

# 11<sup>th</sup> Annual Presidio Challenge

Saturday, October 3, 2009 @ 9:15 AM local time

Team Lead: Ken Burgess, Charlie will retrieve vehicle keys

**Meet at Carpool next to BLDG 52 @ 0715**

Participating:

Ken	
Jason	
Jeremy	
Patrick	
Nate	
Charlie (Coaching)	











\* If you plan to drive on your own, please let Ken Burgess know so we don't wait for you in the morning.

## \$20 day of registration

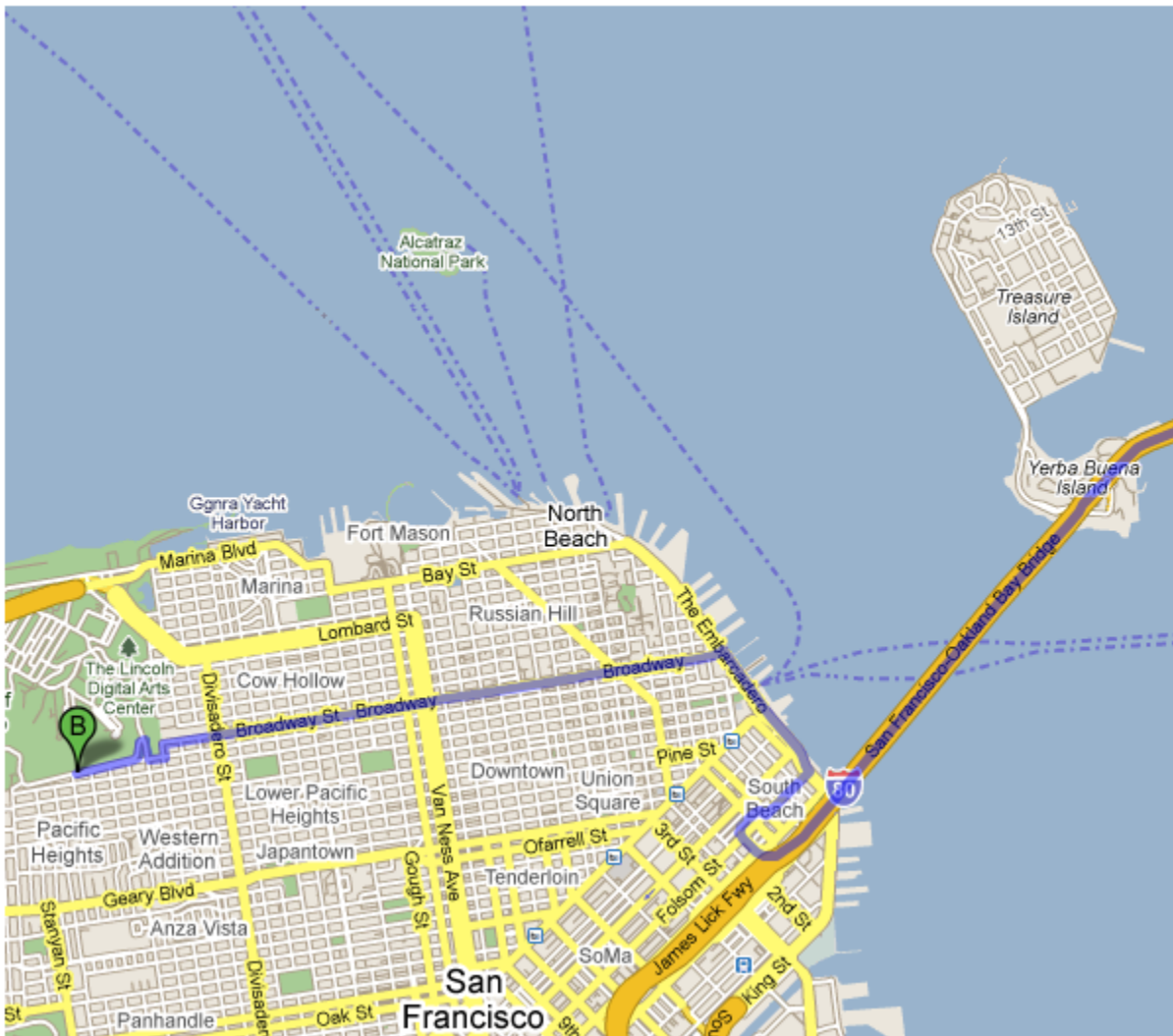
Directions (from CG Island) – drive time up to 55 min:

Website: From East Bay:-Take 80-W into SF, exit at 9th/Harrison St, L on Harrison , immediate R on 9th (which becomes Hayes St ) for .5 miles, R on Van Ness Ave for .6 miles, L on Geary Blvd for 1.8 miles, R on Spruce St for .6 miles

Google:

	5. Turn <b>right</b> at <b>Embarcadero</b> About 1 min	go 0.3 mi total 0.9 mi
	6. Continue on <b>E 7th St</b>	go 0.2 mi total 1.1 mi
	7. Turn <b>left</b> at <b>23rd Ave</b> About 1 min	go 0.2 mi total 1.3 mi
	8. Take the ramp on the <b>left</b> onto <b>I-880 N</b> About 6 mins	go 5.1 mi total 6.4 mi
	9. Continue on <b>CA-880 N</b> (signs for <b>I-80/San Francisco</b> ) Toll road About 2 mins	go 1.4 mi total 7.8 mi
	10. Merge onto <b>I-80 W</b> Toll road About 7 mins	go 5.2 mi total 13.0 mi
	11. Take the <b>Fremont St</b> exit About 1 min	go 0.4 mi total 13.5 mi
	12. Keep <b>right</b> at the fork, follow signs for <b>Folsom St</b>	go 0.2 mi total 13.7 mi
	13. Turn <b>left</b> at <b>Folsom St</b> About 1 min	go 0.3 mi total 13.9 mi
	14. Turn <b>left</b> at <b>The Embarcadero</b> About 1 min	go 0.4 mi total 14.4 mi

↩	15. Continue straight to stay on <b>The Embarcadero</b>	go 0.3 mi total 14.7 mi
↩	16. Turn <b>left</b> at <b>Broadway</b> About 8 mins	go 2.7 mi total 17.4 mi
↩	17. Turn <b>left</b> at <b>Lyon St</b>	go 358 ft total 17.4 mi
↪	18. Take the 1st <b>right</b> onto <b>Pacific Ave</b>	go 404 ft total 17.5 mi
↪	19. Take the 1st <b>right</b> onto <b>Presidio Blvd</b>	go 0.1 mi total 17.6 mi
↩	20. Take the 1st <b>left</b> onto <b>W Pacific Ave</b> Destination will be on the right About 1 min	go 0.4 mi total 18.0 mi



Though this race is only 3.55 miles, I consider this the most difficult course we run. The race starts with a run across a soccer field (see the course map below, but ignore the race start times as they are from another year). You leave the field and run around the bathroom to a dirt trail. This trail runs parallel to the field and you are now running in the opposite direction you started and you are above the field. This is the start of the loop. You curve to your right running uphill (hill #1) until you get to a level area running parallel to a playground. I believe this rare flat section is paved. You then leave the asphalt and go up a steep dirt hill (I consider this hill #2). At the top of the hill you go right and eventually go down a steep and curving hill. From the bottom you start a long climb on a sometimes narrow trail to Inspiration Point. The mile marker is part way up the hill. You eventually get to the spot you turned right at the top of hill 2 and you then turn left and go down hill 2 and take a left onto a sidewalk that goes by another bathroom. You go down a steep hill until you reach the spot you entered the loop. You now repeat the loop except that when you come to the bottom of hill 2, instead of taking a left you go straight and run the loop backwards (pass the playground and down hill 1). When you get back to the field you started in, you run all the way around the field (counterclockwise) to finish (not shown on the attached map). There is enough sidewalk and asphalt that you can not wear spikes.

<b>MEN'S OPEN</b>	<b>8:30 AM</b>
<b>MASTERS</b>	<b>9:15 AM</b>
<b>WOMEN</b>	<b>10:00 AM</b>

**First Loop:** Out of Paul Goode Field up hill toward Lover's Lane. Turn right and run along West Pacific Avenue. Up hill and turn right. Down hill toward El Polin Springs, stay left and up hill. Past Inspiration point and straight back to West Pacific Ave. Down hill and turn quick left just past tennis courts towards Paul Goode Field.

**Second Loop:** Turn right onto first loop again. Follow first loop as above. On return past tennis courts, GO STRAIGHT towards Lover's Lane. Follow loop around to the left and finish at Paul Goode Field.

