

# MUIR WOODS Table Rock Trail RUN

Direction	Color	Course	Segment	Total	Notes
<b>10K</b>					
		<b>Start: Arenal Avenue</b>			
Head North	Pink	Calle del Mar Rd.	0.1	0.0	
Turn Right	Pink	Buena Vista Ave	0.2	0.2	
Turn Left	Pink	Laurel Ave	0.0	0.2	
Veer Left	Pink	Belvedere Rd.	0.1	0.3	
Turn Right	Pink	Avenida Faralone	0.1	0.4	
Stay Straight	Pink	Willow Camp Fire Road	0.2	0.6	
Zig Left/Zag Right	Pink	Willow Camp Trail	0.2	0.8	
Turn Right	Pink	Coastal Trail	1.6	2.4	
Turn Right	Pink	Matt Davis Trail	1.5	3.9	
Veer Left	Pink	Belvedere Rd.	2.2	6.1	
Turn Left	Pink	Highway 1	0.1	6.2	
Cross Road/Turn Right	Pink	Arenal Ave	0.1	6.3	
Turn Left	Pink	Footbridge	0.1	6.4	
		<b>Finish: Stinson Beach</b>			

Direction	Color	Course	Segment	Total	Notes
<b>Half Marathon</b>					
		<b>Start: Arenal Avenue</b>			
Head North	Pink	Calle del Mar Rd.	0.1	0.0	
Turn Right	Pink	Buena Vista Ave	0.2	0.2	
Turn Left	Pink	Laurel Ave	0.0	0.2	
Veer Left	Pink	Belvedere Rd.	0.1	0.3	
Turn Right	Pink	Avenida Faralone	0.1	0.4	
Stay Straight	Pink	Willow Camp Fire Road	0.2	0.6	
Zig Left/Zag Right	Pink	Willow Camp Trail	0.2	0.8	
Turn Right	Pink	Coastal Trail	1.6	2.4	
Turn Right	Pink	Matt Davis Trail	1.5	3.9	
Veer Left	Pink	Belvedere Rd.	2.2	6.1	
Turn Left	Pink	Highway 1	0.1	6.2	Stinson Beach AS
Turn Left	Orange	Dipsea Trail	0.1	6.3	
Stay Straight	Orange	Steep Ravine	1.5	7.8	
Turn Right	Orange	Asphalt Path	1.6	9.4	
Turn Left	Orange	Old Mine Trail	0.0	9.4	
Turn Left	Orange	Coast View Fireroad	0.5	9.9	
Turn Right	Orange	Dipsea Trail	0.1	10.0	Cardiac AS
Turn Left	Orange	Dipsea Trail	1.7	11.7	
Straight/Cross Road	Orange	Arenal Ave	1.4	13.1	
Turn Left	Orange	Footbridge	0.1	13.2	
		<b>Finish: Stinson Beach</b>			

# MUIR WOODS Table Rock Trail RUN

Direction	Color	Course	Segment	Total	Notes
<b>30K</b>					
		<b>Start: Arenal Avenue</b>			
Head North	Pink	Calle del Mar Rd.	0.1	0.0	
Turn Right	Pink	Buena Vista Ave	0.2	0.2	
Turn Left	Pink	Laurel Ave	0.0	0.2	
Veer Left	Pink	Belvedere Rd.	0.1	0.3	
Turn Right	Pink	Avenida Faralone	0.1	0.4	
Stay Straight	Pink	Willow Camp Fire Road	0.2	0.6	
Zig Left/Zag Right	Pink	Willow Camp Trail	0.2	0.8	
Turn Right	Pink	Coastal Trail	1.6	2.4	
Turn Right	Pink	Matt Davis Trail	1.5	3.9	
Veer Left	Pink	Belvedere Rd.	2.2	6.1	
Turn Left	Pink	Highway 1	0.1	6.2	<b>Stinson Beach AS</b>
Turn Left	Orange	Dipsea Trail	0.1	6.3	
Stay Straight	Orange	Steep Ravine	1.5	7.8	
Turn Right	Orange	Asphalt Path	1.6	9.4	
Turn Left	Orange	Old Mine Trail	0.0	9.4	
Turn Left	Orange	Coast View Fireroad	0.5	9.9	
Turn Left	Orange	Dipsea Trail	0.1	10.0	<b>Cardiac AS</b>
Stay Straight	Orange	Deer Park Fire Road	0.2	10.2	
Turn Left	Orange	Ben Johnson Trail	0.2	10.4	
Turn Right	Orange	Ben Johnson Trail	0.2	10.6	
Cross Bridge/Turn Left	Orange	Bootjack Spur	1.1	11.7	
Turn Left	Orange	Bootjack Trail	0.3	12.0	
Turn Left	Orange	TCC Trail	1.0	13.0	
Turn Left	Orange	Stepleveldt Trail	1.4	14.4	
Turn Right	Orange	Ben Johnson Trail	0.6	15.0	
Turn Right	Orange	Deer Park Fire Road	0.2	15.2	
Stay Right	Orange	Dipsea Trail	0.2	15.4	
Stay Straight	Orange	Dipsea Trail	0.2	15.6	<b>Cardiac AS</b>
Turn Left	Orange	Dipsea Trail	1.7	17.3	
Straight/Cross Road	Orange	Arenal Ave	1.4	18.7	
Turn Left	Orange	Footbridge	0.1	18.8	
		<b>Finish: Stinson Beach</b>			