

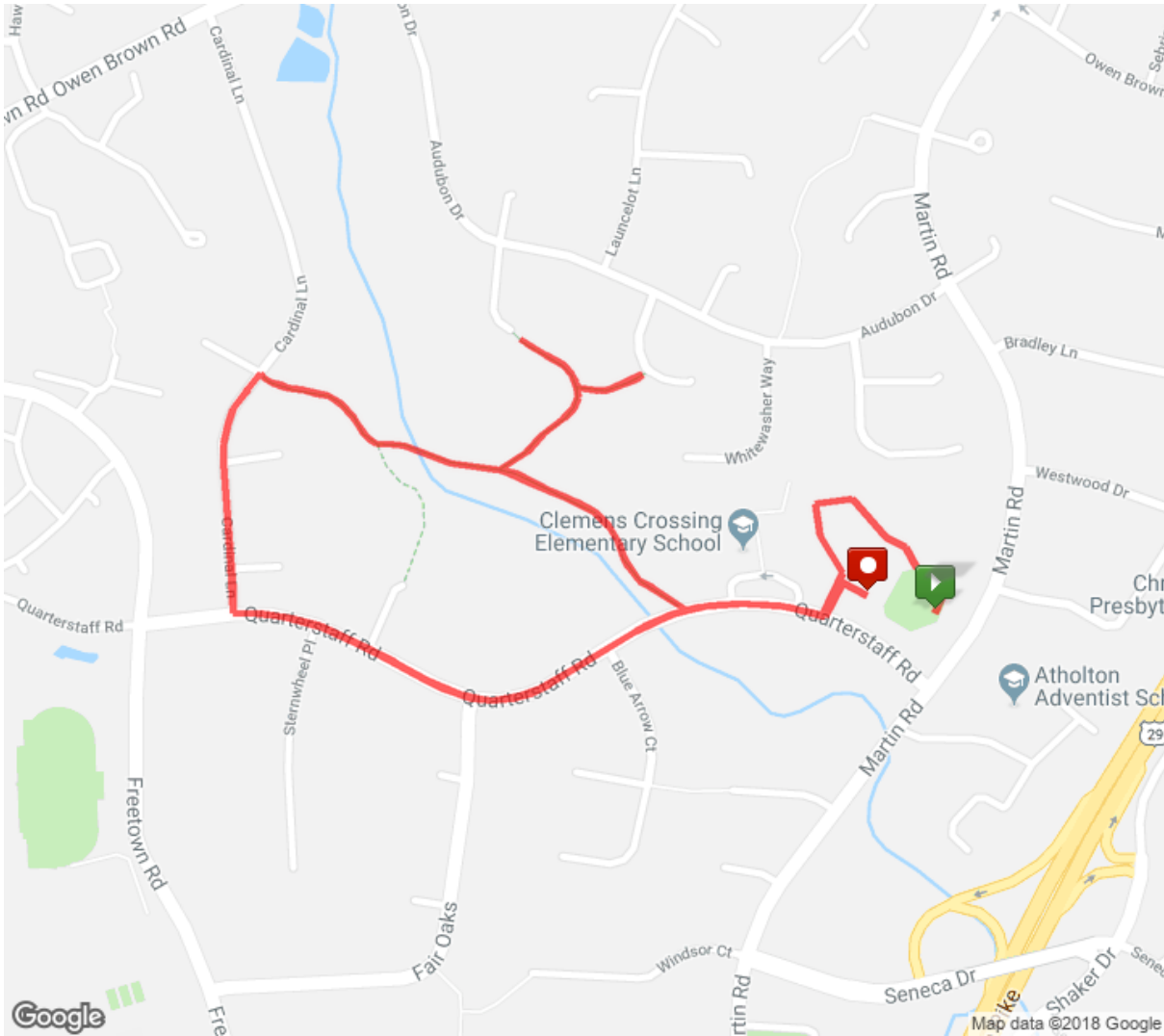


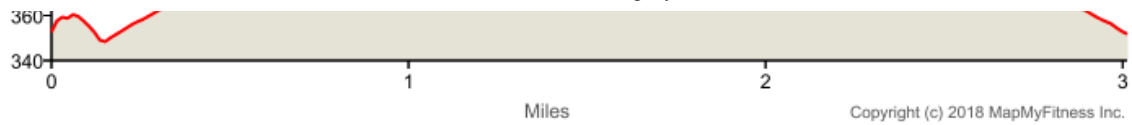
CA Triathlon - Run 1.75/3 miles, Clemens Crossing

Distance: 3.01 mi
Elevation Gain: 83 ft
Elevation Max: 404 ft

Notes

Run Course, Sprint 2 loops = 3 miles, Super Sprint 1 loop = 1.75 miles





0.00 mi	Direct/offroad route segment
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0.00 mi	Direct/offroad route segment
0.00 mi	Direct/offroad route segment
0.00 mi	Head west on Quarterstaff Rd
0.10 mi	Head northwest
0.26 mi	Head west
0.27 mi	Turn right
0.36 mi	Turn right
0.41 mi	Head southwest
0.45 mi	Turn right
0.51 mi	Head southeast Destination will be on the left
0.73 mi	Head west toward Cardinal Ln
0.84 mi	Turn left onto Cardinal Ln
0.86 mi	Head southwest on Cardinal Ln toward Snuffbox Terrace Destination will be on the right
1.00 mi	Head south on Cardinal Ln toward Quarterstaff Rd

1.02 mi	Turn left onto Quarterstaff Rd
1.14 mi	Head southeast on Quarterstaff Rd toward Fair Oaks
1.37 mi	Head east on Quarterstaff Rd
1.37 mi	Turn left
1.55 mi	Turn right
1.57 mi	Head northeast
1.63 mi	Turn right
1.68 mi	Head southwest
1.73 mi	Turn right Destination will be on the left
1.78 mi	Head southeast
1.94 mi	Head west toward Cardinal Ln
2.08 mi	Head west toward Cardinal Ln
2.10 mi	Turn left onto Cardinal Ln
2.24 mi	Head south on Cardinal Ln toward Red Keel
2.28 mi	Turn left onto Quarterstaff Rd
2.43 mi	Head southeast on Quarterstaff Rd toward Fair Oaks
2.67 mi	Head east on Quarterstaff Rd toward Martin Rd Destination will be on the right
2.74 mi	Direct/offroad route segment
2.74 mi	Direct/offroad route segment
2.74 mi	Destination