



## LEGEND

- T** TRANSITION AREA
- RUN COURSE START
- FINISH LINE
- 1** 1ST SEGMENT (DO THIS SEGMENT ONCE)
- 15** 2ND SEGMENT (DO THIS SEGMENT TWICE)
- 20** 2ND SEGMENT (LAP 2)
- U** U-TURN
- ⌚** BEGIN 2<sup>ND</sup> LOOP ON SEGMENT 2
- 2<sup>ND</sup> LOOP TO FINISH ONLY
- W** WATER/AID STATION
- R** RED BULL STATION
- G** GATORADE ENDURANCE STATION
- M** MAURTEN STATION
- PN** PERSONAL NEEDS

## TURN BY TURN DIRECTIONS

- Exit Transition
- Turn right after crossing the street to run south on Riverfront St
- Turn left onto Miller St River Access path – Riverfront @ Mill
  - Turn left onto River Walk Trail
  - Turn right onto Tower Bridge sidewalk
- Turn right onto Sacramento River Bike Trail
  - Turn left onto Broadway
  - Turn right onto Front St
  - Turn Left onto Ramp Way
- Stay Left onto Sacramento River Bike Trail
- Turn Around at the parking lot Captains Table Rd
  - Stay right onto Ramp Way
  - Turn Right onto Front St
  - Turn right onto Neasham Cir.
  - Turn right onto Front St (Old Sacramento)
- Turn left onto I St / Sacramento River Bike Trail
- Turn right onto Sacramento River Bike Trail
  - Turn left onto Jibboom St
  - Turn left onto American River Bike Trail
- Stay straight onto the American River Bike Trail at Del Paso Blvd.
- Turn Around on American River Bike Trail @ Cal Expo River Access
- Stay straight onto the American River Bike Trail at Del Paso Blvd
  - Turn right onto Jibboom St
  - Turn right onto American River Bike Trail
  - Turn left onto Railyard Blvd
    - Turn Right onto 6th St
    - Turn Left on G St
    - Turn left onto 7th St
    - Turn right onto F St
    - Turn right onto 13th St
    - Turn right onto L St
    - Turn left onto 9th St
  - Turn right onto Capital Mall
    - Turn left onto 4th St
  - Turn Left onto Capital Mall
    - Turn right onto 7th St
    - Turn Left on N St
- Turn leftleft into Capital Park walking path @ 13th St
  - Turn left onto L St
- Start of Second Lap:
  - Turn left onto 9th St
  - Turn right onto Capital Mall
    - Turn left onto 4th St
  - Turn Left onto Capital Mall
    - Turn right onto 7th St
    - Turn Left on N St
- Turn leftleft into Capital Park walking path @ 13th St
  - Turn left onto L St
  - Turn Left onto 9th St
  - Turn right onto Capital Mall

Start Elevation: 30 ft ■ Finishing Elevation: 22 ft ■ Gain: 252 ft

