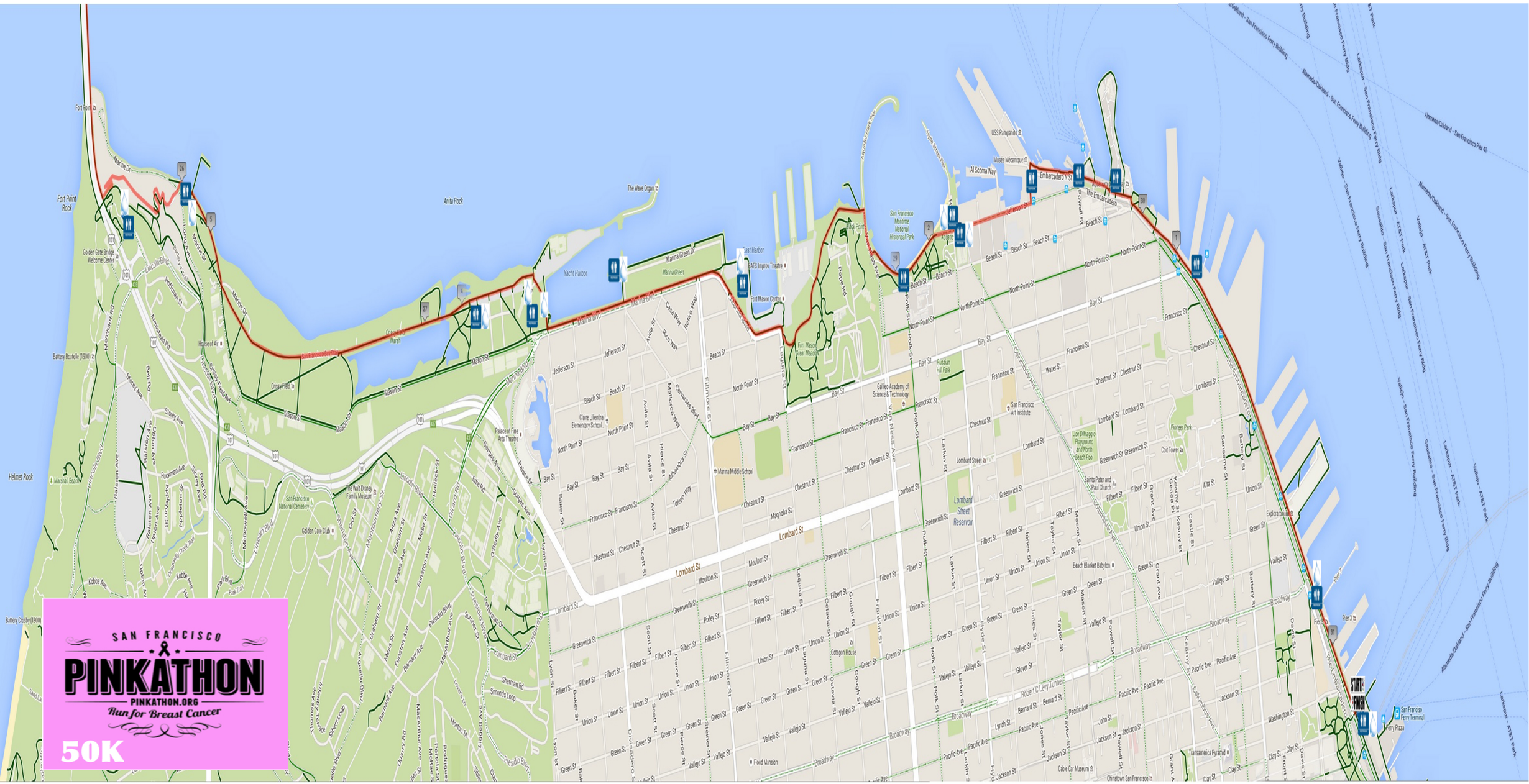
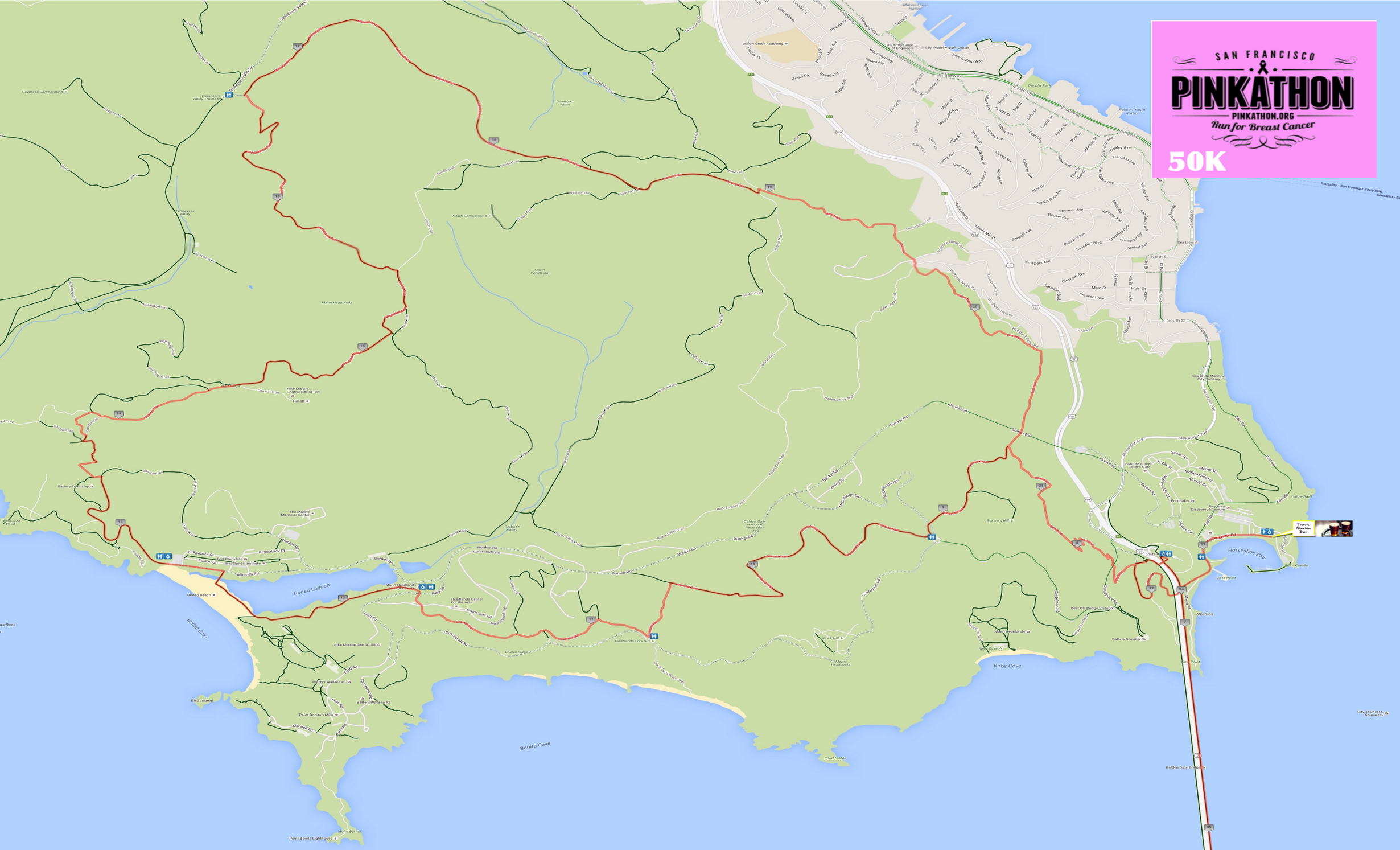
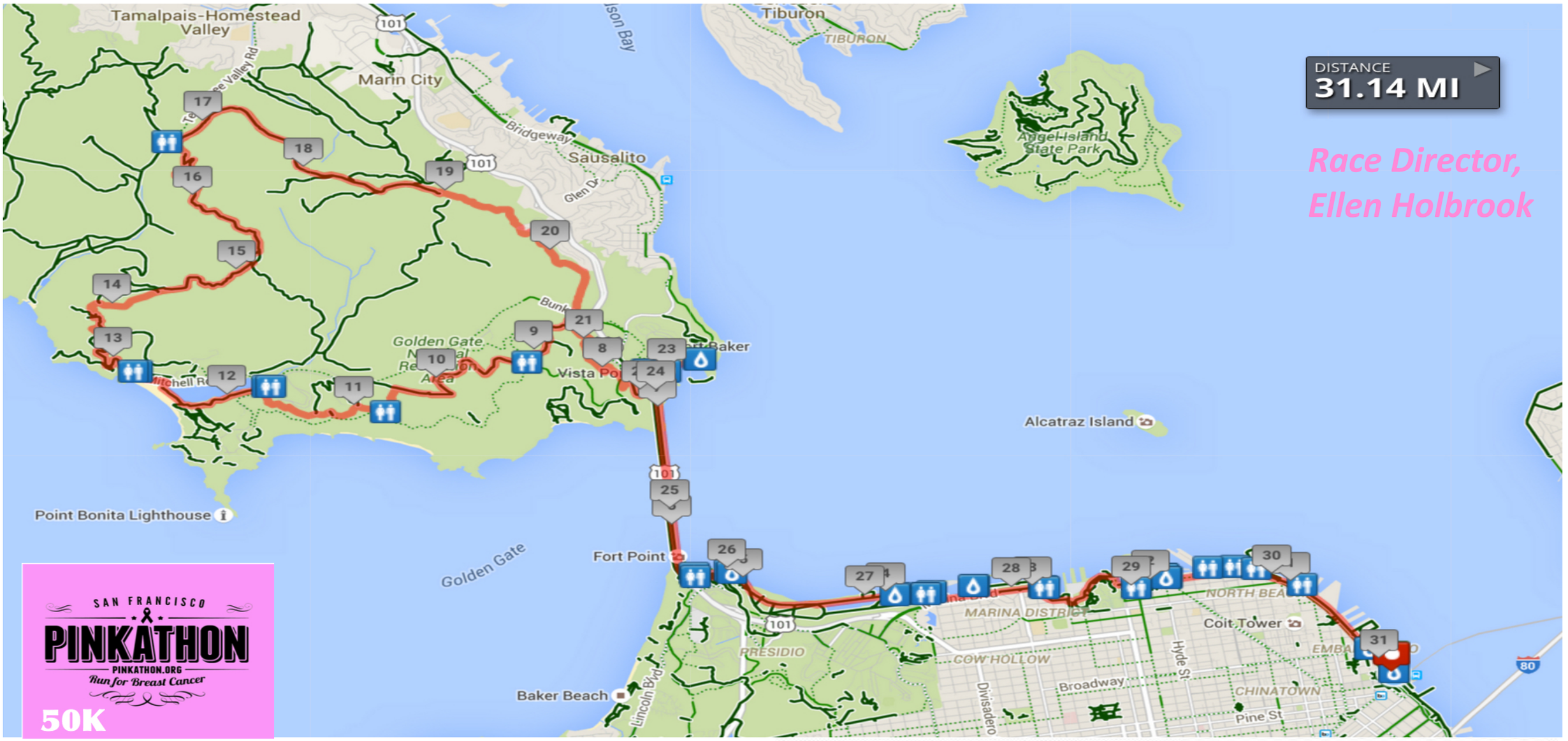

SAN FRANCISCO
PINKATHON
PINKATHON.ORG
Run for Breast Cancer
50K
START / FINISH


SAN FRANCISCO
PINKATHON
PINKATHON.ORG
Run for Breast Cancer
50K
Travis Marina Bar
Horseshoe Bay
Kirby Cove
Bonita Cove
Rodeo Lagoon
Rodeo Cove
Marin Headlands
Marin Peninsula
Bridgeway
Needles
Point Diablo
Point Bonita
Point Bonita Lighthouse
Bird Island
Golden Gate Bridge
Sausalito - San Francisco Ferry Bldg



START ELEVATION	MAX ELEVATION	GAIN	CLIMBS ON ROUTE
21 FT	954 FT	3491 FT	3: 2, 4: 1, 5: 1

CLIMB DETAILS

Rating	Start/End Points	Length	Start/End Elevation	Avg Grade
3	6.60 mi/8.78 mi	2.18 mi	6 ft/703 ft	6.0%
3	12.52 mi/14.57 mi	2.06 mi	19 ft/753 ft	6.8%
4	16.69 mi/19.68 mi	2.99 mi	319 ft/869 ft	3.5%
5	22.67 mi/24.04 mi	1.37 mi	4 ft/162 ft	2.2%

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Direction	Course	Distance (mi.)	
		Segment	Cumm.
START	Start in front of the Ferry Building. Run along The Embarcadero towards Fisherman's Wharf.	0.0	0.0
Go STRAIGHT	Cross Powell S. The Embarcadero becomes Jefferson S.	1.46	1.46
Go STRAIGHT	Enter Aquatic Park	0.52	1.98
Turn RIGHT	Follow Aquatic Park path to Van Ness Ave.	0.24	2.22
Turn LEFT	Van Ness Ave ends and becomes McDowell Rd.	0.09	2.31
Go STRAIGHT	Stay on McDowell Rd.	0.17	2.48
Go STRAIGHT	McDowell Rd becomes an unnamed trail	0.06	2.54
Go STRAIGHT	Stay on unnamed trail	0.06	2.60
Turn RIGHT	Head down unnamed trail towards Marina Blvd.	0.08	2.68
Turn RIGHT	Marina Blvd (Stop Light) Restrooms available in the Marina Green Triangle, near the parking lot	0.06	2.74
Turn RIGHT	Past the Marina Green and the Yacht Harbor onto SF Bay Trail (Opposite Baker St)	0.88	3.62
Turn LEFT	SF Bay Trail	0.05	3.67
Go STRAIGHT	Cross Yacht Road to SF Bay Trail	0.05	3.72
Turn LEFT	SF Bay Trail	0.01	3.73
Veer RIGHT	SF Bay Trail (Golden Gate Promenade) Restrooms available near the parking lot end opposite of the Beach Hut Cafe	0.71	4.44
Veer RIGHT	SF Bay Trail	0.46	4.89
Turn LEFT	Go past the Warming Hut Café and the buildings behind it and cross the Marine Drive road to the Battery East Stairs Restrooms available behind the buildings next to the cafe	0.26	5.15
Turn RIGHT	Battery East Trail	0.06	5.21
Turn RIGHT	Battery East Trail	0.11	5.32
Go STRAIGHT	Battery East Trail	0.01	5.33
Turn RIGHT	Battery East Road	0.14	5.47
Sharp LEFT	Battery East Road	0.06	5.53
Turn RIGHT	Coastal Trail (Golden Gate Bridge Pathway) Water fountains available near the Pavilion and restrooms available near the parking lot	0.07	5.60
Turn RIGHT	Exit Golden Gate Bridge Pathway towards parking lot Restrooms available near the parking lot	1.73	7.33
Turn RIGHT	Under Bridge access walkway	0.02	7.35
Go STRAIGHT	Exit access walkway, go through parking lot to Coastal trailhead Porta-Potties available	0.12	7.47
Go STRAIGHT	Cross Conzelman Road and continue on Coastal Trail	0.19	7.66
Turn LEFT	Coastal Trail	0.91	8.57
Go STRAIGHT	Coastal Trail	0.31	8.88
Go STRAIGHT	Cross McCullough Road and continue on Coastal Trail	0.20	9.08

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Turn RIGHT	Coastal Trail Restroom available	0.07	9.15
Turn LEFT	Coastal Trail	1.40	10.55
Sharp RIGHT	Coastal Trail	0.25	10.80
Turn LEFT	Coastal Trail	0.19	10.99
Go STRAIGHT	Coastal Trail	0.23	11.22
Turn LEFT	Coastal Trail	0.10	11.32
Go STRAIGHT	Coastal Trail	0.01	11.33
Go STRAIGHT	Bodsworth Road	0.35	11.68
Turn LEFT	Field Road	0.07	11.75
Turn RIGHT	Parking Lot Restroom available and water fountains available	0.04	11.79
Turn LEFT	Lagoon Trail	0.01	11.80
Go STRAIGHT	Lagoon Trail	0.03	11.83
Go STRAIGHT	Lagoon Trail	0.58	12.41
Turn LEFT	Cross the bridge to Mitchell Road	0.20	12.61
Go STRAIGHT	Pass through the gate to Coastal Trail (road) Restrooms and water fountains available in the parking lot	0.23	12.84
Turn LEFT	Coastal Trail (dirt)	0.05	12.89
Turn LEFT	Coastal Trail (road)	0.23	13.12
Turn LEFT	Coastal Trail (dirt)	0.39	13.51
Turn RIGHT	Coastal Trail (dirt)	0.01	13.52
Turn RIGHT	Coastal Trail (dirt)	0.27	13.79
Turn LEFT	Coastal Trail (dirt)	0.03	13.82
Turn RIGHT	Coastal Trail (dirt)	0.15	13.97
Go STRAIGHT	Coastal Trail (road)	0.04	14.01
Veer LEFT, Then RIGHT	Wolf Ridge Trail	0.47	14.48
Turn LEFT	Miwok Trail	0.72	15.20
Turn LEFT	Old Springs Trail	0.29	15.49
Turn LEFT	Miwok Stables Please keep noise down when passing through the stables, so as not to startle the horses	1.22	16.71
Turn RIGHT	Marincello Trail Restrooms available near the parking lot	0.06	16.77
Go STRAIGHT	Bobcat Trail	1.48	18.25
Turn LEFT	Bobcat-Alta Connector Trail	0.74	18.99
Turn RIGHT	Alta Trail	0.02	19.01
Turn RIGHT	Alta Trail	0.49	19.50
Go STRAIGHT	Alta Trail	0.03	19.53
Turn RIGHT	Wolfback Ridge Road	0.14	19.67
Turn LEFT	Alta-SCA Connector Trail	0.01	19.68
Go STRAIGHT	SCA Trail	0.05	19.71
Turn LEFT	Coastal Trail	1.07	20.78
Go STRAIGHT	Cross Conzelman Road and continue on Coastal Trail	0.92	21.70
Turn RIGHT	Conzelman Road	0.18	21.88

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Go STRAIGHT	Conzelman Road becomes Moore Road	0.52	22.40
Turn RIGHT	Sommerville Road Porta-Potties along the route	0.18	22.58
TURNAROUND	Presidio Yacht Club Restrooms available inside Mike's Place (2nd floor bar). Beer and food available for purchase as well 	0.28	22.85
Turn LEFT	Moore Road	0.28	23.13
Go STRAIGHT	Moore Road becomes Conzelman Road	0.18	23.31
Turn RIGHT	Parking lot	0.52	23.83
Turn LEFT	Go through parking lot to Under bridge access walkway	0.12	23.94
Sharp LEFT	Golden Gate Bridge Walkway	0.02	23.96
Turn LEFT	Battery East Road	1.73	25.69
Sharp RIGHT	Battery East Road	0.07	25.75
Turn LEFT	Battery East Trail	0.06	25.81
Go STRAIGHT	Battery East Trail	0.14	25.95
Turn LEFT	Battery East Trail	0.01	25.96
Turn LEFT	Battery East Trail	0.11	26.07
Go STRAIGHT	Marine Drive	0.06	26.13
Turn RIGHT	SF Bay Trail	0.01	26.14
Veer LEFT	SF Bay Trail	0.25	26.39
Veer LEFT	SF Bay Trail (Golden Gate Promenade)	0.46	26.85
Turn RIGHT	SF Bay Trail	0.71	27.56
Go STRAIGHT	Cross Yacht Road to SF Bay Trail	0.01	27.57
Turn RIGHT	SF Bay Trail	0.05	27.62
Turn LEFT	SF Bay Trail	0.05	27.67
Turn LEFT	Past the Yacht Harbor and the Marina Green and head up unnamed trail at stop light	0.88	28.55
Turn LEFT	Stay Left on unnamed trail	0.06	28.61
Stay LEFT	Stay Left on unnamed trail	0.08	28.69
Go STRAIGHT	Stay on unnamed trail	0.06	28.75
Go STRAIGHT	Unnamed trail becomes McDowell Rd.	0.06	28.81
Turn RIGHT	McDowell Rd ends at Van Ness Ave.	0.17	28.98
Turn LEFT	Enter Aquatic Park (running along path closest to the beach)	0.09	29.07

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Go STRAIGHT	Aquatic Park path enters Jefferson St.	0.24	29.31
Go STRAIGHT	Jefferson St becomes The Embarcadero	0.52	29.83
FINISH	Finish back at the Ferry Building	1.46	31.29