



7 Mile Run— Strand

- Head toward the Strand over hill and bear slight left down hill
- Turn right at cross walk
- Turn left onto the Strand
- Go past Hermosa Pier to past 2nd street and between Herondo and turn around and head back north.
- Stay on Strand past Manhattan Beach Pier to 26th Street Lifeguard Station.
- Turn back at Life guard Station
- Past Manhattan Beach Pier
- Turn left onto 27th Street and go up and over hill to Valley Park.

