

**Table Rock 27K & 10K**  
**Aid Station Driving Directions**  
**(All Driving Directions from Stinson Beach Park - Start/Finish Area)**

<b>Cardiac Hill Aid Station</b>	
Google Maps link: <a href="http://goo.gl/maps/biVWm">http://goo.gl/maps/biVWm</a>	
<b>Begin: Stinson Beach Park, Start/Finish Area</b>	
Directions	Distance
1. Turn right onto <b>CA-1 S</b>	0.1 mi
2. Turn left onto <b>Panoramic Hwy</b>	3.6 mi
3. Turn right into Pantoll Parking Area	95 ft
<b>End: Pantoll Parking Area</b>	
Travel Time: 4 miles/15 minutes	

The aid station will be located the top of Cardiac Hill, where the Dipsea Trail intersects with Coast View. There is an opening along the south side of the Dipsea trail where the aid station should be set up (near the fountain). You may drive one car down to the aid station area. Other cars may be parked approximately ¼ mile up the access road, near the construction staging area/maintenance yard.

<b>Deer Park Aid Station</b>	
Google Maps link: <a href="http://goo.gl/maps/YA2se">http://goo.gl/maps/YA2se</a>	
<b>Begin: Stinson Beach Park, Start/Finish Area</b>	
Directions	Distance
3. Turn right onto <b>CA-1 S/Shoreline Hwy</b>	6.1 mi
4. Turn left onto <b>Muir Woods Rd</b>	1.9 mi
<b>End: Deer Park Fire Road &amp; Muir Woods Road</b>	
Travel Time: 8 miles/20 minutes	

The aid station will be located on the North side of Muir Woods Road at the Deer Park Fire Road trailhead. Do not block the fire road gate.