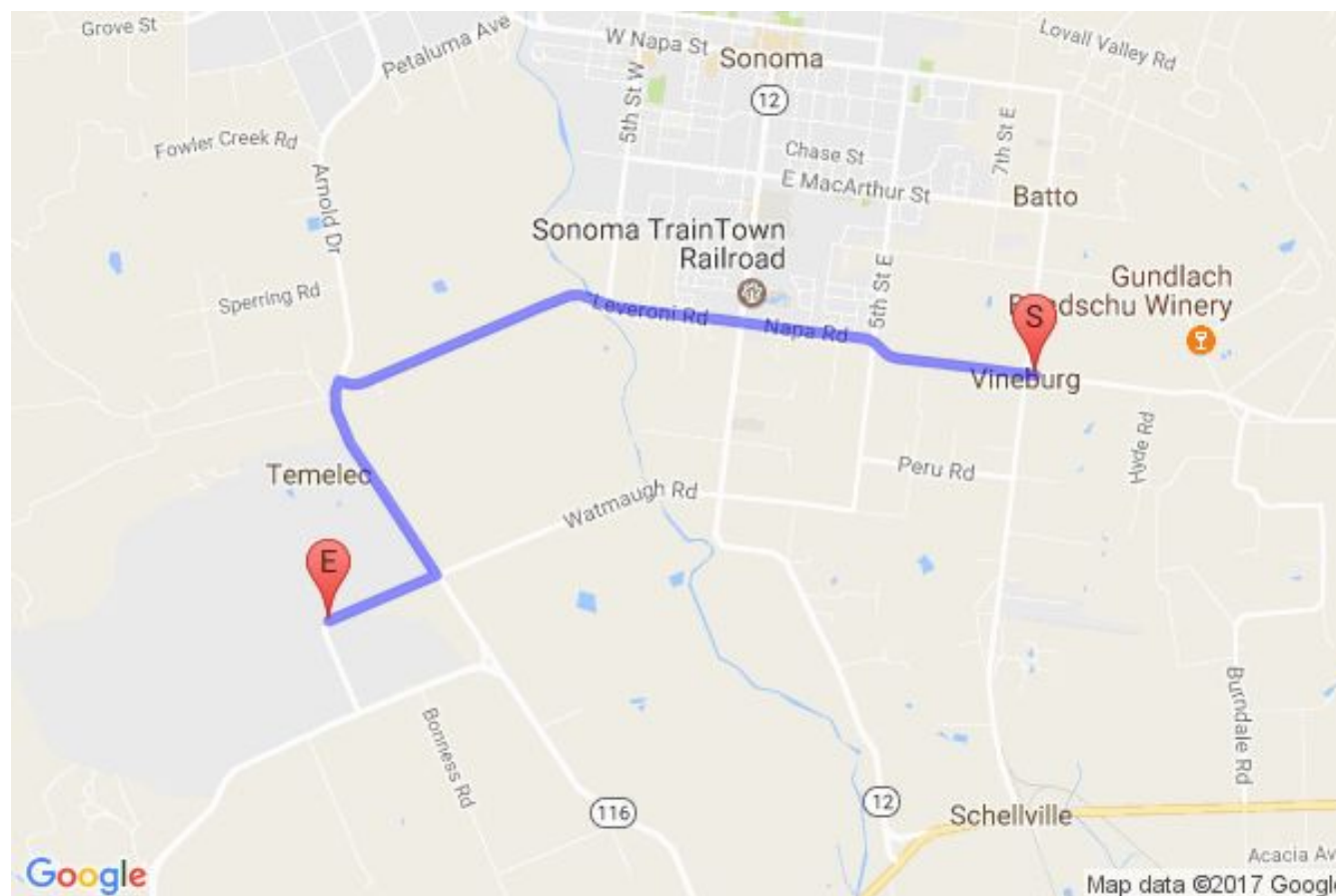
Leg

4.4 miles, Easy

Runner: 9

Directions: L - 3.0 on Arnold Dr. R - 3.9 on Watmaugh Rd.

Vans: R on Bear Flag Rd. to park.



Leg 10

From: Exchange 9

Field of Greens, 1777 W. Watmaugh Rd., Sonoma.

Runner: 9 to 10

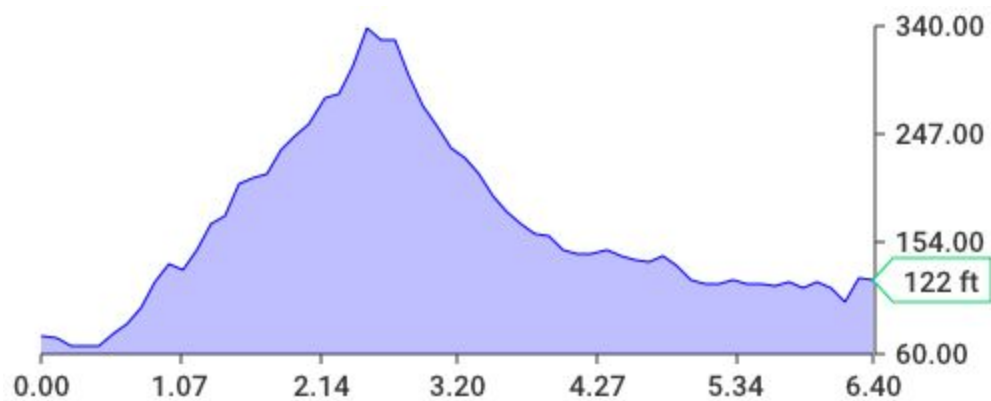
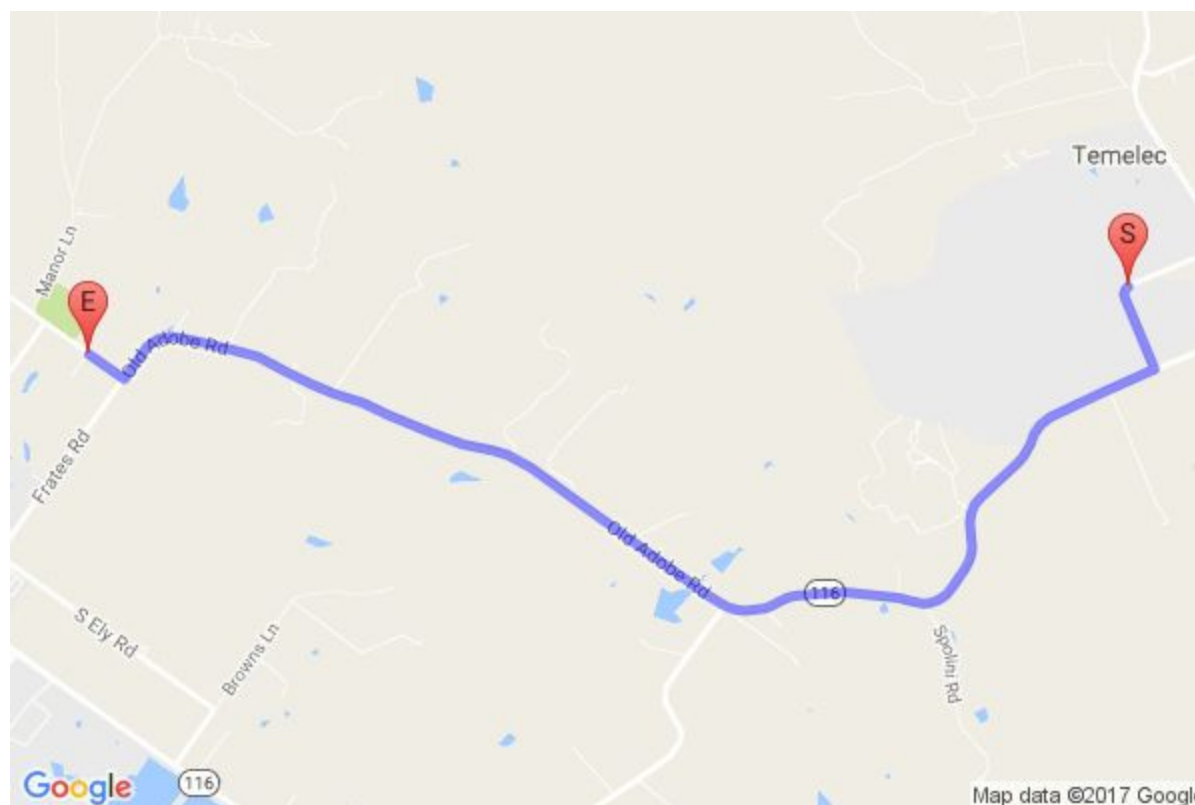
To: Exchange 10

Living Word Lutheran Church 901 Ely Blvd, Petaluma, CA.

Leg

6.4miles, Hard

Runner: 10



Leg 11

From: Exchange 10

Living Word Lutheran Church 901 Ely Blvd,
Petaluma, CA.

Runner: 10 to 11

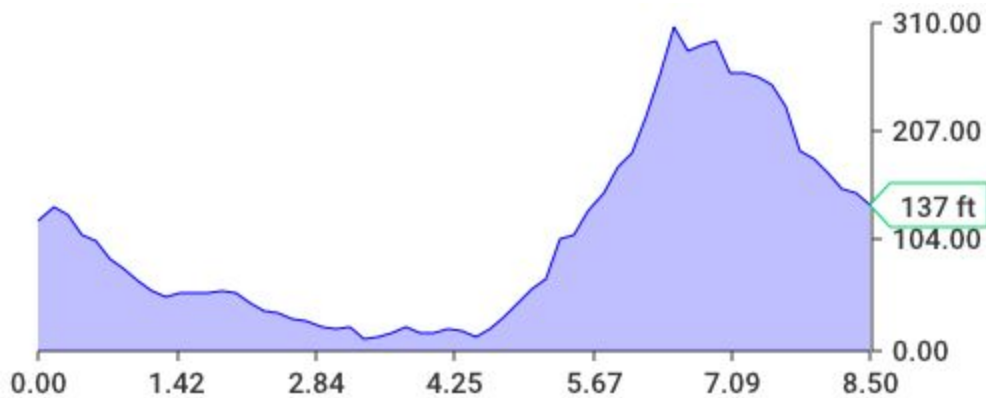
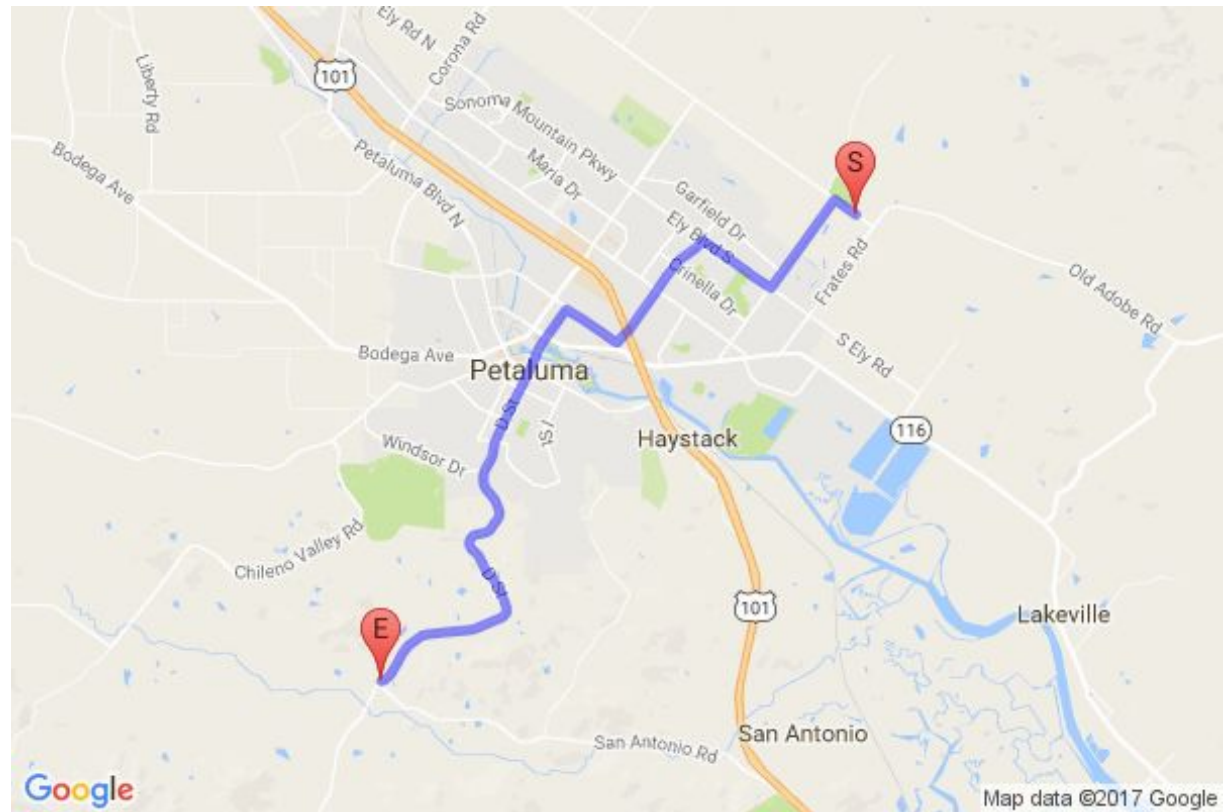
To: Exchange 11

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

Leg

8.5 miles, Hard

Runner: 11



Leg 12

From: Exchange 11

Lavio Ranch/Rowley Dairy 4990 D
Street East, Petaluma, CA.
Runner: 11 to 12

To: Exch. 12, Van Exch. 2, GGR Walk Start

Marin French Cheese Co. 7500 Red Hill
Rd., Petaluma

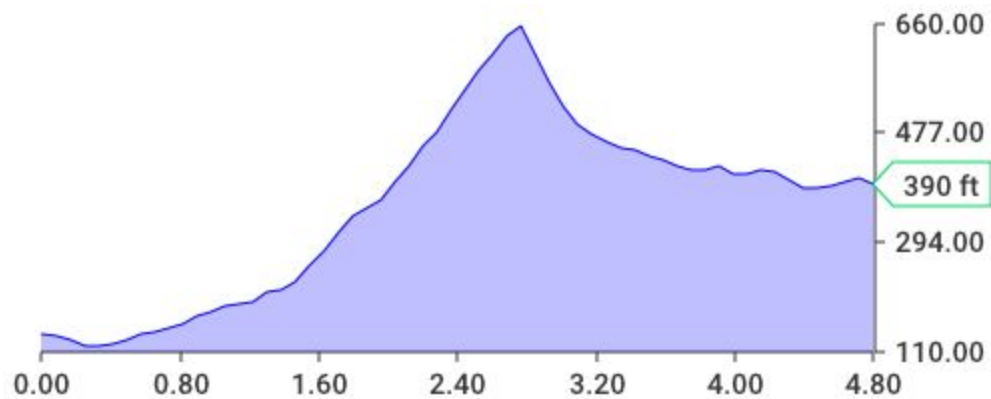
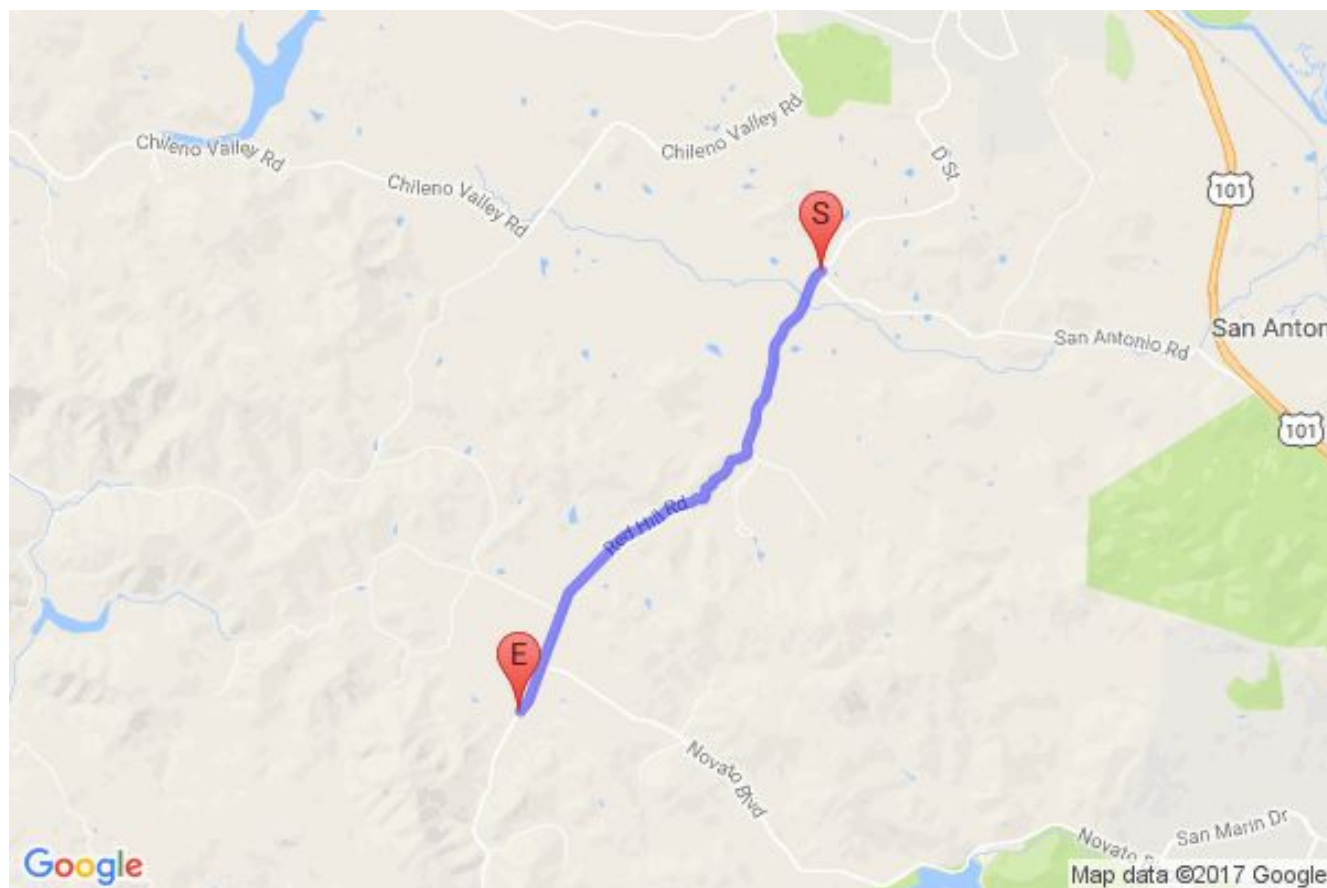
Leg

4.8 miles, Hard

Runner: 12

Directions: No turns

Vans: Park behind cheese factory
building.



Leg 13

From: Exch. 12, Van Exch. 2, GGR Walk Start

Marin French Cheese Co. 7500 Red Hill Rd., Petaluma

Runner: 12 to 1

To: Exchange 13

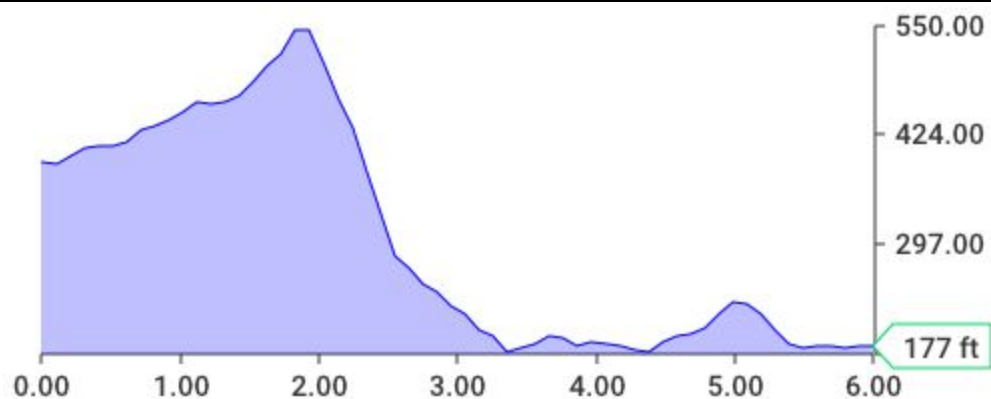
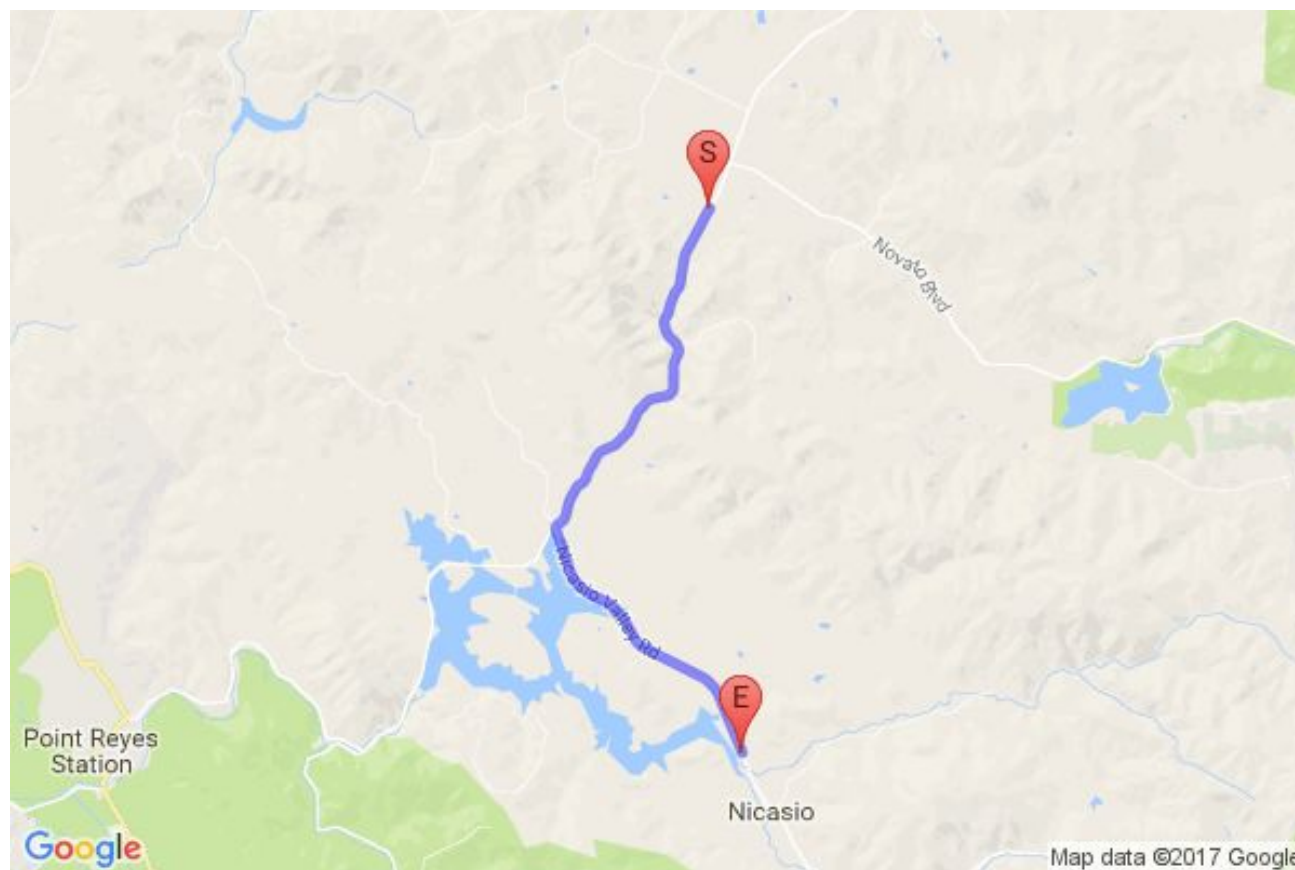
Nicasio Elementary School 5555 Nicasio Valley Rd. Nicasio, CA.

Leg

6 miles, Moderate

Runner: 1

Directions: L - 3.3 on Nicasio Valley Rd.



Leg 14

From: Exchange 13

Nicasio Elementary School 5555 Nicasio Valley Rd. Nicasio, CA.

Runner: 1 to 2

To: Exchange 14

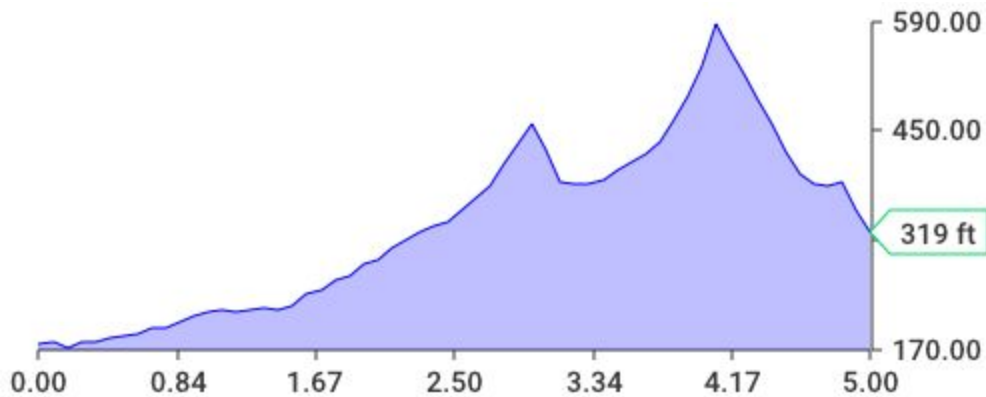
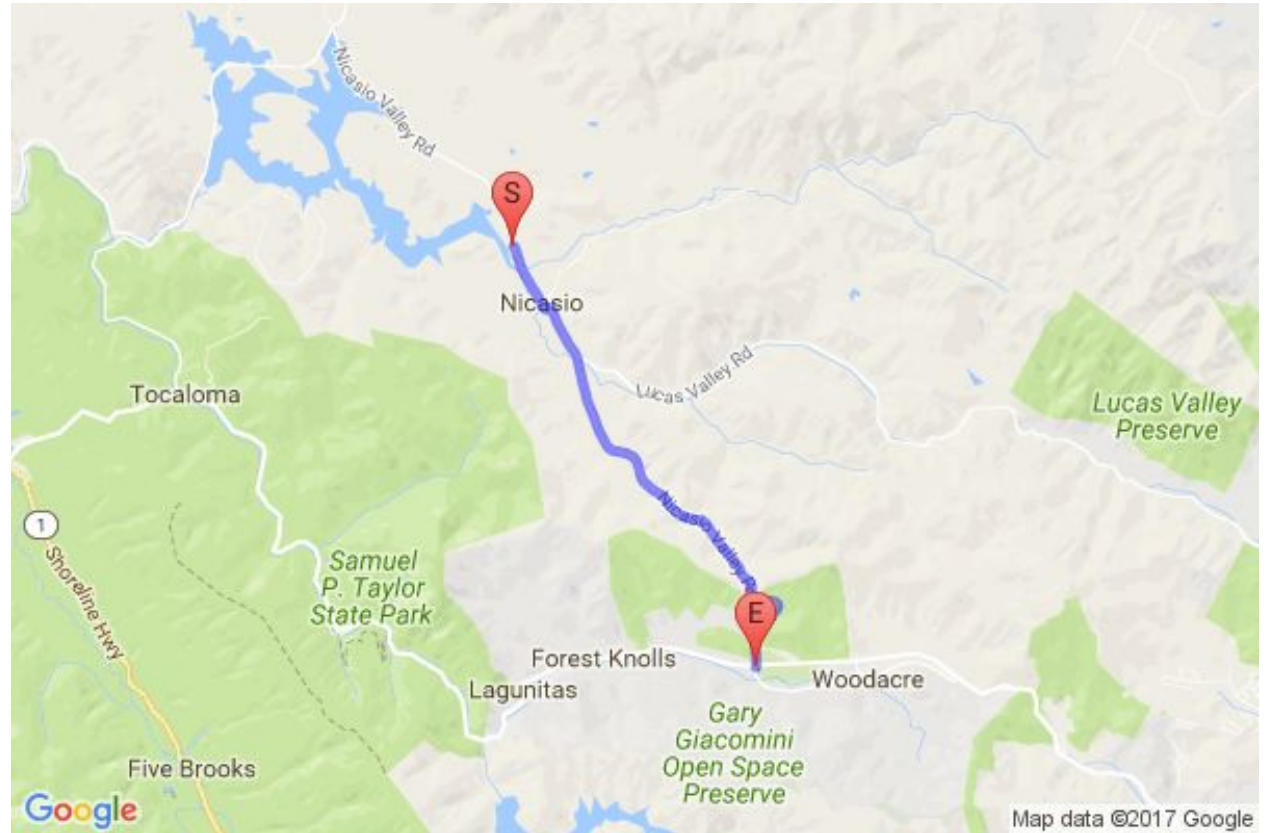
San Geronimo Valley Presbyterian Church
6001 Sir Francis Drake Blvd, San Geronimo, CA.

Leg

5 miles, Hard

Runner: 2

Directions: L - 4.9 on Sir Francis Drake Blvd.



Leg 15

From: Exchange 14

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

Runner: 2 to 3

To: Exchange 15

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

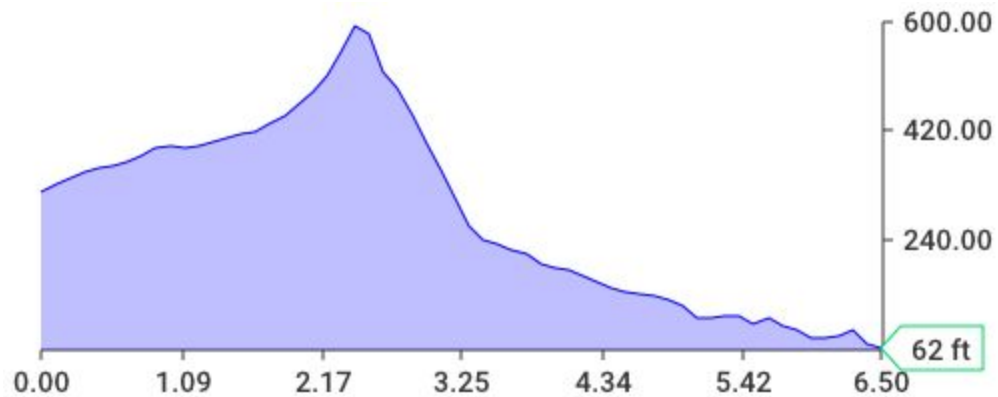
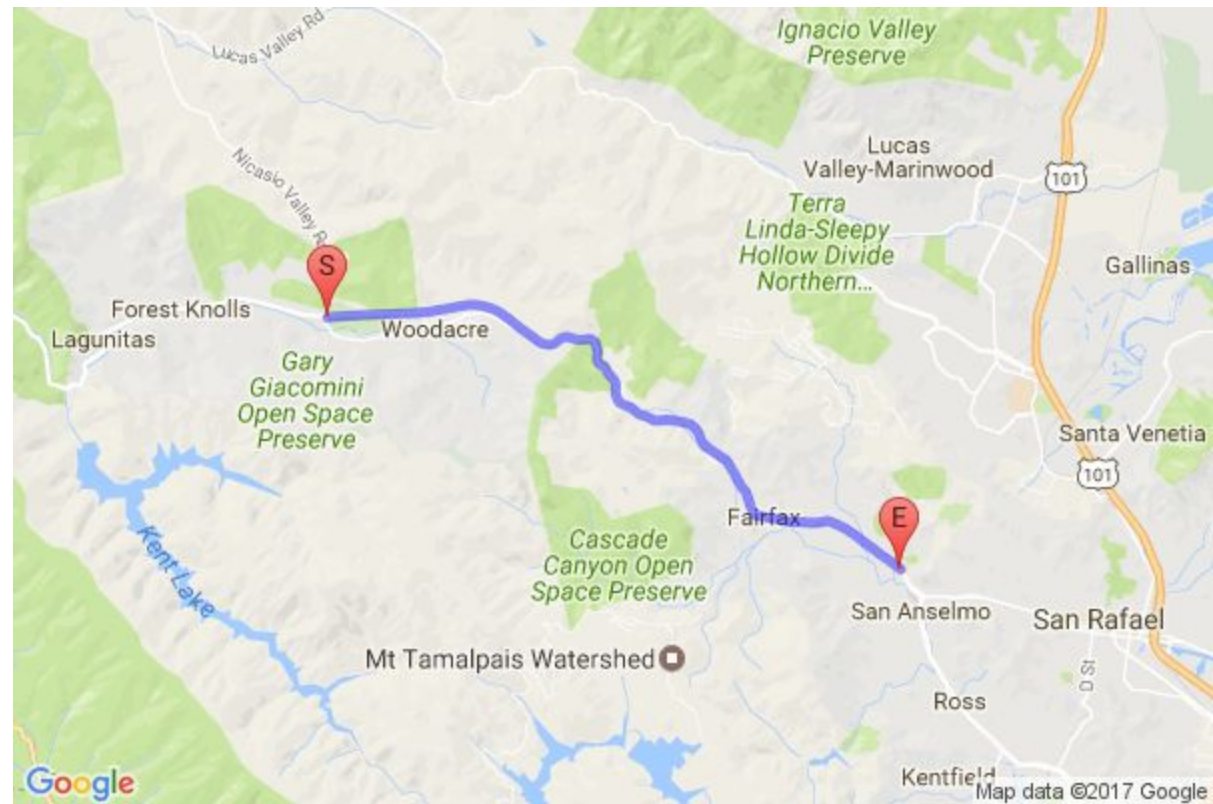
Leg

6.5 miles, Hard

Runner: 3

Directions: No turns

Vans: R on Sais Ave. L to park behind
church. R on Sir Francis Drake Blvd. to
exit.



Leg 16

From: Exchange 15

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

Runner: 3 to 4

To: Exchange 16

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

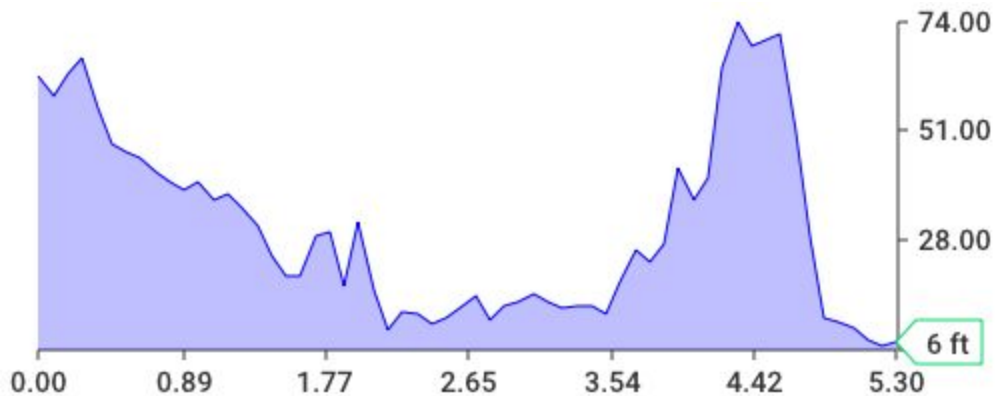
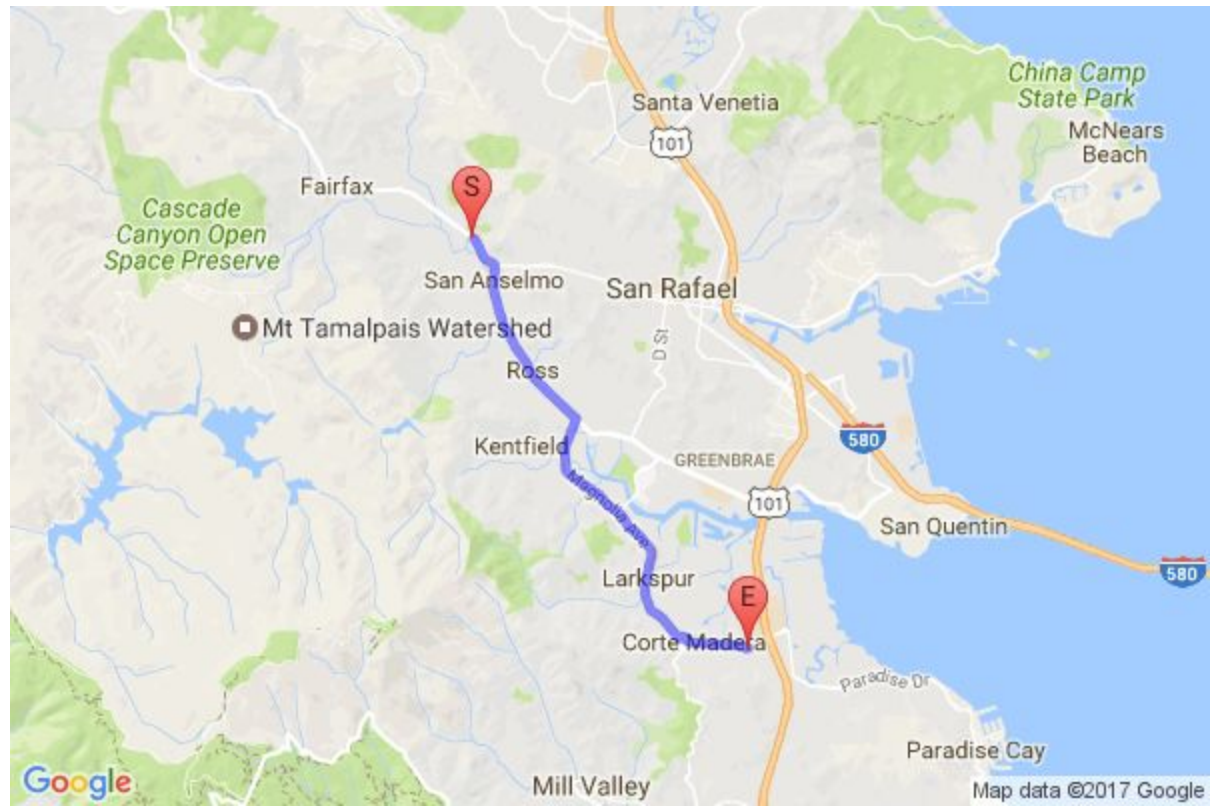
Leg

5.3 miles, Easy

Runner: 4

Directions: Veer R - 0.3 on Sir Francis Drake Blvd. R - 2.0 on College Ave. (becomes Magnolia, then Corte Madera) L - 4.5 on Redwood Ave. Veer R - 4.6 on Tamalpais Dr. R - 5.3 on Sanford St. L - 5.32 on Casa Buena Dr.

Vans: Park in Union Bank lot or on Casa Buena beyond exchange.



Leg 17

From: Exchange 16

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

Runner: 4 to 5

To: Exchange 17

3030 Bridgeway Blvd., Sausalito, CA.

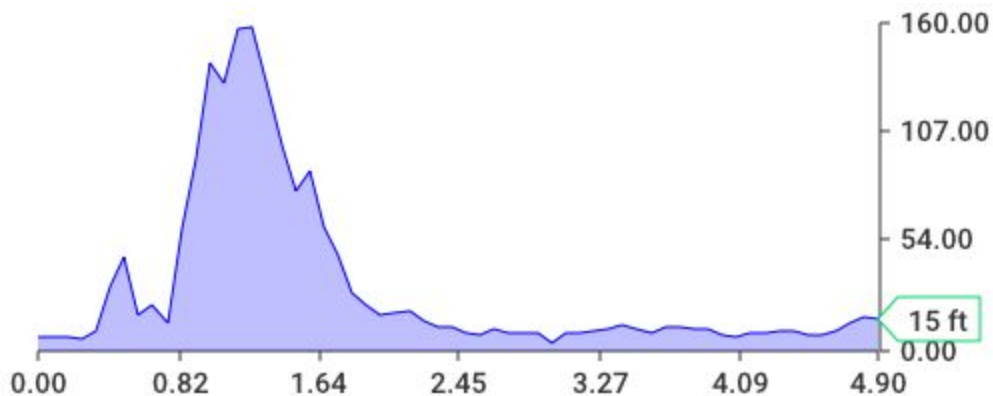
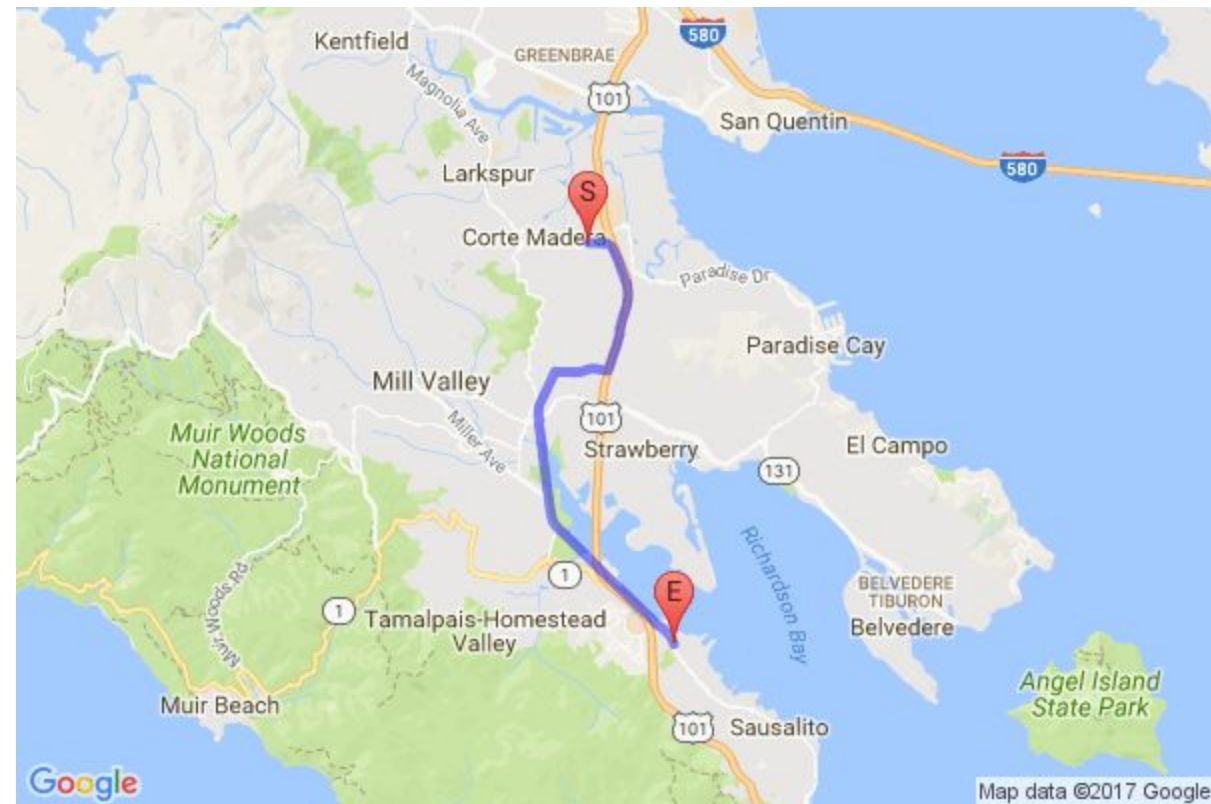
Leg

4.9 miles, Easy

Runner: 5

Directions: S - 1.1 on bike path R - 1.5 on Lomita Dr. L - 2.0 at stop sign (continue on Lomita) S - 2.8 cross Blithedale Ave. to bike path

Vans: L at 0.9 on Hwy. 101 South (3 miles) to Marin City/Sausalito exit. L on Donahue (under Hwy 101. R on Bridgeway. L on Gate 5 Rd.



Leg 18

18

From: Exchange 17

3030 Bridgeway Blvd., Sausalito, CA.

Runner: 5 to 6

To: Exch. 18, Van Exch. 3

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

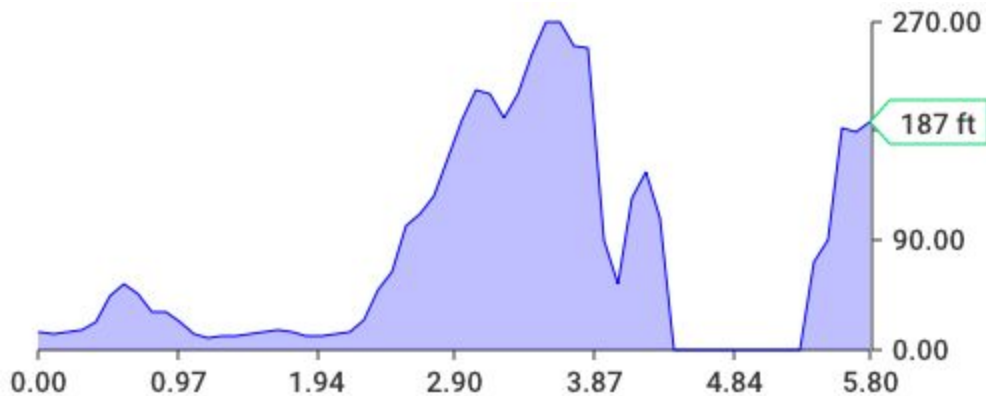
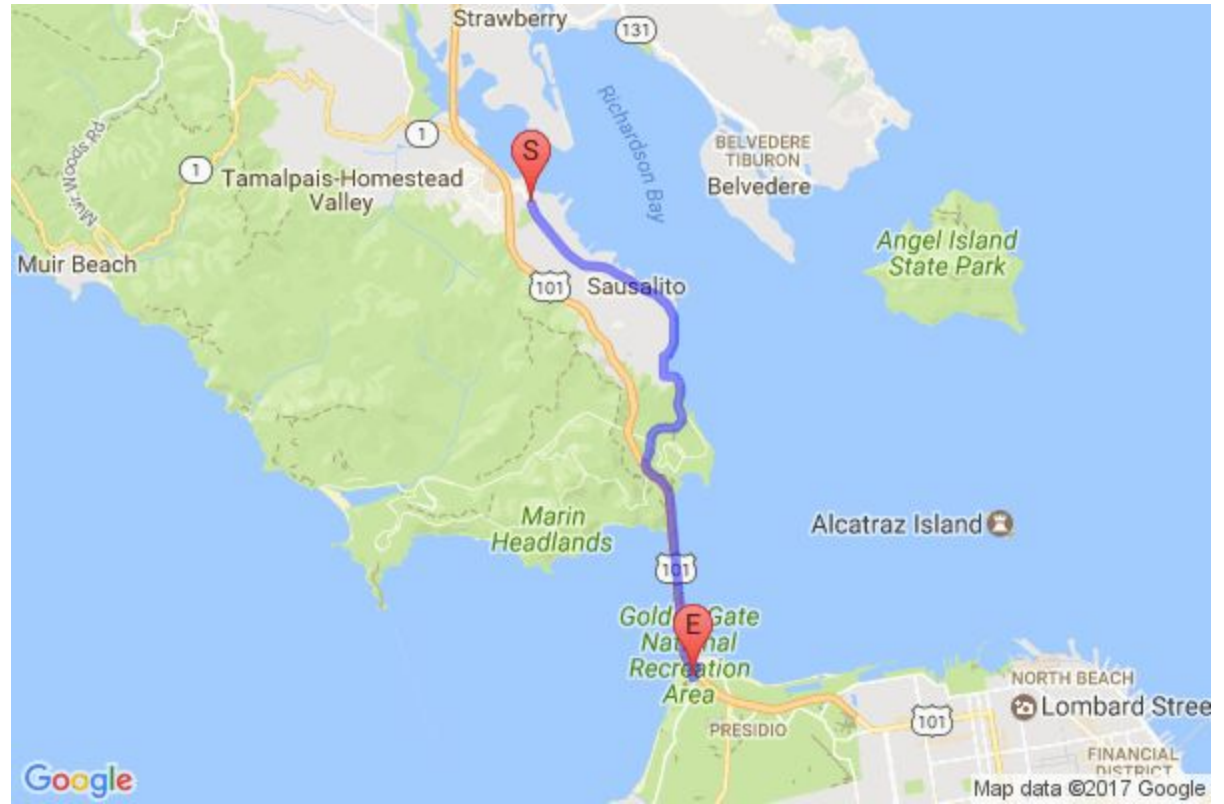
Leg

5.8 miles, Hard

Runner: 6

Directions: Run leg on L L - 2.2 on Second St. Veer L - 2.4 on Alexander Ave. Veer L - 3.8 before tunnel to Golden Gate Bridge (GGB) E walkway L - 5.6 at GGB Roundhouse Café and down ramp. R - 5.7 at GGB Café and through tunnel (under Hwy. 101) L - 5.75 at end of tunnel R - 5.8 Merchant Rd.

Vans: S at 3.8 through tunnel to Hwy. 101 South on GGB to SF in far R toll lane. Take first R after toll booths at Lincoln Ave. sign on Merchant Rd.



Leg 19

From: Exch. 18, Van Exch. 3

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

Runner: 6 to 7

To: Exchange 19

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

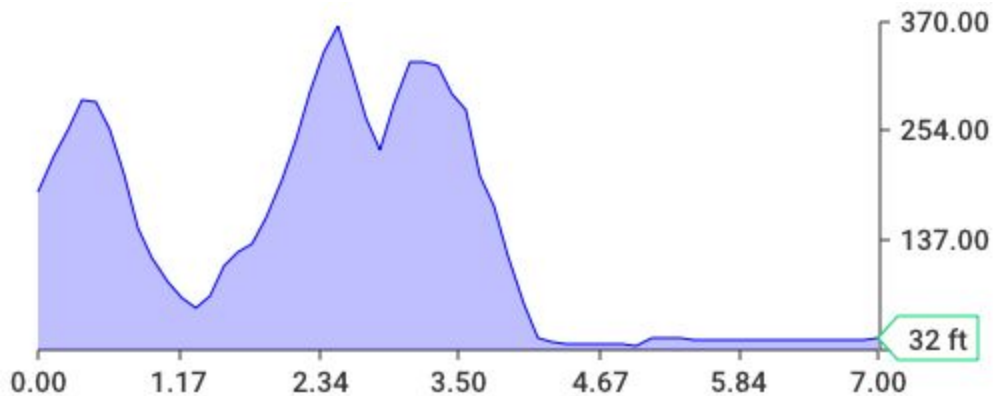
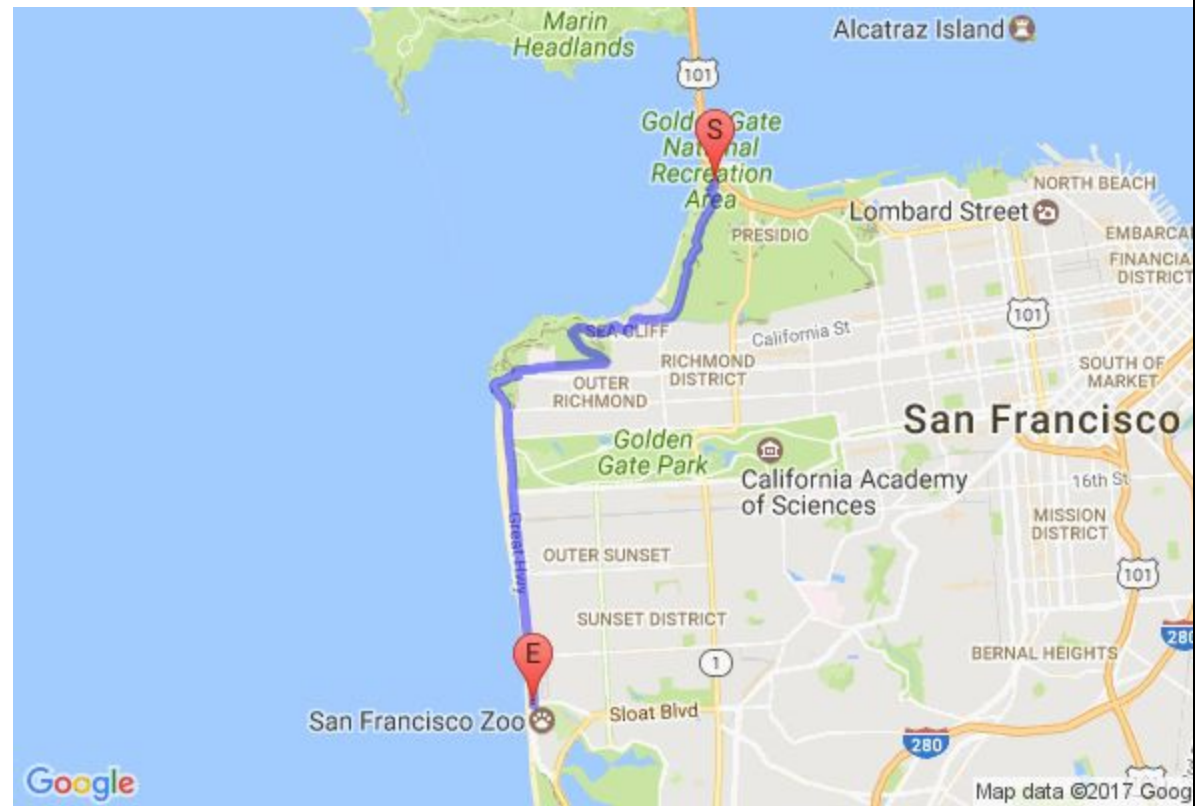
Leg

7 miles, Hard

Runner: 7

Directions: R - 0.2 on Lincoln Ave. (quiet zone till Great Highway) S - 1.5 on 25th Ave. (becomes El Camino del Mar). L - 2.4 on Legion of Honor Dr. (at Palace of Legion of Honor) R - 2.8 on Clement St. (becomes Seal Rock at 45th Ave.) L - 3.6 on El Camino del Mar R - 3.65 Point Lobos Ave. (becomes Great Highway)

Vans: 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.



Leg 20

20

From: Exchange 19

Great Highway at Sloat Blvd., San Francisco, CA.
Runner: 7 to 8

To: Exchange 20

Hickey Shell/Fairmont Center 679 Hickey Blvd,
Pacifica, CA.

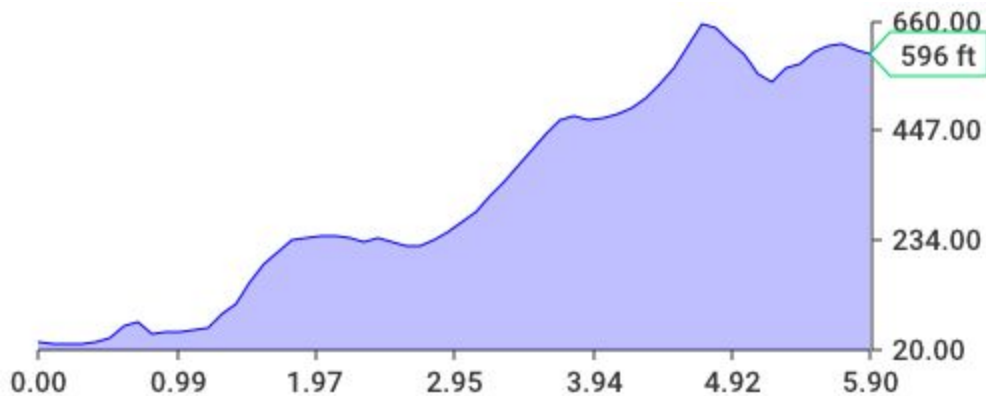
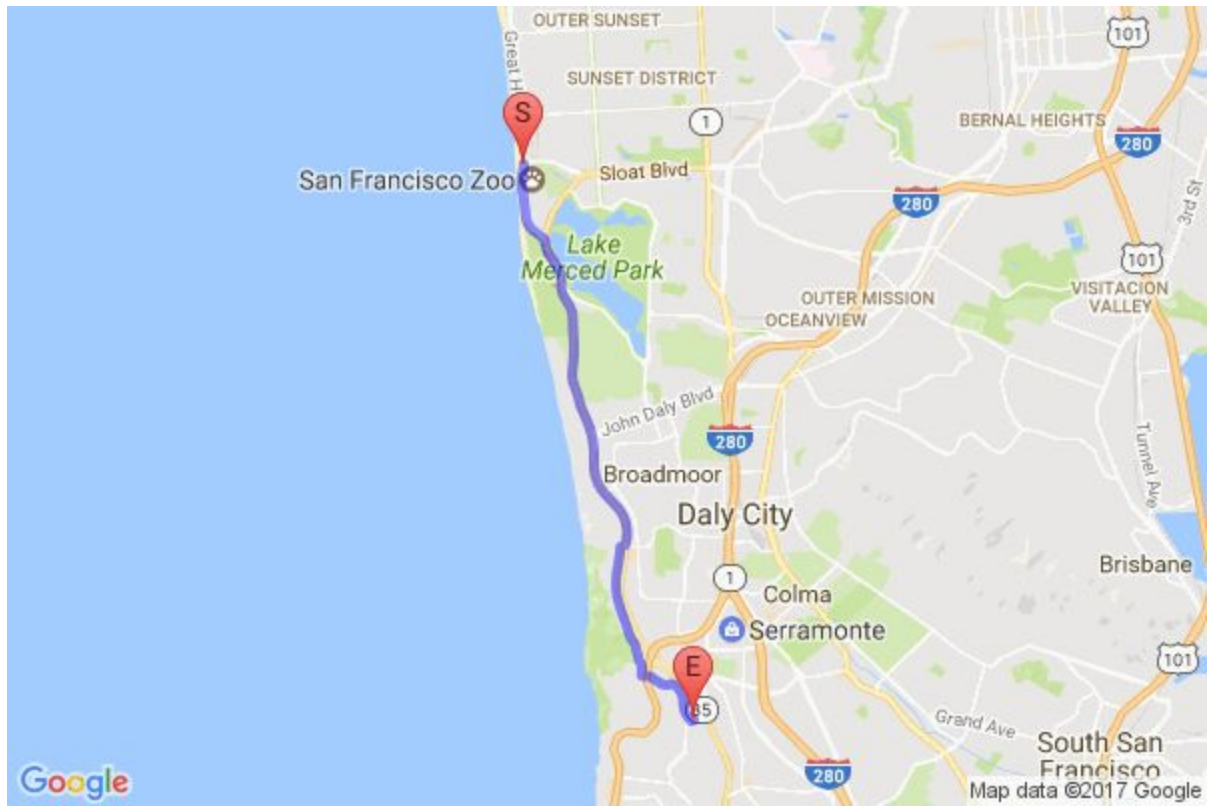
Leg

5.9 miles, Hard

Runner: 8

Directions: R - 0.8 on Hwy. 35 (Skyline Blvd.) R - 3.8
on Westmoor Ave. L - 3.85 on Skyline Dr. L - 5.1 on
Gateway Dr. L - 5.9 on Hickey Blvd.

Vans: Park in Fairmont Shopping Center.



Leg 21

21

From: Exchange 20

Hickey Shell/Fairmont Center 679 Hickey Blvd, Pacifica, CA.

Runner: 8 to 9

To: Exchange 21

Skyline Chevron 400 Skyline Blvd., Millbrae, CA.

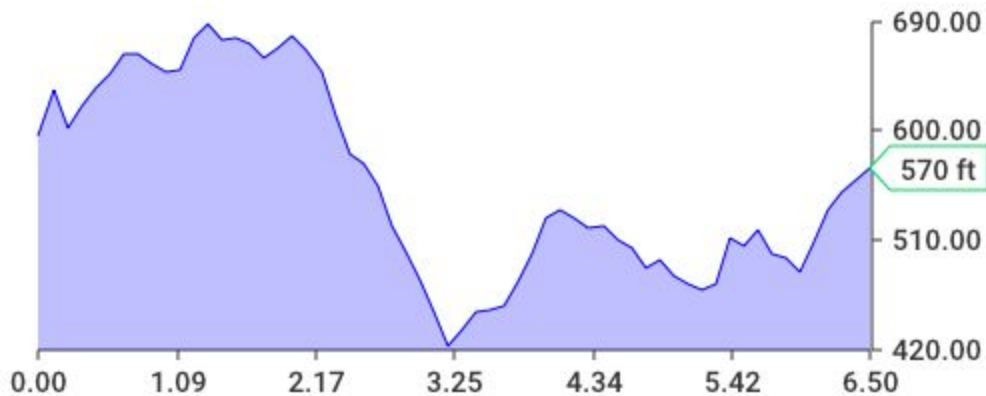
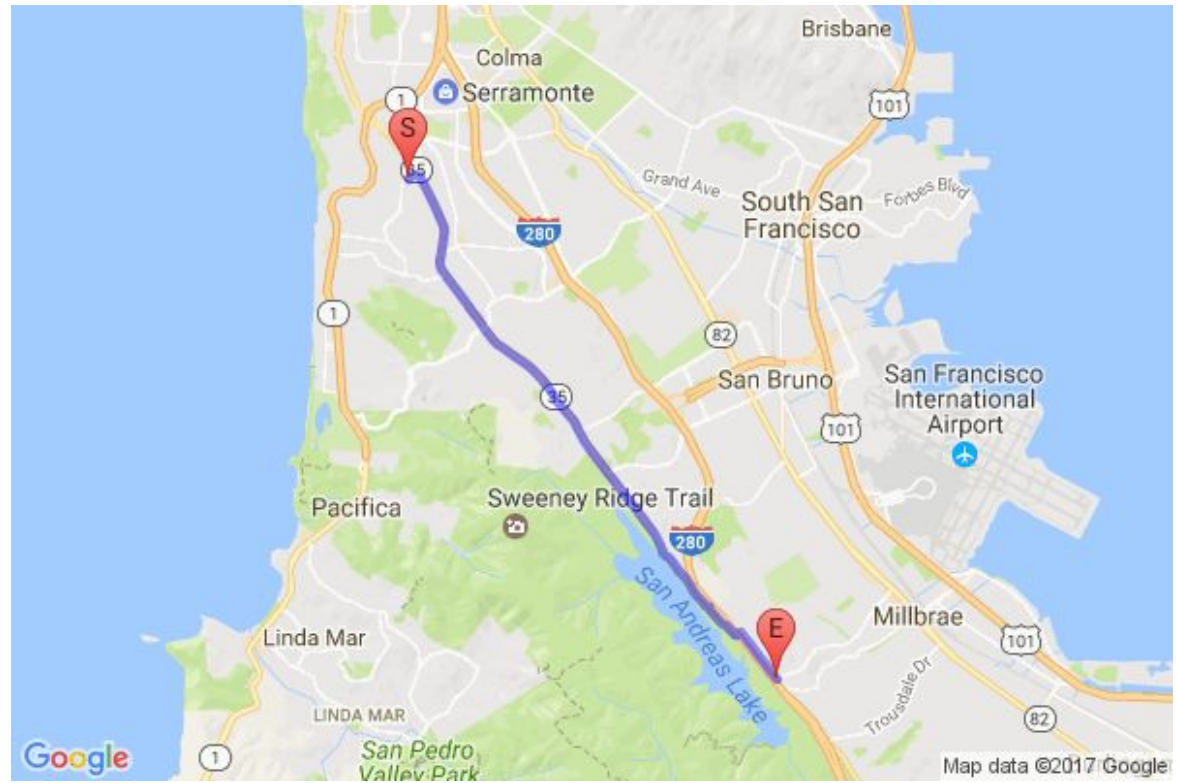
Leg

6.5 miles, Moderate

Runner: 9

Directions: 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.

Vans: S at 4.2 to Hwy. 280 South for 1 mile to Larkspur/Millbrae exit. L on Larkspur Dr. R on Skyline Blvd. R on Hillcrest Blvd. to park.



Leg 22

22

From: Exchange 21

Skyline Chevron 400 Skyline Blvd., Millbrae, CA.
Runner: 9 to 10

To: Exchange 22

Skyline Blvd. at Golf Course Dr., San Mateo County, CA. Begin Van Bridge. Leg 23 runner rides in van S. on Hwy. 280 to Bunker Hill exit.

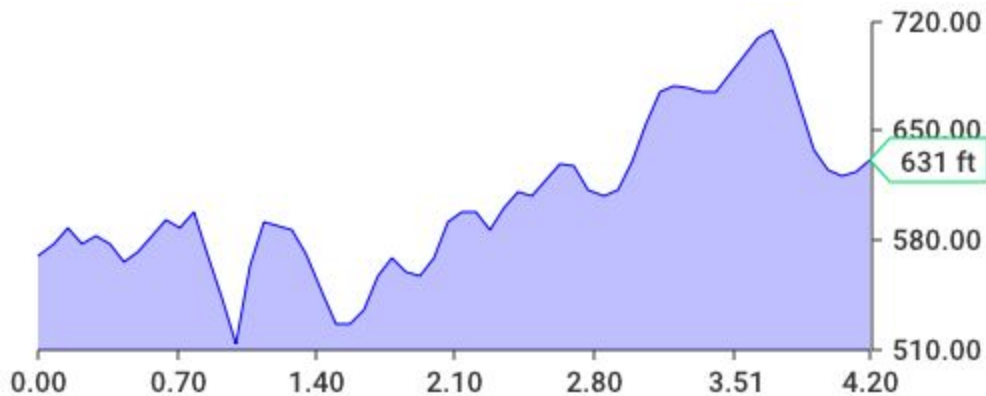
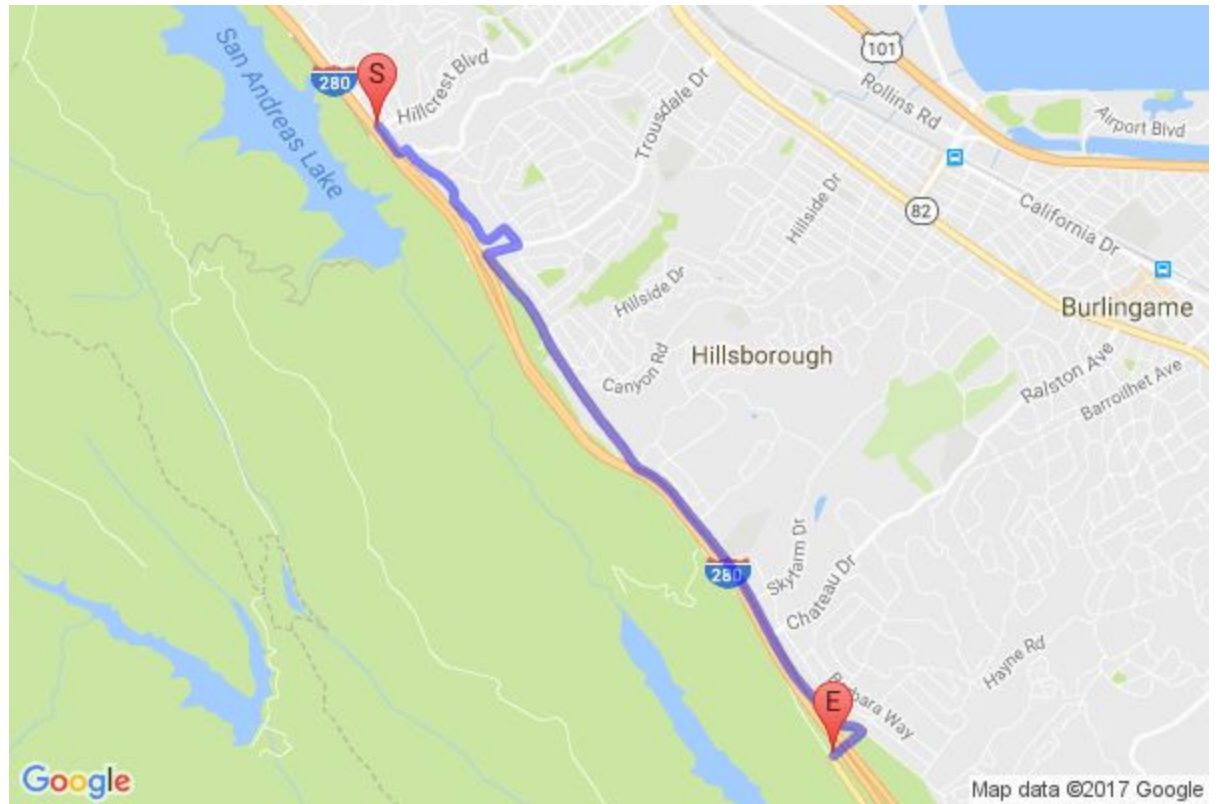
Leg

4.2 miles, Easy

Runner: 10

Directions: L - 0.15 on Millbrae Ave. R - 0.2 on Vallejo Dr. (becomes Frontera Way) R - 0.9 on Hunt Dr. R - 1.0 on Trousdale Dr. L - 1.1 on Skyline Blvd. R - 4.0 on Golf Course Dr./Hayne Rd.

Vans: L from Hillcrest Blvd. to Hwy 280 South for 3.5 miles to Black Mountain Rd./Hayne Rd. exit. R on Hayne Rd. to park.



Leg 23

23

From: Exchange 22

Skyline Blvd. at Golf Course Dr., San Mateo County, CA. Begin Van Bridge. Leg 23 runner rides in van S. on Hwy. 280 to Bunker Hill exit.

Runner: 10 to 11

To: Exchange 23

Canada Rd at Highway 92, San Mateo County, CA.

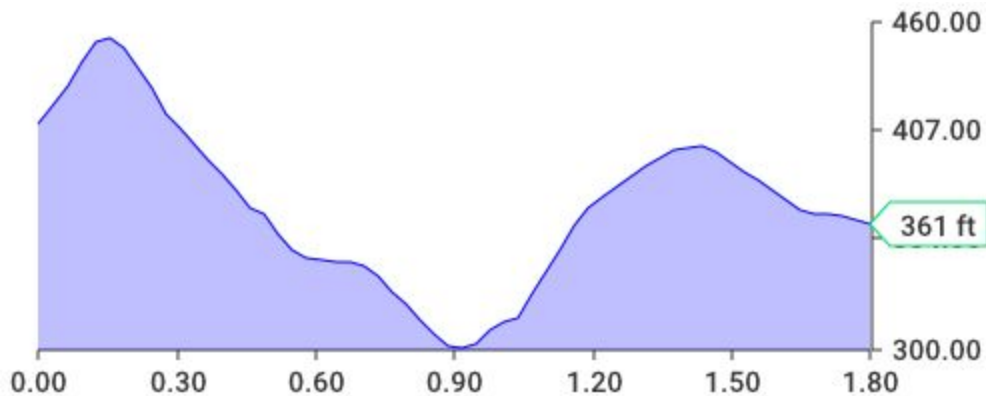
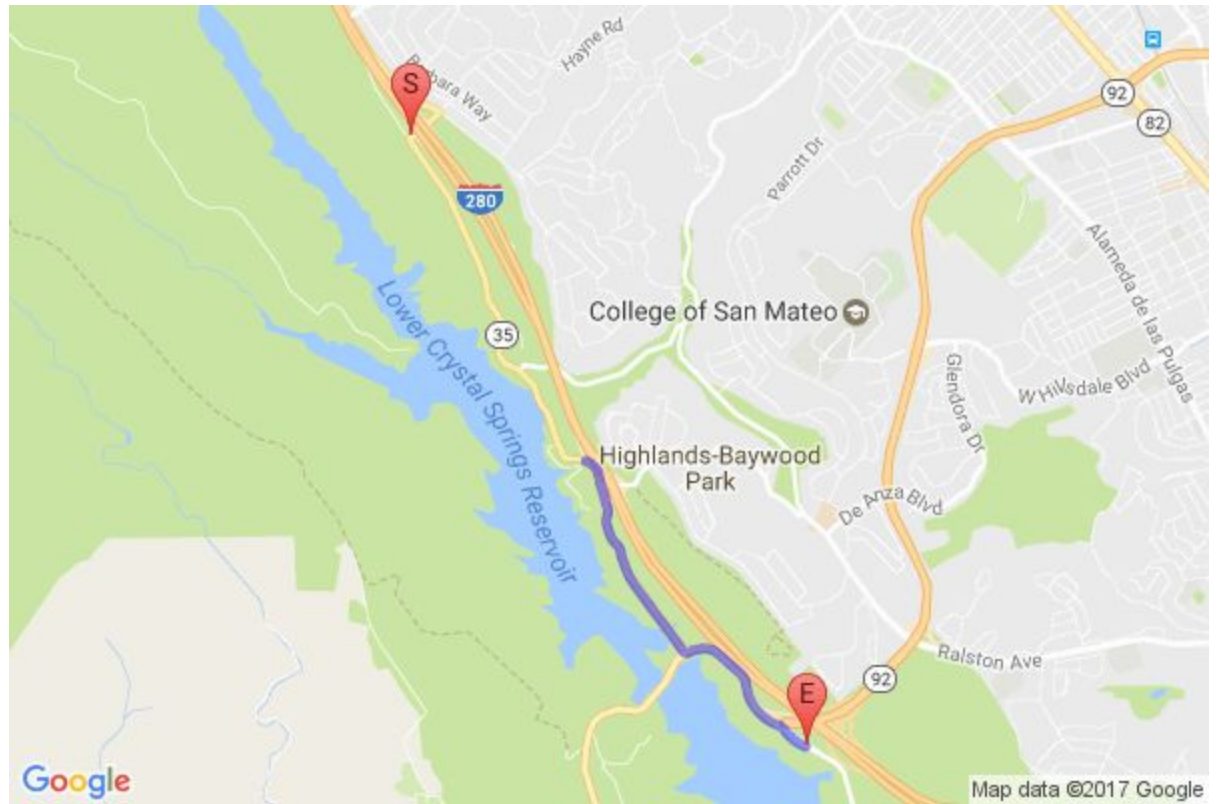
Leg

1.8 miles, Easy

Runner: 11

Directions: Van Bridge - runner/walker rides in van on 280 South to Bunker Hill Rd. exit. 0.0 - Bunker Hill Rd. off ramp stop sign at Skyline Blvd. L - 1.1 on Hwy. 92. R - 1.7 on Canada Rd.

Vans: L from Hayne Rd. to Hwy. 280 South for 1.5 miles to Bunker Hill Rd. exit. Drop runner/walker at Bunker Hill off ramp stop sign at Skyline Blvd.



Leg 24

24

From: Exchange 23

Canada Rd at Highway 92, San Mateo County, CA.
Runner: 11 to 12

To: Exch. 24, Van Exch. 4

Canada Rd. at Runnymede Rd., San Mateo County, CA

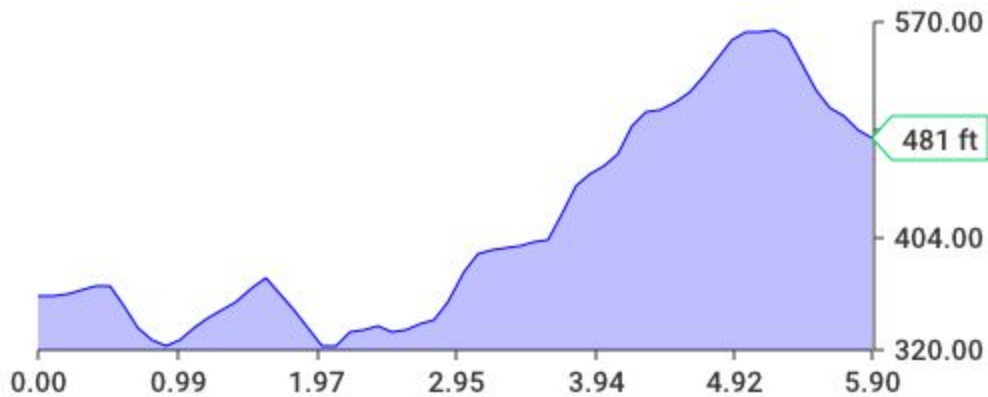
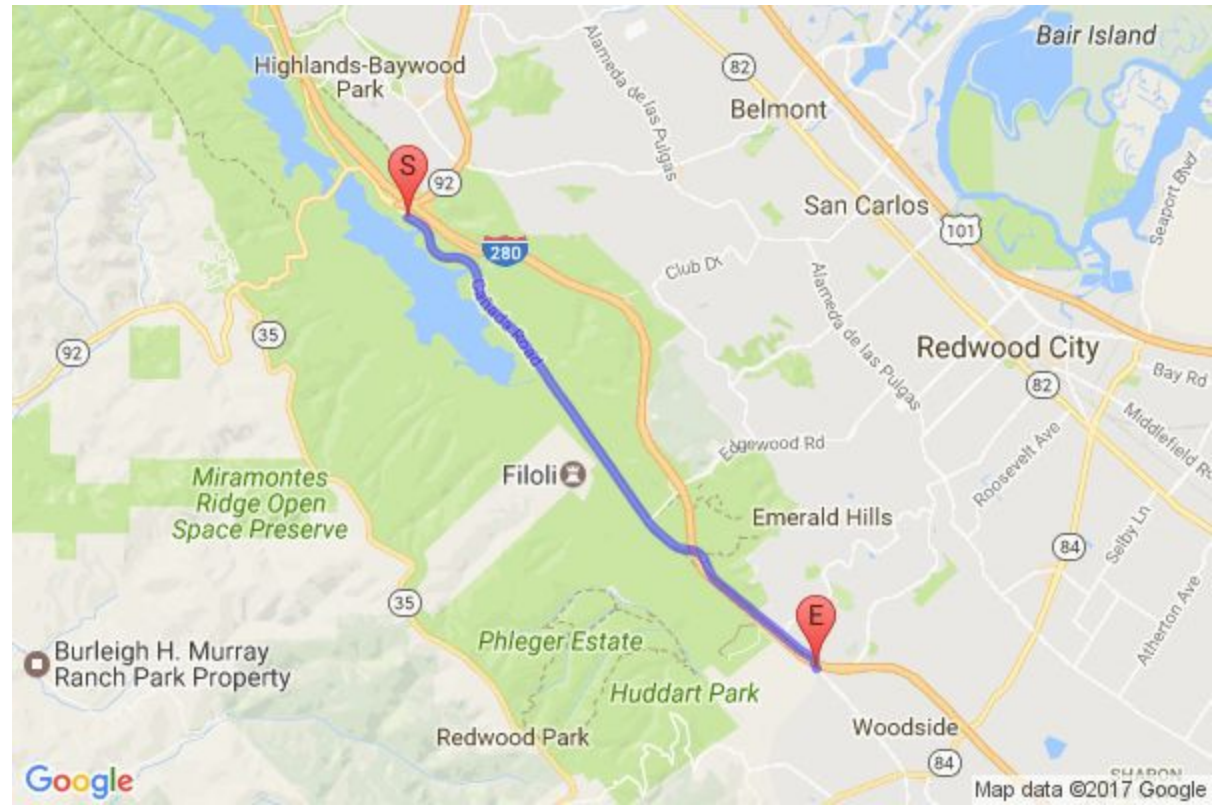
Leg

5.9 Miles, Rating: Medium, Runner #12

Runner: 12

Directions: No turns

Vans: R on Runnymede Rd. to park beyond turn out on R. No parking on Canada Rd.



Leg 25

From: Exch. 24, Van Exch. 4

Canada Rd. at Runnymede Rd., San Mateo County, CA
Runner: 12 to 1

To: Exchange 25

Chevron/Dutch Goose 3600 Alameda de las Pulgas,
Menlo Park, CA.

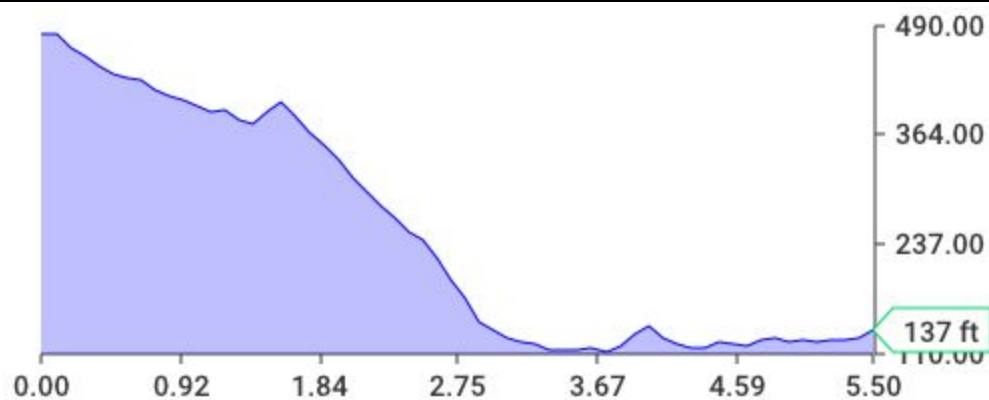
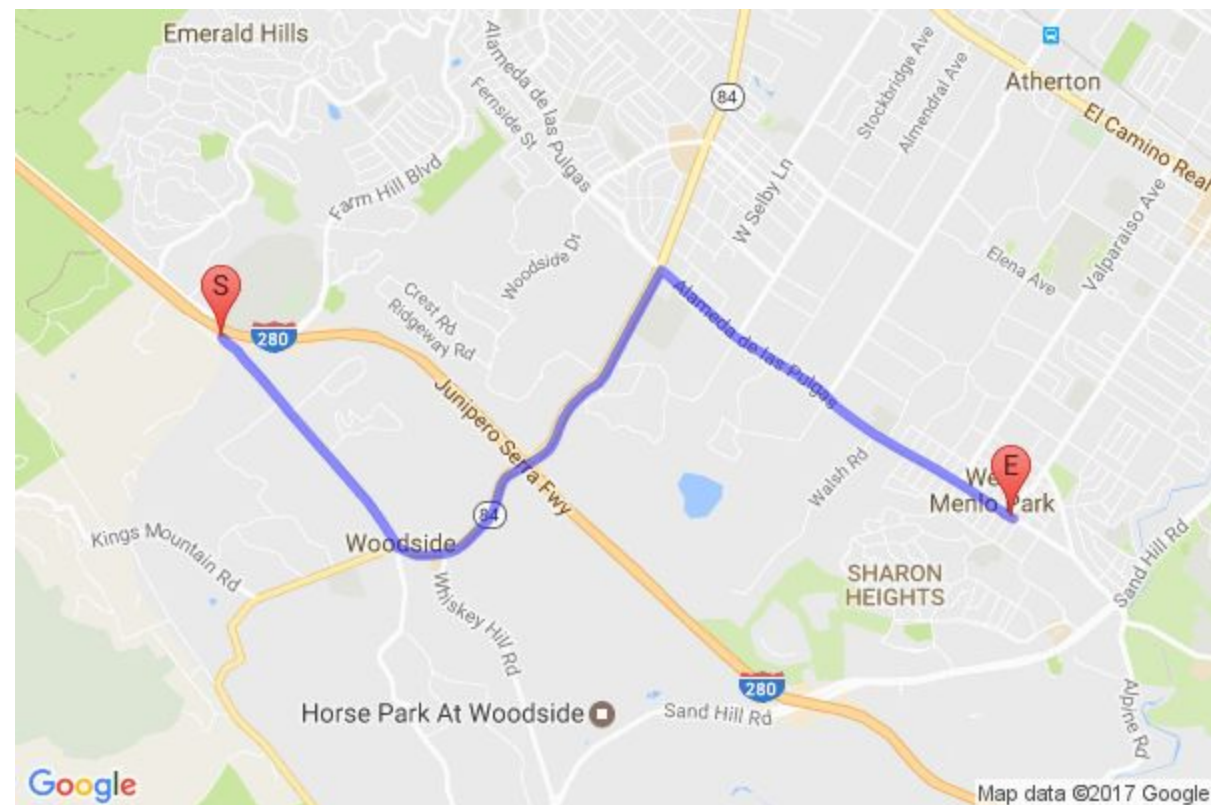
Leg

5.5 miles, Easy

Runner: 1

Directions: L - 1.4 on Woodside Rd. R - 3.4 on Alameda
De Las Pulgas

Vans: R on Avy Ave. to park behind Starbucks.



Leg 26

26

From: Exchange 25

Chevron/Dutch Goose 3600 Alameda de las Pulgas, Menlo Park, CA.

Runner: 1 to 2

To: Exchange 26

Foothill Expressway 0.2 miles S of Hillview Ave., Palo Alto, CA.

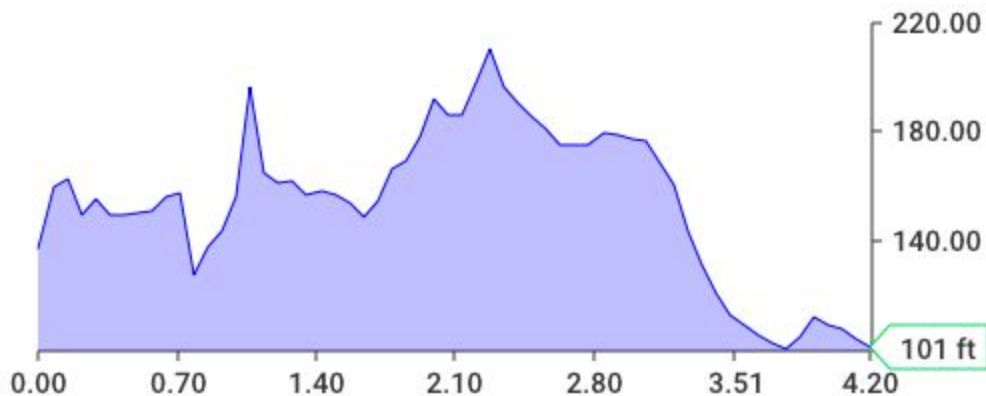
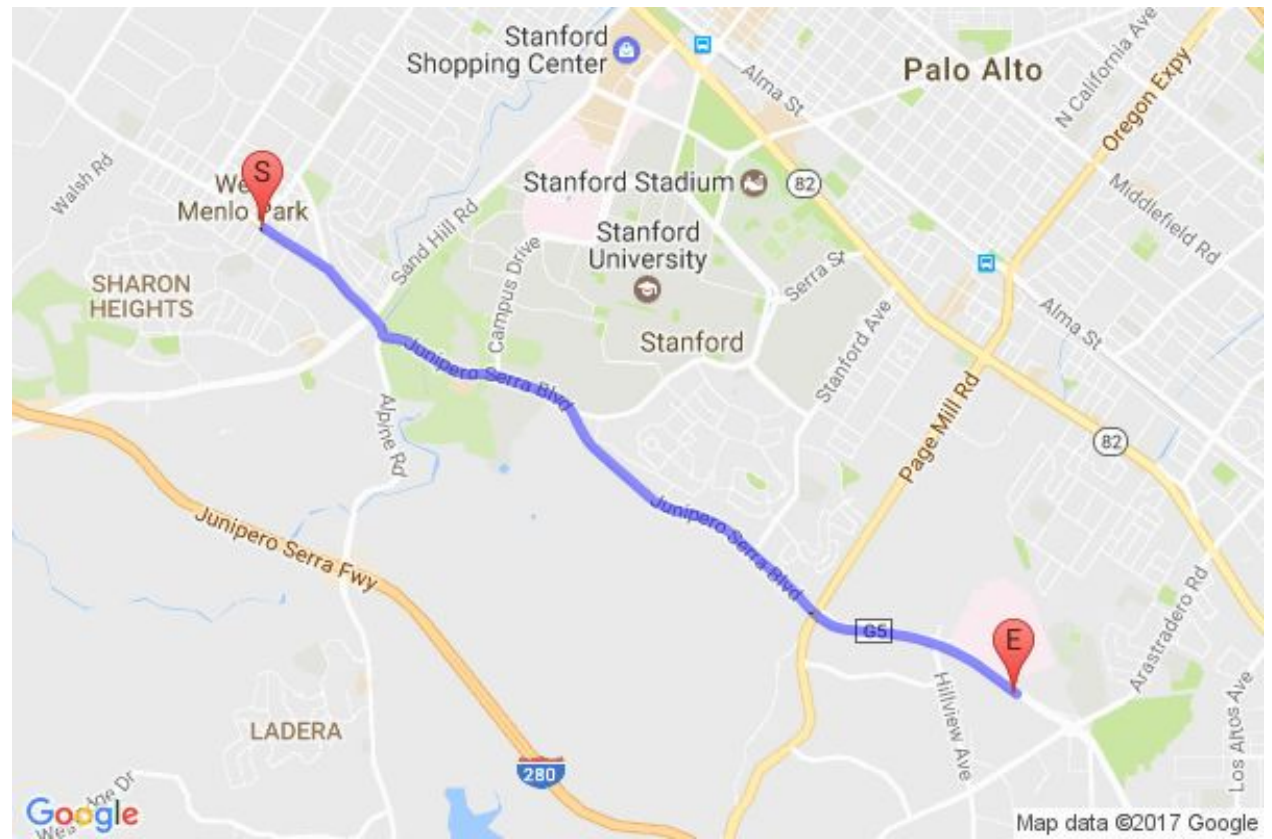
Leg

4.2 miles, Easy

Runner: 2

Directions: S - 0.4 becomes Santa Cruz Ave. 0.6 cross to L of Santa Cruz Ave. 0.7 cross Sand Hill Rd. to bike path. Follow path under road and circle R. R - 0.8 on Junipero Serra Blvd.

Vans: L on Junipero Serra.



Leg 27

From: Exchange 26

Foothill Expressway 0.2 miles S of Hillview Ave., Palo Alto, CA.

Runner: 2 to 3

To: Exchange 27

Lucky 2175 Grant Rd. Los Altos, CA.

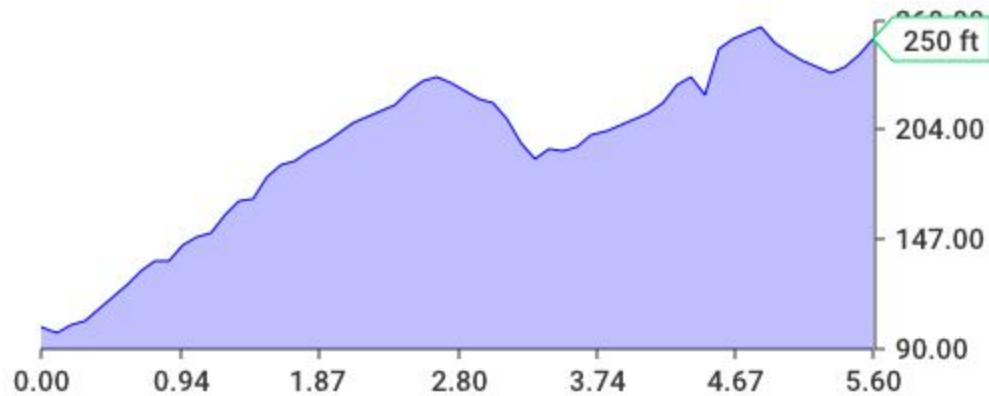
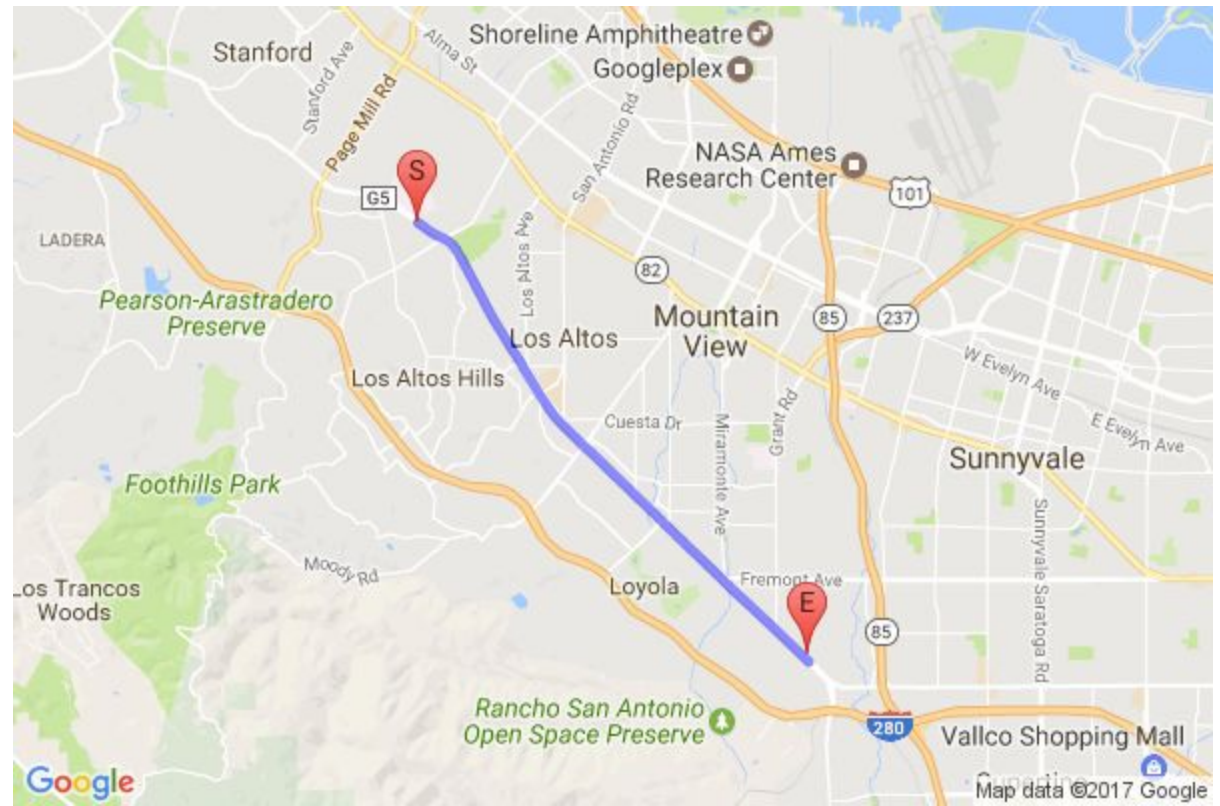
Leg

5.6 miles, Easy

Runner: 3

Directions: No turns

Vans: Park along R (south) edge of Lucky parking lot.



Leg 28

From: Exchange 27

Lucky 2175 Grant Rd. Los Altos, CA.

Runner: 3 to 4

To: Exchange 28

Stevens Creek Quarry 12100 Stevens Canyon Rd.,
Cupertino, CA.

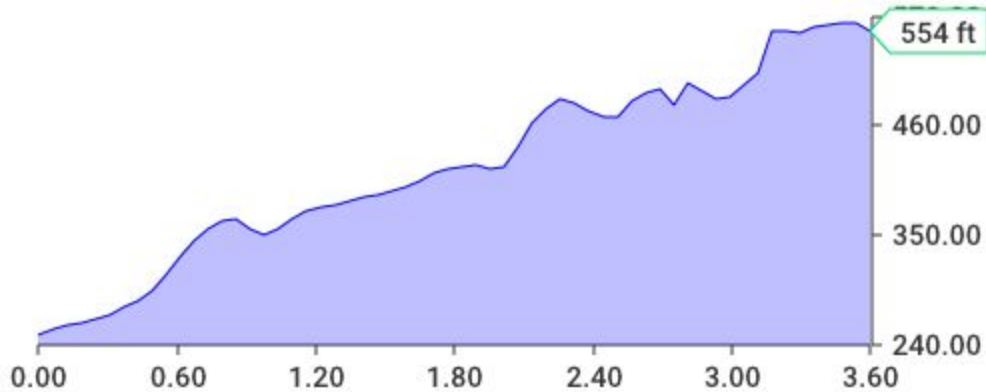
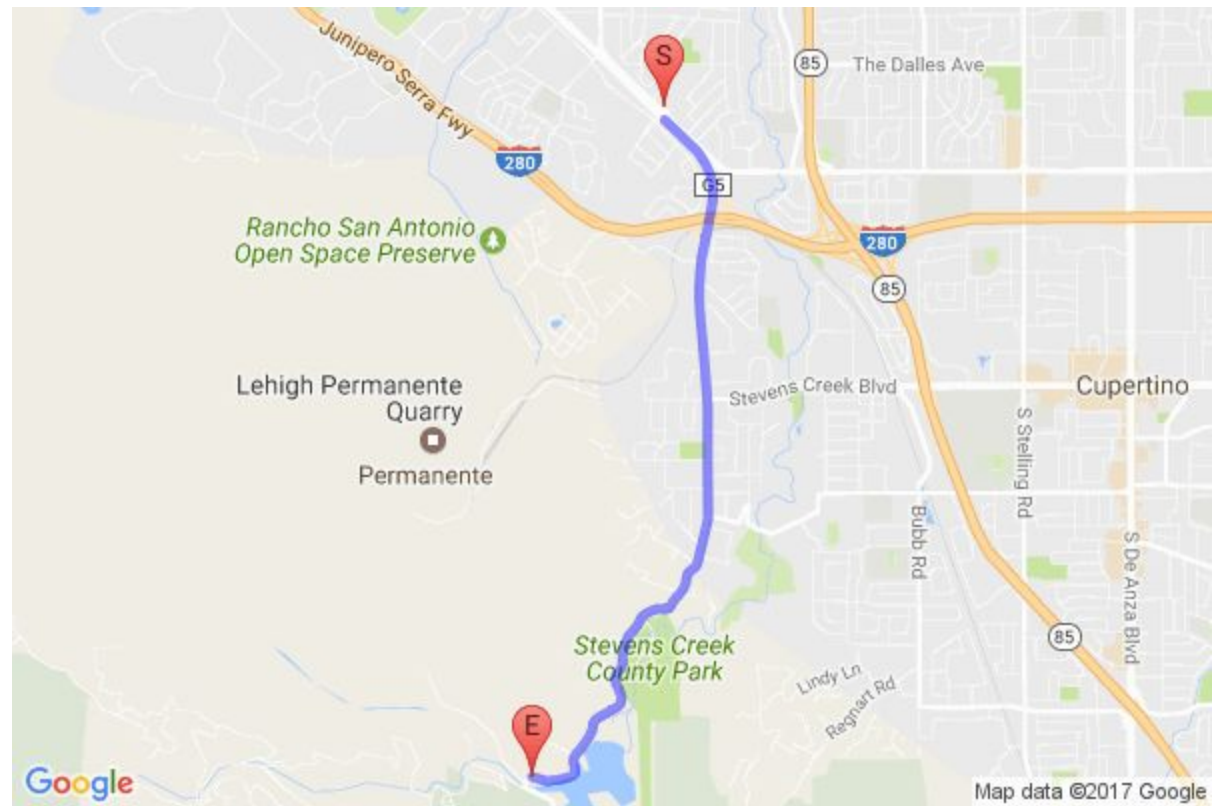
Leg

3.6 miles, Easy

Runner: 4

Directions: No turns. Foothill Expwy. becomes
Foothill Blvd. and then Stevens Canyon Rd.

Vans: Park inside Quarry. No parking on Stevens
Canyon Rd.



Leg 29

From: Exchange 28

Stevens Creek Quarry 12100 Stevens Canyon Rd., Cupertino, CA.

Runner: 4 to 5

To: Exchange 29

24500 Redwood Gultch Rd, Saratoga (Redwood Gultch Rd at Highway 9)

Leg

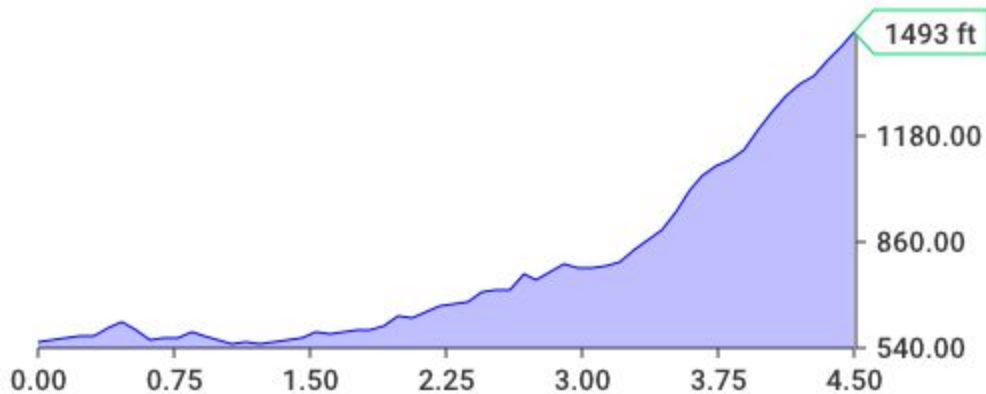
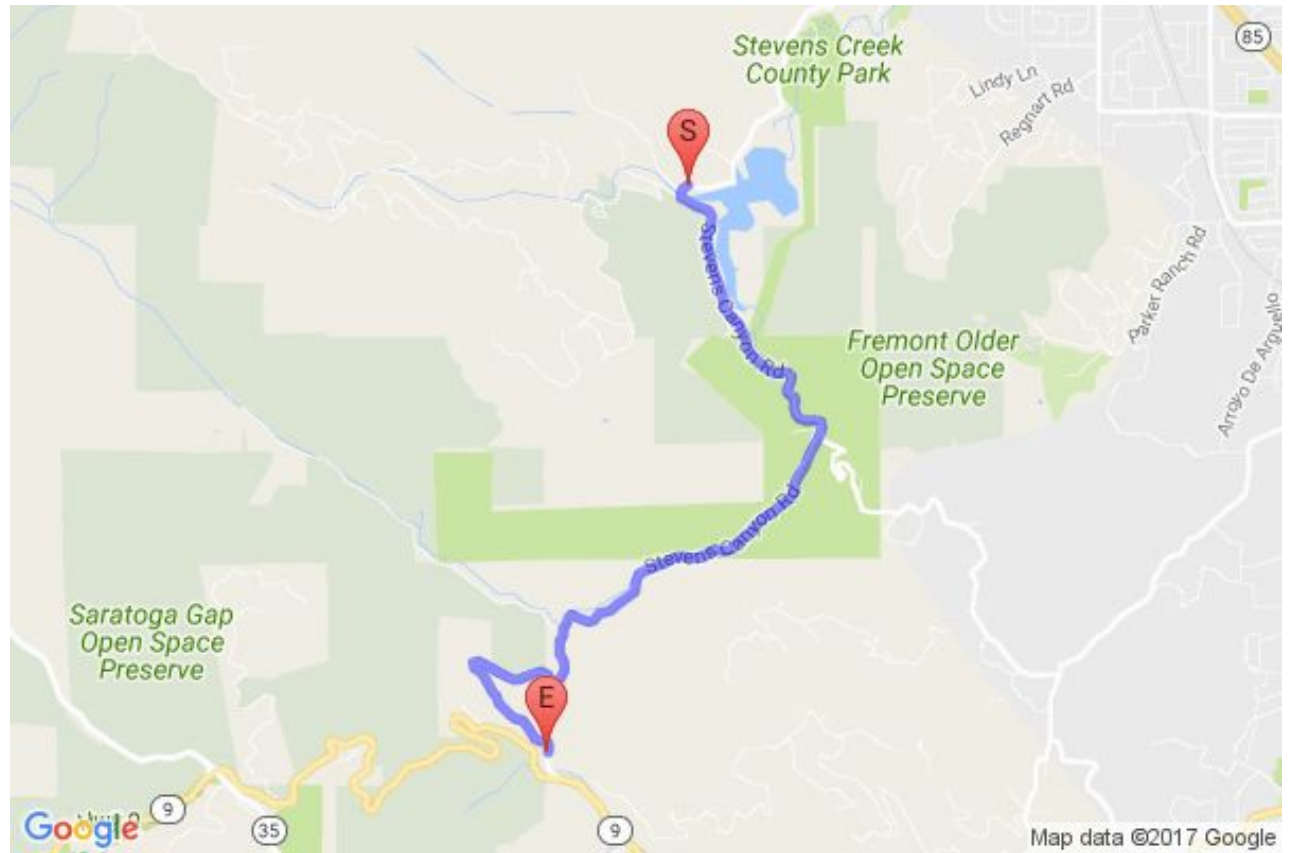
4.5 miles: Very Hard

Runner: 5

Directions: R - 1.4 to stay on Stevens Canyon Rd.

L - 3.1 on Redwood Gulch Rd. (narrow road)

Vans: Straight at 1.4 on Mt. Eden Rd. R at 2.3 on Pierce Rd. R at 3.3 on Hwy. 9 (Congress Springs Rd.).



Leg 30

From: Exchange 29

24500 Redwood Gultch Rd, Saratoga (Redwood Gultch Rd at Highway 9)

Runner: 5 to 6

To: Exch. 30, Van Exch. 5

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

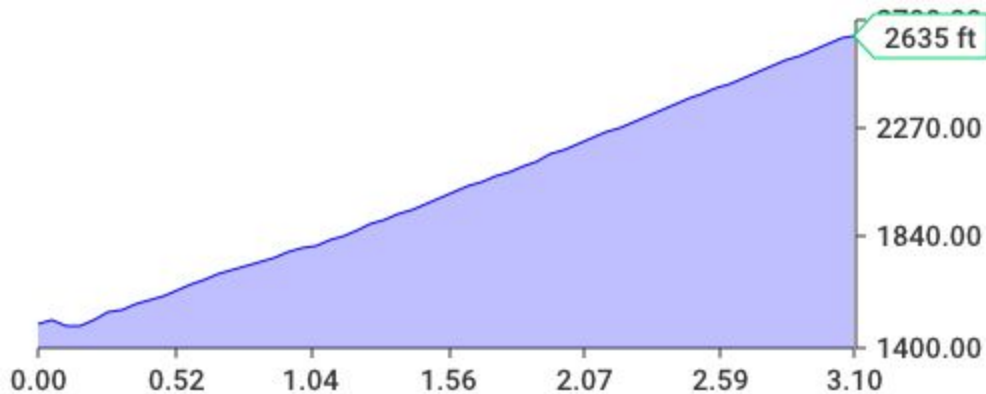
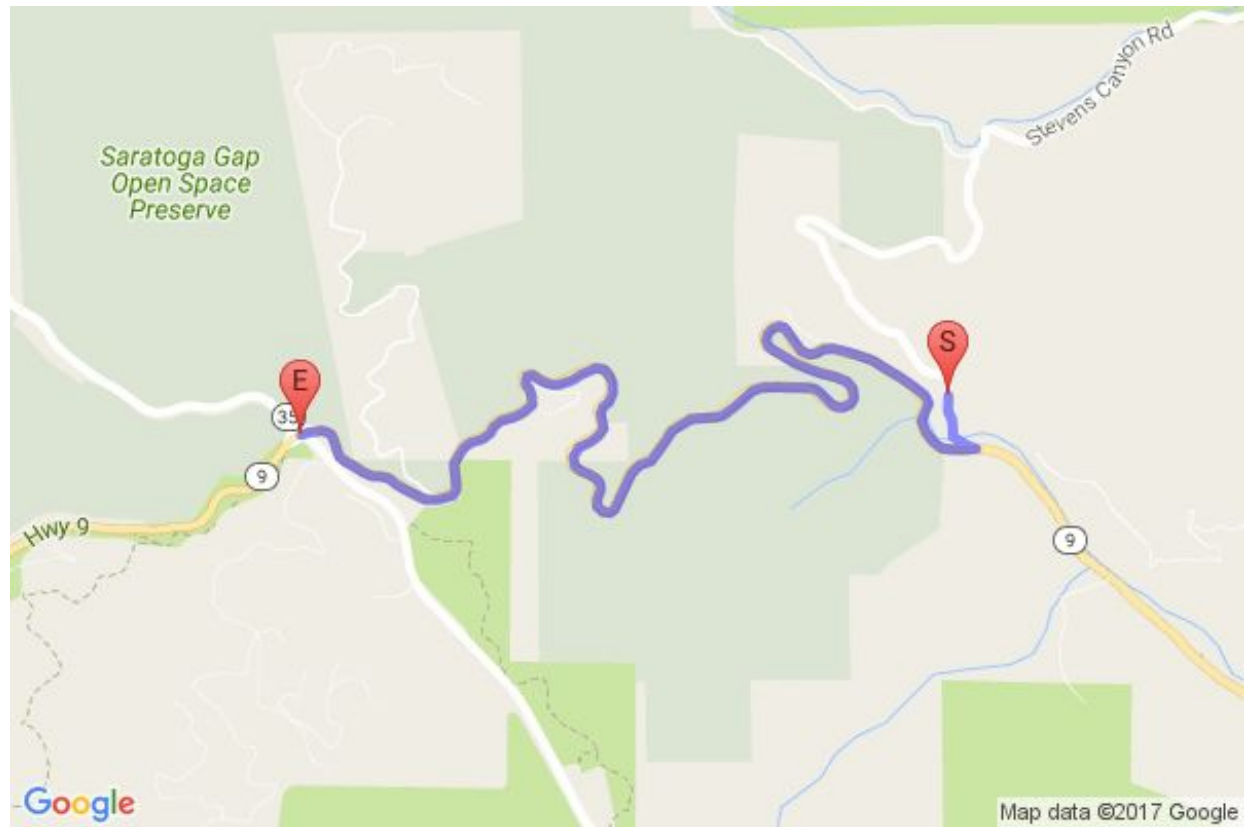
Leg

3.1 miles, Very Hard

Runner: 6

Directions: R - 0.05 on Hwy. 9 (Congress Springs Rd.)

Vans: Active van - turn L to park on lot or R shoulder of Hwy. 35. Resting van - cross Hwy. 35 to park on turn out on L side of Hwy. 9.



Leg 31

From: Exch. 30, Van Exch. 5

Hwy. 9 at Hwy. 35, Santa Cruz County, CA.
Runner: 6 to 7

To: Exchange 31

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

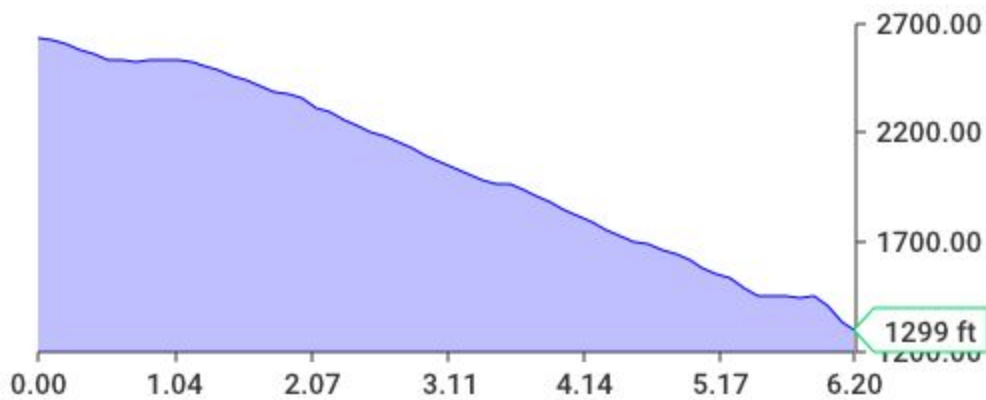
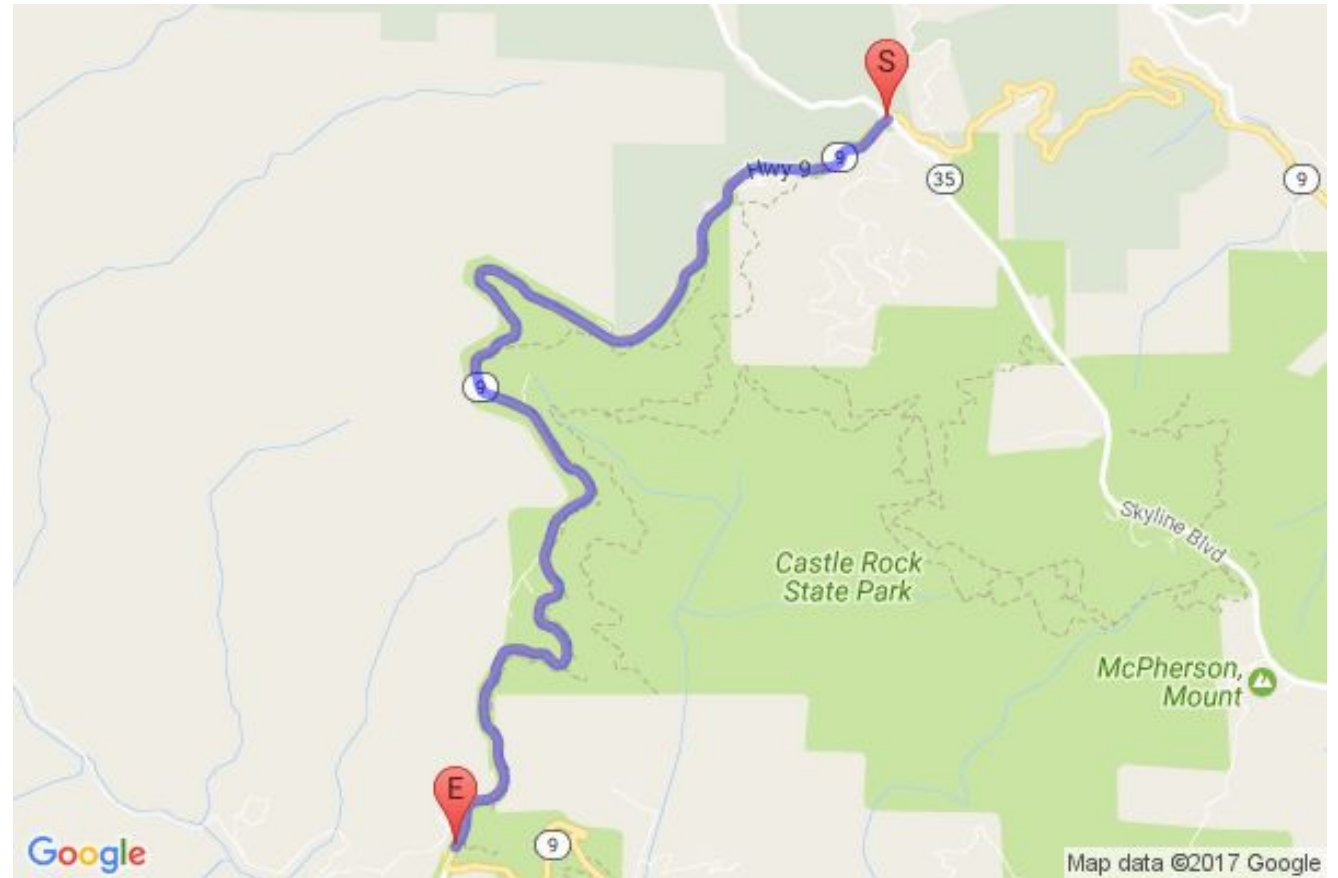
Leg

6.2 miles, Moderate

Runner: 7

Directions: No turns

Vans: No stopping or slowing till exchange.



Leg 32

From: Exchange 31

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

Runner: 7 to 8

To: Exchange 32

Easter Seals Camp Harmon 16403 North Highway 9, Boulder Creek, CA.

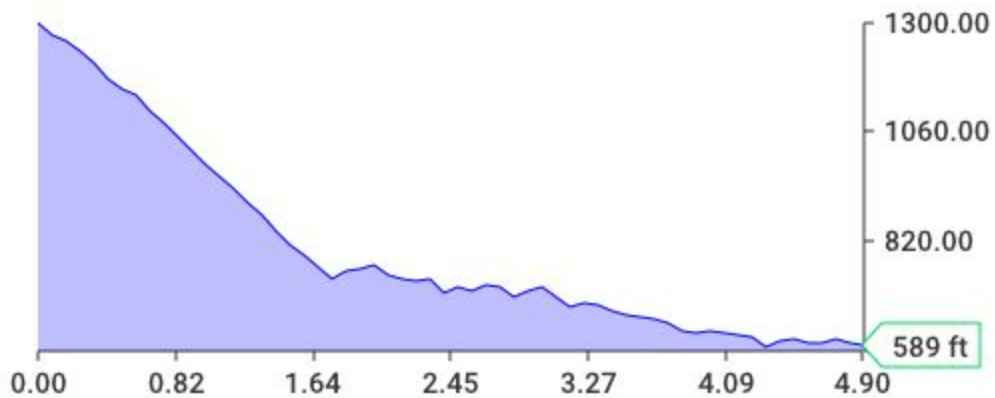
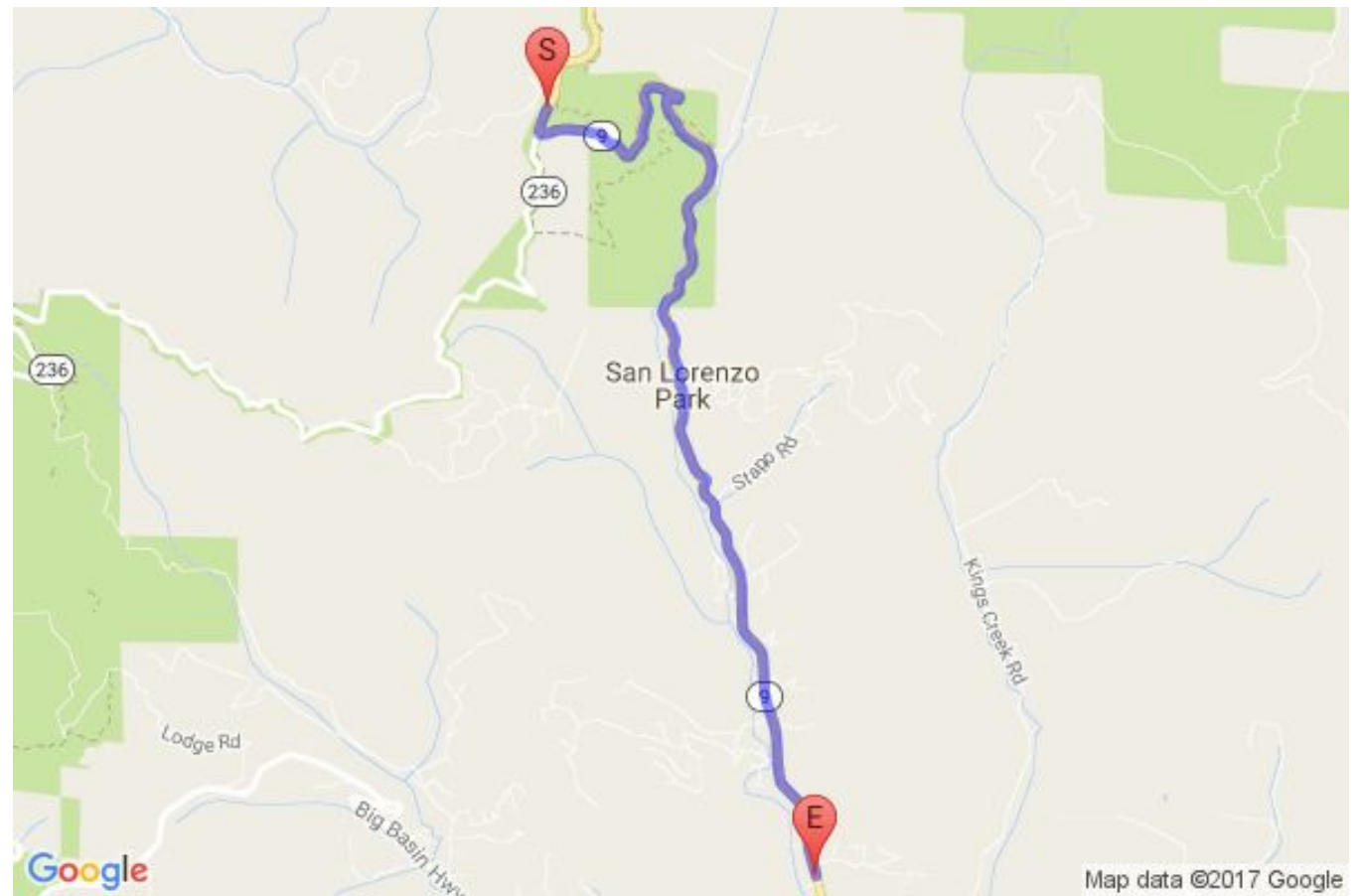
Leg

4.9 miles, Easy

Runner: 8

Directions: L - 0.1 at stop sign to stay on Hwy. 9

Vans: No stopping or slowing till exchange.



Leg 33

From: Exchange 32

Easter Seals Camp Harmon 16403
North Highway 9, Boulder Creek, CA.
Runner: 8 to 9

To: Exchange 33

Coffee 9, 9505 Hwy. 9, Ben Lomond, CA.

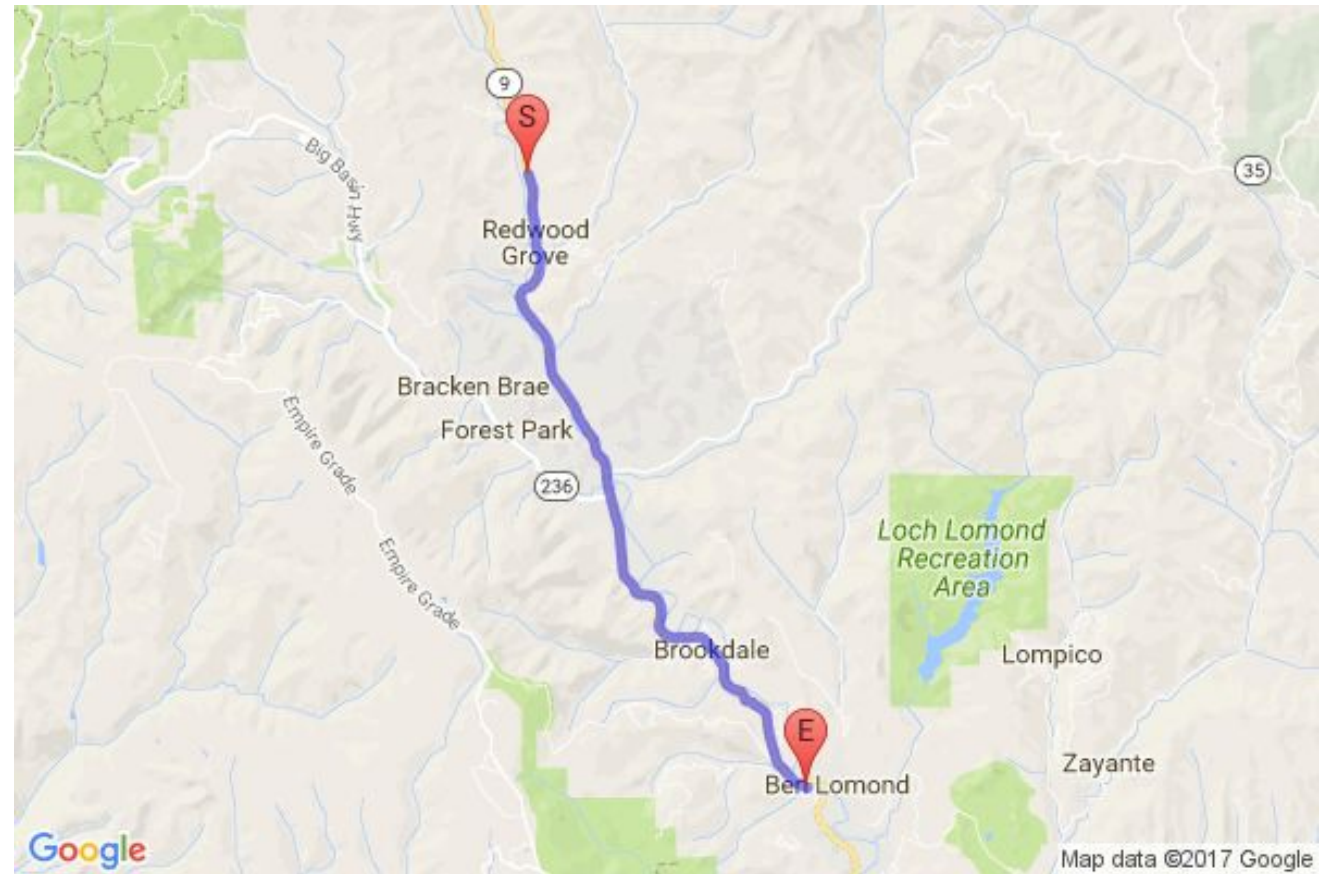
Leg

6.5 miles, Easy

Runner: 9

Directions: R - 6.4 on Mill St.

Vans: No stopping or slowing till
exchange.



Leg 34

34

From: Exchange 33

Coffee 9, 9505 Hwy. 9, Ben Lomond, CA.

Runner: 9 to 10

To: Exchange 34

Felton Quarry, Granite Construction Co.

1800 Felton Quarry Rd., Felton, CA.

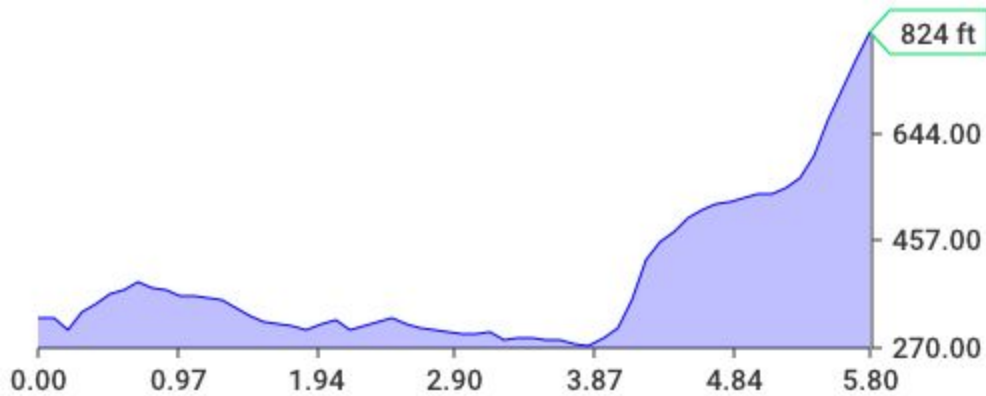
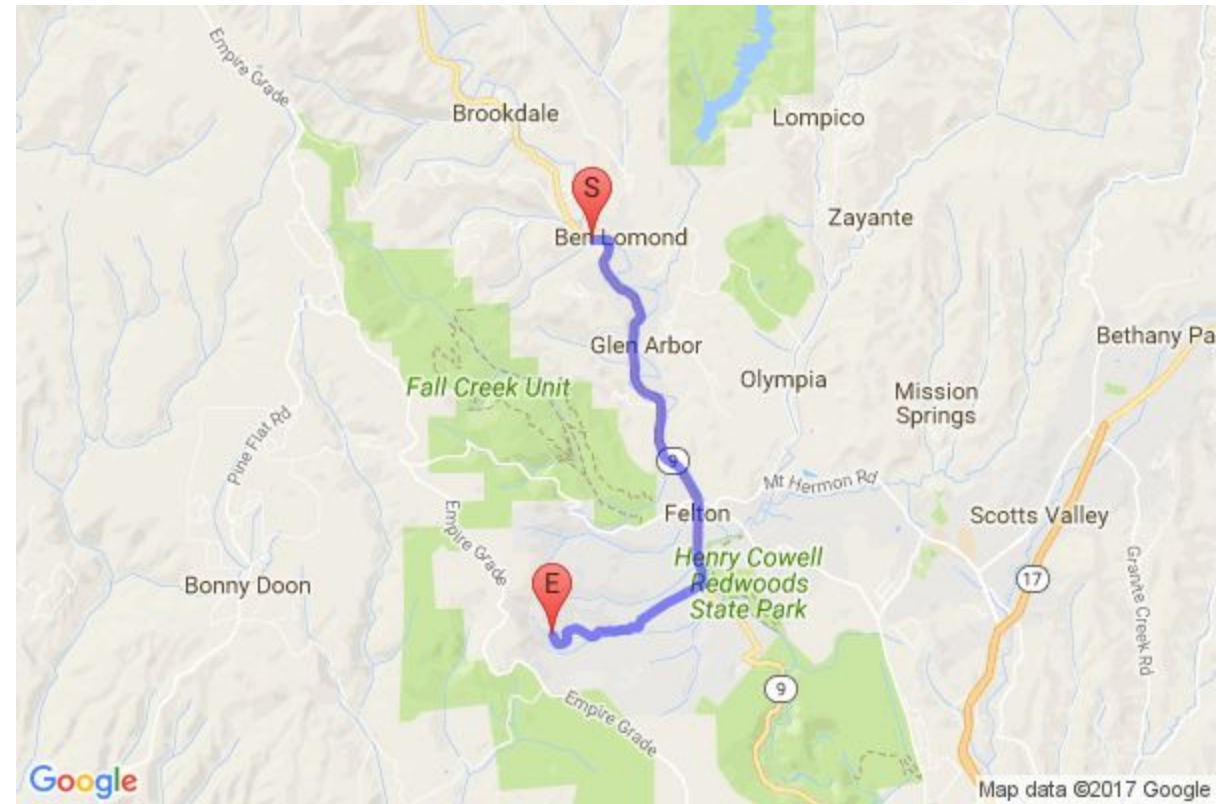
Leg

5.8 miles, Very Hard

Runner: 10

Directions: R - 3.8 on San Lorenzo Ave.

Vans: No stopping or slowing on Hwy. 9.



Leg 35

From: Exchange 34

Felton Quarry, Granite Construction Co.
1800 Felton Quarry Rd., Felton, CA.
Runner: 10 to 11

To: Exchange 35

2329 Empire Grade Rd., Santa Cruz, CA.

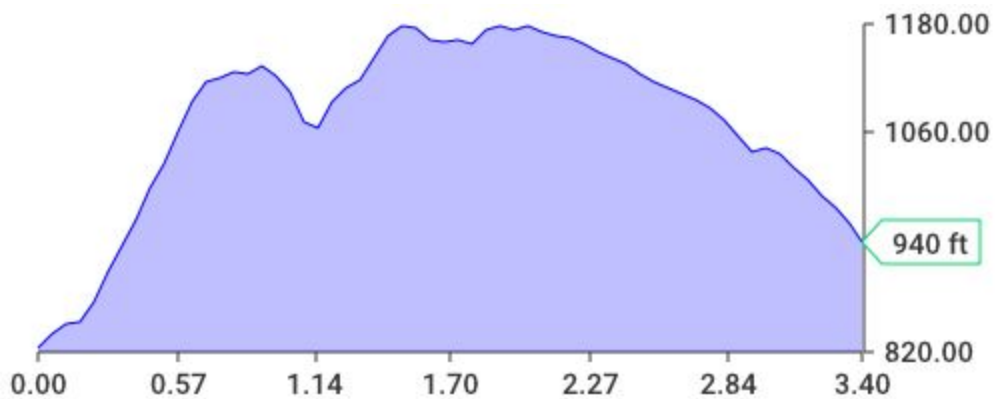
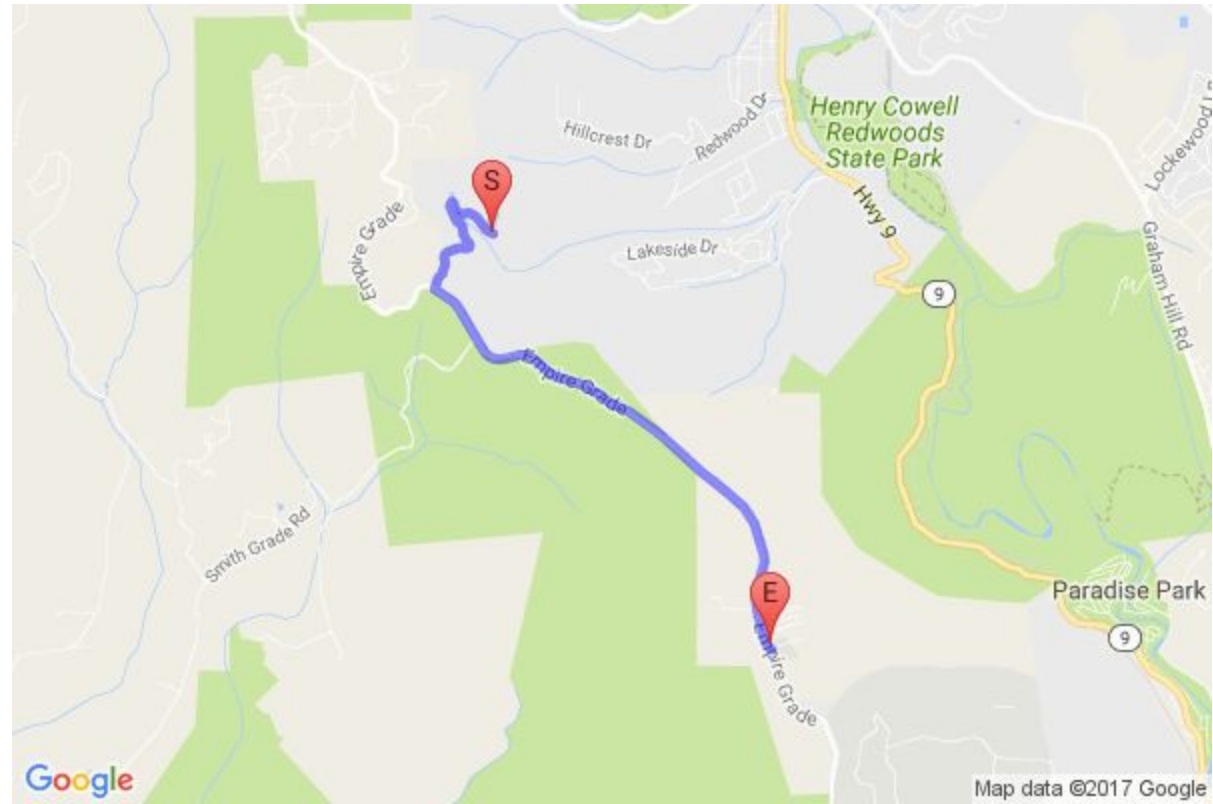
Leg

3.4 miles, Easy

Runner: 11

Directions: L - 0.8 on Empire Grade Rd.

Vans: No parking on Empire Grade Rd.



Leg 36

From: Exchange 35

2329 Empire Grade Rd., Santa Cruz, CA.

Runner: 11 to 12

To: Finish

Barry Swenson Builder property. Delaware

Ave. at Shaffer Rd., Santa Cruz, CA.

Directions: Team waiting area under tree next to Antonelli Pond.

Vans: Park on Delaware Ave.

Leg

6.2 miles, Easy

Runner: 12

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

Vans: R on Mission St. L on Natural Bridges Dr. R to park on Delaware Ave.

