

Arlington - Humane/Intermediate/Advance

Distance: 41.2 miles Climb: 2,788 feet

Start: Lake Merritt (Children's Fairyland parking lot)

Dir	Street/Road	At	Go	Comments
N	Bellevue	0.0	0.1	
L	Grand Ave	0.1	0.1	
R	Bay Pl	0.2	0.2	
C	27th St	0.4	0.4	
R	Telegraph	0.8	0.1	
L	29th St	0.9	0.2	
R	MLK	1.1	1.0	
L	45th St	2.1	0.3	
R	Market St	2.4	0.9	
C	Sacramento	3.3	2.2	at Berkeley city limit
R	Hopkins	5.5	0.1	
L	Monterey	5.6	0.6	
R	Marin Circle	6.2	0.2	clockwise around the traffic circle
R	Arlington	6.4	3.0	at El Cerrito city limit
RG	Top of Arlington	9.4	0.0	
C	Arlington	9.4	2.9	
L	McBryde	12.3	0.0	
R	Marin	12.3	0.1	
C	Riverside	12.4	0.1	cross pedestrian/bkie bridge
R	Yuba	12.5	0.1	
R	Alpine	12.6	0.1	
L	Hillcrest	12.7	1.5	
R	San Pablo Dam Rd.	14.2	0.3	
RS	Jack in the Box	14.5	0.0	restrooms & water inside
C	San Pablo Dam Rd.	14.5	7.9	
C	Camino Pablo	22.4	2.5	at Wildcat Canyon/Bear Valley
C	Moraga Way	24.9	4.6	
RS	Moraga Gas Station	29.5	0.0	restrooms & convenience store
R	Canyon Rd	29.5	1.8	
R	Pinehurst Rd	31.3	4.0	
RG	Top of Pinehurst	35.3	0.0	
C	Shepherd Canyon	35.3	1.8	
C	Snake Rd	37.1	0.2	at stop sign
L	Mountain	37.3	0.2	
R	Park Blvd	37.5	0.8	
R	Trestle Glen	38.3	1.8	
C	Lakeshore Ave	40.1	0.3	

Dir	Street/Road	At	Go	Comments
R	El Embarcadero	40.4	0.1	
L	Grand Ave	40.5		
L	Bellevue	41.1	0.1	
F	Lake Merritt	41.2	0.2	

R=right L=left NC=name change C=continue BR=bear right RG=regroup N=north F=finish WS=water stop

