

HEADLANDS 50K - ABBREVIATED COURSE DESCRIPTION (8/16/11)

Santos Meadow (0M) to Tennessee Valley Aid –West (4.5M) – East across Santos Meadow, right onto Muir Woods Road. At 0.3M left off Muir Woods Road onto Redwood Creek Trail, and follow towards Muir Beach. Left onto Muir Woods Road, then cross Highway 1 and head south. At Pacific Way (Pelican Inn), turn right then immediate left onto Muir Beach Trail to Coastal Trail, and follow to Tennessee Valley.

Tennessee Valley Aid –West (4.5M) to Rodeo Beach (7.5M) – Follow Coastal Trail over Wolf Ridge to Rodeo Beach.

Rodeo Beach (7.5M) to Tennessee Valley-East (11.5M) – At Rodeo Beach pass parking lot and bathrooms. Continue east along dirt path on south side of Bunker Road. At 8.2M bear left on trail at “Y”, and cross over Bunker Road past the corner of Building T1111 (Rodeo Aid), and onto Miwok Trail. Follow Miwok Trail to Old Springs Trail and turn left to Tennessee Valley Parking Lot (Aid).

Tennessee Valley-East (11.5M) to Highway 1 (14.7M) – Follow Miwok Trail and Miwok Cut-off Trail to Highway 1.

Highway 1 Aid (14.7M) to Cardiac Hill Aid (19.5M) - Cross Highway 1 and continue on Miwok Trail to “T” intersection with Redwood Creek Trail. Right to Muir Woods Road, cross road and head up Deer Park Fire Road. Transition onto Dipsea Trail to and follow to Cardiac.

Cardiac Hill Aid (19.5M) to Stinson Beach Aid (24.1M) - Right on Coastal Fire Road, then right onto Old Mine Trail to Pantoll. Cross parking lot and Panoramic Highway to Matt Davis and Coastal Trails. Left (downhill) on Matt Davis Trail to Stinson Beach Exit Matt Davis trail and left on Belvedere Avenue.

Stinson Beach Aid (24.1M) to Cardiac Hill Aid (27.7M) - Left on Shoreline Highway then left up steps onto Dipsea Trail. Dipsea Trail to bridge in Steep ravine but continue straight (don't cross bridge) on Steep Ravine Trail towards The Ladder and Pantoll. At Pantoll enter Old Mine Trail downhill to Cardiac Hill Aid.

Cardiac Hill Aid (27.7M) to Finish (31.5M) – Coastal Fire Road to Coastal View Trail toward Muir Beach. Left on Heather Cutoff Trail to Santos Meadow.