

## **Cross-Country Course Directions**

### **MCAL Schools**

#### **BRANSON - Course in Marin Municipal Water District Sky Oaks watershed.**

Take Hwy 101 to Sir Francis Drake Blvd. exit and head WEST toward San Anselmo.

In Fairfax, turn LEFT at Fairfax Motion Picture Theatre.

Go RIGHT on Broadway, LEFT on Bolinas Rd.

Go 0.4 mile on Bolinas Rd., stay left to continue on Bolinas Rd., go another 1.1 miles.

Turn LEFT on Sky Oaks Rd., enter MMWD at Ranger Station, entrance fee of \$7.00.

Continue on Sky Oaks Rd 0.5 mile.

Go RIGHT toward Bon Temple Lake, continue down toward parking lot.

Walk 3 min. up path to course start/finish on the dam.

#### **DRAKE - Course in Marin Municipal Water District Sky Oaks watershed.**

Take Hwy 101 to Sir Francis Drake Blvd. exit and head WEST toward San Anselmo.

In Fairfax, turn LEFT at Fairfax Motion Picture Theatre.

Turn RIGHT on Broadway, LEFT on Bolinas Rd.

Go 0.4 mile on Bolinas Rd., stay left to continue on Bolinas Rd., go another 1.1 miles.

Limited parking available on Bolinas Rd. at Concrete Pipe Fire Rd, near Sky Oak Road. Walk 0.5 mile on Concrete Pipe to start/finish.

Parking also available above course at Sky Oaks Ranger Station in MMWD. Entrance fee of \$7.00. Park on right beyond Ranger Station, walk back to employee parking area, take Taylor Trail 800 yds to Concrete Pipe Rd.

#### **JUSTIN-SIENA - Course at Alston Park in Napa (Dry Creek Road and Trower Ave.):**

Take Hwy-101 to CA-37 East toward Napa/Vallejo

Take CA-121 N/Arnold Dr./Carneros Hwy toward Sonoma/Napa. 6.6 mi

Turn RIGHT to continue on CA-121/Carneros Hwy. 9.2 mi

Turn LEFT onto CA-29 N. 5.3 mi

Turn LEFT onto Trower Ave. 1 mi

Turn RIGHT onto Dry Creek Road – Parking Lot is on the LEFT (Start/finish are there).

#### **MARIN CATHOLIC - Course on Mt. Tam, north side**

Take Hwy 101 to Sir Francis Drake Blvd. exit and head WEST, go 1.9 miles.

Turn LEFT on College Ave.

Turn RIGHT on Woodland Rd.

Turn LEFT on Evergreen, go uphill 1 mile.

Turn LEFT on Crown Road, go to the end.

#### **NOVATO - Course at Indian Valley College in Novato:**

Take Hwy 101 to Ignacio Blvd. exit and head WEST.

Continue straight into the IVC campus.

The road ends at a parking lot next to the playing fields where the XC course is located.

### **REDWOOD - Course in Golden Gate Nat'l Recreation Area, Tennessee Valley**

Take Hwy 101 to Hwy 1/Stinson Beach exit.

Go ¼ mile on Shoreline Hwy.

Turn LEFT on Tennessee Valley Road. Go 1.6 miles to road end at Tennessee Valley parking lot.

### **SAN MARIN – Course at O'Hair Park, Novato**

Take Hwy 101 to San Marin Drive exit and head WEST.

Drive 2.5 miles to San Marin High, park in school lot, corner of San Marin Dr. and Novato Blvd.

O'Hair Park is across street on the right just past horse stables.

### **SAN RAFAEL - Course at San Rafael High**

Coming from the SOUTH:

Go North on Hwy 101.

Take the Central San Rafael exit.

Turn RIGHT onto 2ND St. (2ND turns into 3RD St.).

Proceed about 1/4 mile past the Montecito shopping plaza (on right).

The high school is on your left hand side. Start/finish are at the track.

Coming from the NORTH:

Go South on Hwy 101.

Take the Central San Rafael exit.

Turn LEFT onto 2ND St. and go under the overpass (2ND turns into 3RD St.).

Proceed about 1/4 mile past the Montecito shopping plaza (on right).

The high school is on your left hand side. Start/finish are at the track.

### **TAMALPAIS - Course in Camino Alto Open Space, Mill Valley**

Take Hwy 101 to E. Blithedale exit in Mill Valley.

Head west towards Mill Valley, go 0.7 mile on E. Blithedale.

Turn RIGHT on Camino Alto, go 0.6 mile.

Turn LEFT on Overhill Rd, go uphill 0.2 mile to Escalon.

Park car and walk ½ mile on Camino Alto Open Space fire road to start/finish.

Alternate access: Continue on up Camino Alto, just past crest is Octopus Access Fire Rd. on left. Walk 200 m to start/finish.

**DIRECTIONS FOR TAM RUNNERS** – Take E. Blithedale to Carmelita Ave. Turn RIGHT on Buena Vista Ave. Continue past MV Golf Course. Turn RIGHT on Vista Linda. Drive uphill, road becomes Sarah Dr. Course start/finish is near last house on the street.

### **TERRA LINDA - Course in Terra Linda/Sleepy Hollow Open Space**

Take Hwy 101 to Central San Rafael exit.

Go west on Fifth St..

Turn RIGHT on H St.

Turn LEFT on Forbes St., go 0.3 mile

Turn RIGHT on Elizabeth Way, go 0.5 mile uphill

Turn LEFT on Ridgewood Dr., follow it around, then

Turn LEFT on Vistawood Way

Turn RIGHT on Crestwood Dr. Park on Crestwood, walk to end of street and proceed on the Terra Linda/Sleepy Hollow Open Space fire road. Start/finish are 5 minute walk in.