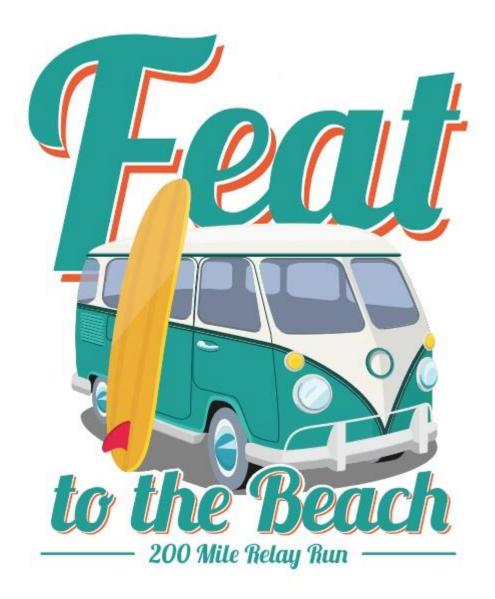
FEAT TO THE BEACH 200 MILE RELAY

2018 "THE BOOK"



ITEMS ARE SUBJECT TO CHANGE

Contents

	5
BASIC RELAY OVERVIEW	5
NEED TO KNOW INFORMATION	6
2018 SCHEDULE OF EVENTS	6
TEAM CAPTAIN INFORMATION	7
1. TEAM CAPTAIN'S CHECKLIST	7
1.A) Travel/Hotel Reservations	
1.B) Required Team Safety Items	7
1.C) Volunteers	
1.D) Vans/Team Vehicles	7
1.E) Race Start	
1.F) Check-In Procedures	
1.G) Finish Line	
1.H) Finisher Medals	8
1.I) Awards	8
BUILDING YOUR TEAM	9
2. TEAM BUILDING	
2.A) Recruiting Teammates	
2.B) Team Average Pace	
2.C) Runner Substitution	
2.D) Running Legs	
SAFETY	
3. SAFETY	
3.A) Emergency Procedures	
3.B) Roads and Traffic	
3.C) Running at Night	9
3.C) Running at Night	9 9
3.C) Running at Night	9 9
3.C) Running at Night	9 9 9
3.C) Running at Night	9 9 10
3.C) Running at Night	9 9 10 10
3.C) Running at Night	991010
3.C) Running at Night	910101010
3.C) Running at Night	910101010
3.C) Running at Night	910101010
3.C) Running at Night	9101010101010
3.C) Running at Night	9101010101010
3.C) Running at Night	910101010101010
3.C) Running at Night	910101010101010
3.C) Running at Night	9101010101010101010
3.C) Running at Night 3.D) Headphones 3.E) Hydration and Running in the Heat 3.F) First Aid 3.G) Animals/Runner Safety RACE RULES 4. RACE RULES 4.A) Trash 4.B) Restrooms 4.C) Alcohol 4.D) Designated Sleeping Areas 4.E) Reflective Gear and Lighting 4.F) Noise 4.G) Time Projections 4.H) Runner Rotation 4.I) Runner Substitution Process (During the Race)	9101010101010101010
3.C) Running at Night	9101010101010101010

5. TEAM TYPES	
5.A) Regular Team	
5.B) Ultra Team	
5.C) All Other Rules and Logistics	
5.D) Post Race Awards & Party	
5.F) Navigation is the Responsibility of Each Team	
5.G) Visible Race Number	
5.H) Road Crossing	
5.I) Vans	
5.J) Bad Weather	12
RUNNER SAFETY CONTRACT	13
RUNNING LEG DISTANCE CHART	14
CHECK POINT OVERVIEW	15
INDIVIDUAL LEG MAPS	16
LEG 1	17
LEG 2	18
LEG 3	19
LEG 4	20
LEG 5	21
LEG 6	22
LEG 7	23
LEG 8	24
LEG 9	25
LEG 10	26
LEG 11	27
LEG 12	28
LEG 13	29
LEG 14	30
LEG 15	31
LEG 16	32
LEG 17	33
LEG 18	34
DRIVE LEG NON-RUNNER VAN	35
DRIVING LEG 1	36
LEG 19	37
LEG 20	38
LEG 21	39
LEG 22	40

LEG 23	41
LEG 24	12
LEG 25	43
LEG 26	14
LEG 27	45
LEG 28	16
LEG 29	17
LEG 30	18
LEG 31	_
LEG 32	5 <i>0</i>
DRIVING LEG 2	
LEG 33	52
LEG 34	53
LEG 35	54
LEG 36	55

WELCOME

Welcome to the Feat to the Beach Relay. We are constantly at work to ensure that you have one of the best running experiences of your life. This event is about escaping the ordinary and creating an adventure. You and your team will soon get to enjoy this 200 mile epic relay that will take you from the heart of the city to the sands of the beach.

Our two primary goals for this event is to have fun and to be safe. The handbook contains almost every detail, but we will be adding and updating as needed. Please always check the date on the first page to see if your copy is current. Individual leg details will be added with distances, elevation charts, level of difficulty, parking details, and we will highlight local points of interest.

Now for the fun part. We encourage teams to use themes, costumes, decorate their vans, and think of the relay as an adventure. Don't let the element of your race time take away from enjoying the experience. Taking a few minutes here and there for a group picture will be remembered long after your finish time is forgotten. So arrive with your own customized team shirts and decorate your team vans to show your enthusiasm! Please send us your best photos, videos and your testimonials! We may post them on our website or Facebook page, use them in promotional materials, or in other ways to spread the word about the Feat to the Beach Relay. We'll make you a star! If you have any comments/questions or need assistance, please email me at Relay@Sole2SoulSports.com.

BASIC RELAY OVERVIEW

The relay course is made up of 36 individual legs. At the end of each leg there is a runner transition area. This is the handoff area where one runner ends their leg and the next runner begins there. Runners will exchange a slap wristband at this spot.

Teams can have a minimum of 4 runners and a maximum of 12. Runners rotate running their legs and follow the same order throughout the race. At the end of every 6th leg there is a vehicle transition/exchange area. This is where Regular Teams (12 runners) switch runners and one van full of runners starts their legs while the other van ends their round of 6 legs.

Each team provides its own supplies to support and maintain their team. You will need vehicles/vans that are large enough to hold your runners and your supplies. Do not plan on any race support along the course.

NEED TO KNOW INFORMATION

Race Name: Feat to the Beach Relay
Official Website: www.FeatToTheBeach.com

Race Director: Scott Newton | Relay@sole2soulsports.com

Facebook Event: https://www.facebook.com/events/268921313631810/

2018 SCHEDULE OF EVENTS

July 1, 2018	Early Team Sign Up Bonus Cut Off Date
July 15, 2018	Volunteer Registration Opens
October 1, 2018	Volunteer Registration Team Deadline
October 1, 2018	Submit Requested Start Times
October 15, 2018	Team Start Times Posted
October 21, 2018	Pay for Volunteer Deadline (For teams not supplying volunteers)
November 1, 2018	Team Member Substitution Deadline (no charge prior, \$10 after)
November 1, 2018	Regular Team Registration Deadline
November 7, 2018	Final Team Name Change Requests
November 8, 2018	Final Team Member Changes
November 8, 2018, 12:00pm-7:00pm	Team Packet Pick Up/Team Check In
November 8, 2018, 7:30pm	Team Captain Meeting at Sole 2 Soul – River Park
November 9, 2018	Feat to the Beach Race Start!

OFFICIAL NIGHT TIME RUNNING HOURS: 5:00PM - 8:00AM

TEAM CAPTAIN INFORMATION

1. TEAM CAPTAIN'S CHECKLIST

1.A) Travel/Hotel Reservations

Plan ahead. Remember that this event takes place on a holiday weekend so make your hotel reservations early. We do not have group rates at any hotels due to the wide variety of needs and price range. Most teams will reserve rooms for both Saturday & Sunday and we suggest staying near the finish. This way your family, friends, and other teammates (other van) have easy parking and are able to see your team hit the finish line (your entire team can cross together too).

1.B) Required Team Safety Items

Each van is required to have the following safety items in their van and present them prior to the race start at check-in. You will receive your team numbers to display in your van once this is completed.

- Signed copy of safety agreement
- Minimum of two headlamps or flashlights
- Minimum of two LED tail-light style lights
- Safety vest for each person
- Basic first aid kit

1.C) Volunteers

This event is only possible due to the race volunteers. Each team is required to provide two race volunteers. Don't bring children or dogs. Volunteers should show up and be ready to work. Team Captains are responsible for ensuring that their volunteers show up at the correct location and at the designated time. Team volunteers receive a sweatshirt for completing their four (4) hour shift. They should also bring a flashlight if they have night hours. It is the Team Captain's responsibility to find a replacement volunteer if their volunteer is unable to fulfill the obligation.

1.D) Vans/Team Vehicles

Teams will be provided a sign for their vehicle that reads "CAUTION RUNNER ON ROAD" to place on the back of the vehicle. Team number signs will also be provided to put in the front & rear window. Vans are not to follow the runner (except in the rare case for a safety concern).

Each team is limited to two vehicles (passenger vans and SUV's work best). No motor homes, buses or vehicles that exceed 80" wide or 20' long.

1.E) Race Start

The START is located at the front of Sole 2 Soul Sports – River Park in Fresno. Teams will start as early as 5:00am based on your team's average pace. Remember to NOT be late. If your team did not check in the day before, please arrive 45 minutes prior to your assigned start time.

1.F) Check-In Procedures

- Present team safety equipment (if not presented the day before). Second van can check-in at Exchange Point 6 if they prefer. Any team member can check in your team.
- Turn in safety agreements.

- Make sure your first runner is ready at the start line a minimum of 5 minutes early.
- Runners are not permitted to start prior to their assigned start time.
- Runner Leg Records: Please fill out the provided sheet with each runner's start & finish times and turn in at the finish line.

1.G) Finish Line

The Finish Line is located on the sandy beach just south of the Pismo Pier (Right at Ocean View Ave.). Plan ahead since parking can be very limited and congested. Team members can all join and cross the Finish Line together so make sure to plan appropriately. Most teams join their last runner when they enter the beach via Main Street.

1.H) Finisher Medals

We will award Finisher's Medals when the last team member crosses the Finish Line.

1.I) Awards

Team awards will be given as soon as they can be determined. The delayed start system often means that they are awarded on Sunday.

BUILDING YOUR TEAM

2. TEAM BUILDING

2.A) Recruiting Teammates

We have found that the easiest way to build a team is to start by finding 2-3 friends to join your team. Then have each of them each recruit a few people and soon you have a full team. Remember to have them sign up early on your team, since this helps assure that they will take the commitment seriously and show up trained and ready. Remember your team can have from 4-12 members and does not necessarily have to have 12. You can also swap out runners up to race day if needed.

2.B) Team Average Pace

Please keep in mind that your team needs to average an 11:00 minute mile pace or faster. This is important in order to ensure that each team has the on course support that they need. If a team falls behind they may be required to drive a leg (or more) to maintain the minimum required average.

2.C) Runner Substitution

Once the team has been registered and paid for online the team captain has until the substitution deadline to register each individual team member online (see registration deadlines on page 6 for more info).

2.D) Running Legs

All legs are to be ran in the same sequence that you start with and continue throughout the race. We suggest having your team look at the Leg Relay Chart and determine which legs matches your teammates strengths. Also take into consideration if the person will be comfortable running at night based on the location of the leg (city, country, etc.), possible heat, and overall difficulty of the leg.

SAFETY

3. SAFETY

The safety of every runner is our primary concern. There are many potential unexpected hazards that occur on a 200 mile course. While we have this handbook to assist you, we can't anticipate every possible situation. When in doubt, ALWAYS error on the side of SAFETY.

3.A) Emergency Procedures

In the event of an emergency always call 911 first. Then when time allows notify Race Communications of the situation. Medical care and first aid are the responsibility of each team. Each team should be prepared for common medical injuries and needs of the runners.

3.B) Roads and Traffic

The roads for the course are open to all vehicle traffic. Every runner needs to be aware of traffic and exercise great caution at all times. Runners must follow all pedestrian laws and vans must follow vehicle laws.

Runners should run in the opposite direction of traffic unless otherwise noted. Please be mindful of the white line of shoulder and stay to the outside of it (when present). Always be alert and be ready to get off the road if needed for safety.

3.C) Running at Night

Take whatever precautions (within the rules) you need for your runner to feel safe. We encourage you to have your support van monitor your progress and not simply drive to the end of the leg. Vans should not drive alongside of the runner, but rather should leapfrog every .25 mile or what you feel is appropriate based on the situation.

Participants that exit the van during our official night hours are required to wear a safety vest, flashlight/headlamp, and rear facing LED light. We suggest that your entire team have them on whenever you have a runner on the course. This makes it much easier to comply and be able to react to any unexpected needs.

Pacers are allowed at night, but must be a member of your team (not a van driver).

Remember that other vehicles are not expecting runners on the road. You must be alert at all times and obey traffic and pedestrian laws.

3.D) Headphones

We highly discourage the use of personal music devices. Roads are not closed to traffic and awareness of your surroundings greatly increases your safety. If you choose to use them during daylight hours it is at your own risk. You must however be able to hear traffic and be aware of directions from course officials. Headphones are *strictly forbidden at night hours*.

3.E) Hydration and Running in the Heat

You must remember that there are no water stations along the course. There are some long legs where you may need additional water. Be prepared and make sure you work as a team and take care of your runner's needs. It can get warm and don't forget to hydrate.

3.F) First Aid

First Aid is the responsibility of each team. Make sure everyone knows where your first aid kit is and make sure you have the basic supplies to treat running injuries.

3.G) Animals/Runner Safety

Should a runner encounter any animals (or other potential threat), get your runner off the road and into your support vehicle. Drive ahead and let the runner continue at a safe and reasonable distance ahead and to continue to run their leg. We ask that that you track the mileage of how far you had to progress and mark it on your Runner Log. We will make any needed alterations to your finish time at the finish.

RACE RULES

The rules listed are for the safety of all participants. Violation of rules may result in a time penalty or even disqualification depending on the severity.

4. RACE RULES

4.A) Trash

Do not litter. Please throw away all trash in public garbage cans or at exchange points. We expect everyone to leave the surroundings as clean if not cleaner than we found them.

4.B) Restrooms

Along the course there will be a mix of portable toilets and nearby permanent toilets. Please be respectful of others and use them and do not defecate or urinate on private property.

4.C) Alcohol

No alcohol is allowed during the race. Teams with open containers are subject to disqualification and removal from the event.

4.D) Designated Sleeping Areas

Teams are to only sleep outside of their vehicle in designated sleep areas. Tents are allowed at Exchange 18, 24 and 30.

4.E) Reflective Gear and Lighting

During the designated night hours any person outside of the vehicle must wear a reflective vest, front light (head lamp or flashlight) and rear LED flasher. Runners will not be allowed to start a leg without these items during night hours.

4.F) Noise

Be respectful of those that live along the route. Refrain from loud noise and music from 10pm-6am. No outside loud music speakers may be used at any time.

4.G) Time Projections

Accurate projected finish times are a key component to this race. This allows for runners to reach each exchange point when it is staffed. We understand that things happen, however teams that are too far ahead of schedule may be asked to hold at an exchange point and then have the hold time

removed from their total elapsed time. Teams that fall too far behind may be asked to drive a leg and then "double up" to get back on schedule. Prior to the event you will be given a schedule that has the hours for each exchange point.

4.H) Runner Rotation

Teams are to run in the same rotation and sequence throughout the race. Runners cannot run back to back legs.

4.1) Runner Substitution Process (During the Race)

If a teammate is unable to begin or complete their leg(s), the team may substitute another runner from their roster. The injured runner is then disqualified from running any other legs during the race.

4.J) Speed Zones

If a team falls behind pace the race officials may elect to have the team complete one or more Speed Zones. A Speed Zone allows for two legs to be completed at the same time. Generally this is done at the end of legs 6, 12, 18, 24 and/or 30. When one team (van) starts their last leg the other van starts theirs at the same time. This is only done at the direction of the race officials.

GENERAL INFORMATION

5. TEAM TYPES

5.A) Regular Team

Regular teams are made up of twelve runners (team can be 7-12 members). Each member of the team will complete three legs (minimum) of the relay. Runners must run in the same sequence for each segment of the race. For example, if a runner runs leg 3, he/she must also run leg 15 and leg 27. Within Regular Team there are three divisions; Men's, Women's and Mixed. To qualify for Mixed the team must have a minimum of 6 women.

5.B) Ultra Team

Ultra Teams are made up of 4-6 runners. They rotate runners at each leg and must run the same runner sequence throughout the race. All teams in the Ultra category compete in the same division.

Team divisions and classifications are final the Tuesday before race day. We will not change team divisions or classifications after the race has begun.

5.C) All Other Rules and Logistics

Every rule that applies to 12 person teams applies to Ultra teams. Please review all of the rules and logistics for 12 person teams.

5.D) Post Race Awards & Party

Finisher Medals will be given to each team member as the finishing runner crosses the Finish Line.

Awards will also be given to the top finisher from each category within each division.

5.E) Mixed Division Injured Runners

The same rules and regulations for Mixed Division apply as described in the above section. If, however, the injured runner is female and her dropping out causes there to be more males than

females on the team, then only female runners may finish her legs for her. At least 18 legs (half) of the relay must be completed by female runners.

5.F) Navigation is the Responsibility of Each Team

Teams are responsible to make sure that their runners stay on the course. Vehicles may wait for their runners at critical points to direct them which way to go. If a runner gets off course, they are to return on foot or in their support vehicle to the point where they went off course and continue from there. Do not drive ahead to make up for the mileage that they may have added. Signage is occasionally moved; be prudent in your knowledge of the course.

5.G) Visible Race Number

Team race numbers must be worn and visible on the **front** of each runner at all times while on the road. Bib numbers must be pinned to the outer most layer of clothing, including jackets, shorts, and reflective vests.

5.H) Road Crossing

Team vehicles must pull completely off the road when stopping to assist runners. When a road crossing is needed to provide aid or change out runners, the first and best option is to pull off on the same side that the runner is on if it can be done safely. If you must park on the opposite side, you must do so legally. A maximum of two teammates at a time may cross a road to assist the runner. Everyone must adhere to:

- Must obey all traffic and pedestrian laws
- Use a crosswalk if there is one within sight
- No crossing if there is a median
- No crossing of multiple lane (2 or more lanes in one direction) roads except at a crosswalk

5.I) Vans

Teams' vehicles are to obey all traffic laws, which include but are not limited to:

- Obeying both minimum and maximum speed limits
- No stopping in the roadway, you must pull off the road completely when stopping or parking
- Park only in legal parking or designated areas
- No illegal U-turns
- Team vehicles are not following runners to light the roadway for them
- Turn off headlights so as not to blind oncoming traffic when parked, but leave parking lights on
- Please do not stop or slow down in places that will effect traffic or runners
- Do not turn your hazard lights on unless directed by specific leg instructions

5.J) Bad Weather

The race will occur rain or shine unless severe weather conditions effect the safety of the race, runners or volunteers. At all times we will strive to host the event but we reserve the right cancel it for safety concerns. There will be no refunds given if the race is canceled due to weather, acts of God, or safety concern. The race may be delayed or cancelled due to severe heat, electrical storms, tornadoes, earthquakes, hurricanes, flooding, fog, etc. or other causes.

RUNNER SAFETY CONTRACT

The Feat to the Beach Relay is conducted on open roads and is open to all traffic. All teams must abide to all rules in this handbook and the following:

- All traffic laws shall be obeyed at all times while operating your Team Vehicle(s)
- Violators of any traffic or pedestrian laws are subject to ticketing by law enforcement at all times. Sole 2 Soul Sports is exempt from any responsibility or liability for illegal acts.
- Team Vehicles shall only pull off to the side of the road when it is safe and completely off the roadway.
- Team Vehicles must completely pull off to the side of the road when stopping to assist teammates, and not block the path of runners. (Vehicles re required by law to be over the white line and not in traffic lanes. Runners are required to use the shoulders when available; team vans must exit the roadway completely to be clear of traffic and racers on the shoulder).
- Team Vehicles shall not block the roadway or race course at any time.
- Team Vehicles shall not block private residential driveways or roadways
- Team Vehicles shall respect neighborhoods and others along highways and roads. The use of horn (unless for emergency purposes) and playing of excessively loud music may be unlawful.
- Team Vehicles may need to drive slower than the posted speed limit, but shall not impede traffic or follow on roads behind a runner.
- Team Vehicles shall obey the speed laws at all times.
- Alcoholic beverages are prohibited at all times
- Obey littering laws at all times.
- Teams agree to use restrooms and porta-potties exclusively at all times.
- Except in case of an emergency, all drivers shall obey cell phone laws. Avoid distractions no texting. Use hands free devices.

SIGNATURE_		 	
NAME			
TEAM NAME			
,			
DATE			
DATE	 	 	

RUNNING LEG DISTANCE CHART

Runner Distances

RUNNER	1st Leg	2nd Leg	3rd Leg	Total Distance
1	6.5	3	7.4	16.9
2	5.2	4.2	8.1	17.5
3	5.3	3.9	8.4	17.6
4	7.1	5.3	5.4	17.8
5	6.4	3.6	7.6	17.6
6	6.9	5.5	8.8	21.2
7	8.2	3.2	8.7	20.1
8	5	2.9	8.9	16.8
9	5	2.8	5.8	13.6
10	5.3	3.1	4.4	12.8
11	4	3	6.1	13.1
12	3.1	3.8	7.9	14.8
	Easy			

Easy Moderate

More Difficult

CHECK POINT OVERVIEW

Leg#	Location	Leg Distance	Start Mile	Special Notes	Restrooms	Food	Gas	Extra Room
1	Start Line	6.5	0		Υ	Υ	Υ	Υ
2	6701 N Milburn Ave	5.2	6.5	Starbucks - Milburn	Υ	Υ	Υ	Υ
3	4455 N Grantland Ave	5.3	11.7	Deran Koligian Stadium	PP	N	Υ	Υ
4	Kearney Park	7.1	17	Kearney Mansion	Υ	N	N	Υ
5	Fresno Police Training Center	6.4	24.1	6375 W. Central	Υ	N	N	Υ
6	American Union Elementary School	6.9	30.5	2801 W Adams Ave	PP	N	N	Υ
7	Caruthers High School - Directly across from stadiu	8.2	37.4		PP	Υ	Υ	Υ
8	St. Ann Catholic Church	5	45.6	3047 W Mt Whitney Ave	PP	Υ	Υ	Υ
9	Bryan/Chicken Coops	5	50.6	0.4 Miles South of W. Laguna	PP	N	N	N
10	Dickenson/Paige	5.3	55.6		PP	N	N	N
11	Howard/Oakland	4	60.9		PP	N	N	N
12	Oakland/Lassen	3.1	64.9		N	N	N	N
13	Oakland/South Butte Ave.	3	68		PP	N	N	Υ
14	W. Oakland/S. Eldorado	4.2	71		N	N	N	N
15	S. Eldorado/W. Stutz	3.9	75.2	.25 miles south of Stutz	PP	N	N	N
16	S. Eldorado/W. Marman Ave.	5.3	79.1		N	N	N	N
17	24500 Phelps	3.6	84.4	Phelps/W. Gale Ave	PP	N	N	N
18	New Coalinga Airport Entrance	5.5	88	27500 Phelps Ave.	PP	N	N	Υ
	Polk/Elm-Driving Leg to Hw 198/Parkfield			Starbucks - Coalinga	Y	Υ	Υ	Υ
19	Hwy 198/Parkfield Grade Rd.	3.2	93.5	Driving Leg	PP	N	N	Υ
20	Parkfield Grade Rd.	2.9	96.7	<u> </u>	N	N	N	N
21	Parkfield Grade Rd.	2.8	99.6		PP	N	N	N
22	Parkfield Grade Rd.	3.1	102.4		N	N	N	N
23	Parkfield Grade Rd.	3	105.5		PP	N	N	N
24	Parkfield Grade Rd.	3.8	108.5		N	N	N	N
25	Parkfield Fire Department	7.4	112.3	70578 Parkfield Coalinga Rd.	PP	Υ	Υ	Υ
26	Approx address of 68767 Vineyard Canyon Rd.	8.1	119.7	5	PP	N	N	N
27	Approx 74961 Vineyard Canyon Rd.	8.4	127.8		PP	N	N	N
28	San Miguel Fire Department	5.4	136.2	1150 Mission Rd.	PP	Υ	Υ	Υ
29	North River Rd.	7.6	141.6		N	N	N	N
30	S. River Rd./Charolais Rd.	8.8	149.2		In Area	Υ	Υ	Υ
31	Templeton High School	8.7	158	1200 S. Main.	PP	Υ	Υ	Υ
32	Santa Margarita -HW 58/Wilhelmina	8.9	166.7		In Area	Υ	Υ	Υ
	Santa Margarita - Cuesta Park			Driving Leg	NA	N	N	Υ
33	Cuesta Park-HW 101/Cal Poly	5.8	175.6	Restrooms west side of park		N	N	Υ
34	Agape Church	4.4	181.4	950 Laureate Ln	PP	Υ	Υ	Υ
35	Octagon Barn, SLO	6.1	185.8		PP	Υ	Υ	N
36	Bob Jones Trail end in Avila Beach	7.9	191.9		Υ	Υ	N	Υ
END	Pismo Beach Finish Line		199.8	At end of Ocean View Ave.	Υ	Υ	Υ	Υ
	Exchange Point							

INDIVIDUAL LEG MAPS

LEG₁

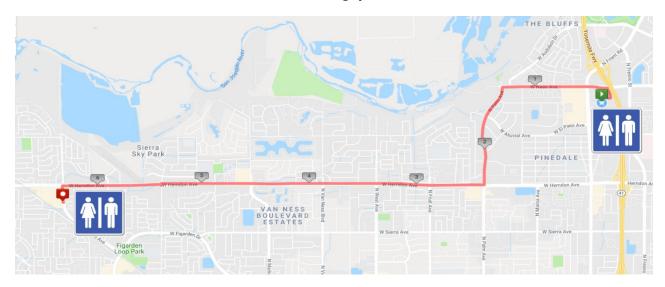
6.5 MILES | MODERATE

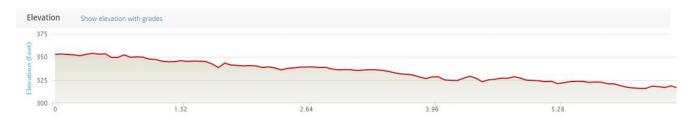
RUNNERS



Mileage is per segment, not cumulative

- 1. Start in front of Sole 2 Soul Sports
- 2. Follow signs in center and make left (west) turn on Nees Avenue for 1.0 miles.
- 3. Left on Palm for 1.1 miles.
- 4. Right on Herndon for 4.2 miles. Must run on the north side of Herndon (south side does not have continuous sidewalks).
- 5. Left on Milburn and continue south to the exchange point on the southeast side of Starbucks.





VANS

Follow same route as runners.

TRANSITION 1: Starbucks, 6701 N. Milburn Ave., Fresno

LEG₂

5.2 MILES | EASY

RUNNERS

Mileage is per segment, not cumulative

- 1. Start at southeast corner of Starbucks on Milburn.
- 2. Proceed west along the road behind Starbucks and follow it as it loops you back to the north by Enterprise.
- 3. Just east of Enterprise you will find a pedestrian gate on the fence that will give you access to Herndon.

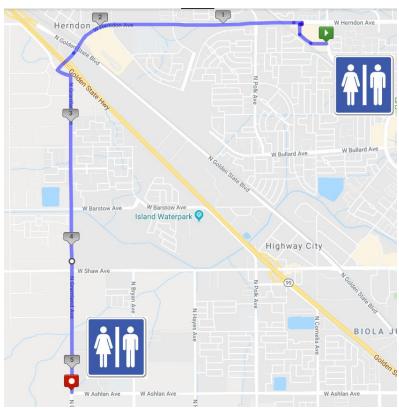
 Proceed 2.1 miles to the west.
- 4. Left (east) on Parkway Drive for .1 miles.
- 5. Transition is at Grantland/Ashlan at the south end of Deran Koligian Stadium.
- 6. Right (south) on Grantland Ave. for 2.6 miles.

VANS

Follow same route as runners.

TRANSITION 2: Deran Koligian Stadium, 4455 N Grantland Ave., Fresno.







NOTES:

LEG₃

5.3 MILES | MODERATE

RUNNERS

Mileage is per segment, not cumulative

- 1. Head south from Deran Koligian Stadium for 4.5 miles.
- 2. Left (east) on Kearney Blvd. for .2 miles.
- 3. Turn right and enter Kearney Park.
- 4. Follow signs in the park.
- 5. Transition area is in the parking lot for Kearney Mansion.

VANS

Follow same route as runners.

TRANSITION AREA: Kearney Park Mansion, 7160 W Kearney Blvd, Fresno, CA

NOTES: Restrooms located throughout the park.







LEG 4

7.1 MILES | MODERATE

RUNNERS

Mileage is per segment, not cumulative

- 1. Follow signs leading out of the main entrance/exit of Kearney Park.
- 2. Turn right (east) and make an immediate right (south) on Fair for .5 miles.
- 3. Right (west) on California Ave. for 1.2 miles.
- 4. Left (south) on Chateau Fresno for 3.0 miles.
- 5. Left (east) on Central for 1.7 miles to exchange point at Fresno Police Dept. Training Center.

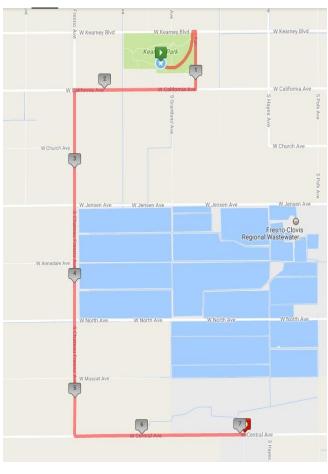
VANS

Follow same route as runners.

TRANSITION 4: Fresno Police Regional Training Facility, 6375 W Central Ave, Fresno

NOTES:







LEG 5

6.4 MILES | MODERATE

RUNNERS

Mileage is per segment, not cumulative

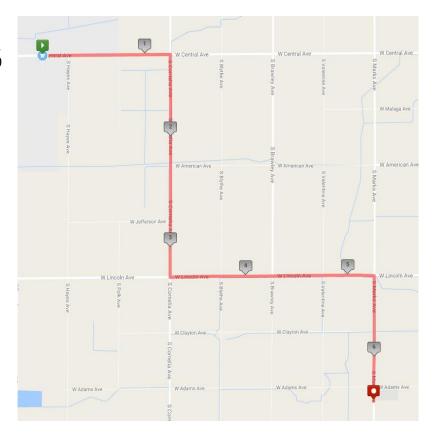
- 1. Proceed east for 1.3 miles on Central.
- 2. Turn right (south) on Cornelia for 2.0 miles.
- 3. Turn left (east) on Lincoln and proceed 2.0 miles.
- 4. Turn right (south) on Marks for 1.1 miles.
- 5. Transition is on Marks on the west side of American Union Elementary School.

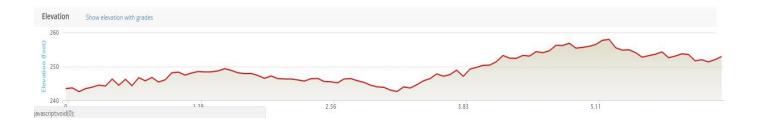
VANS

Follow same route as runners.

TRANSITION 5: American Union Elementary School, 2801 W Adams Ave., Fresno **NOTES:**







LEG 6

6.9 MILES | MODERATE

RUNNERS

Mileage is per segment, not cumulative



- 1. Proceed south from American Union Elementary school on Marks for 5.5 miles.
- 2. Make a left (south east) on Henderson for 1.0 miles.
- 3. Right (south west) turn on Tahoe for 0.4 miles.
- 4. Exchange point is on the south side of Tahoe directly across from the high school football field.

VANS

Follow same route as runners.





TRANSITION 6: Across the street from Caruthers High School, 2580 W. Tahoe, Caruthers

LEG 7

8.2 MILES | MORE DIFFICULT

RUNNERS

Mileage is per segment, not cumulative

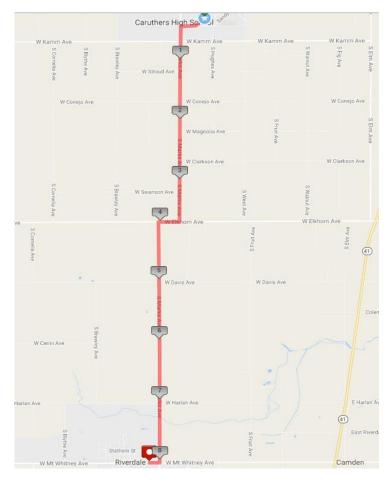
- 1. Start across the street from Caruthers High School football field on Tahoe.
- 2. Proceed South-West on Tahoe Ave. for .4 miles.
- 3. Left on Marks for 3.25 miles.
- 4. Right on Elkhorn for .3 miles.
- 5. Left turn on Marks and proceed 4 miles.
- 6. Right turn on Mt. Whitney for .2 miles.
- 7. Proceed to the exchange point at St. Ann Catholic Church.

VANS

Follow same route as runners.

TRANSITION 7: St. Ann Catholic Church, 3047 W. Mt Whitney Avenue, Riverdale







LEG8

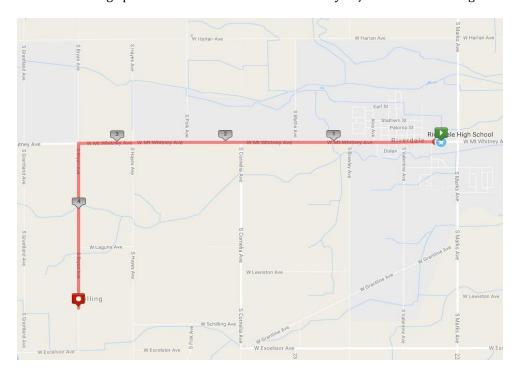
5.0 MILES | Easy

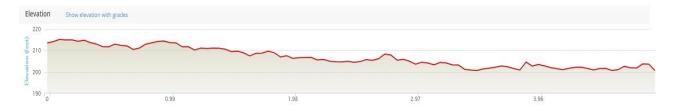
RUNNERS



Mileage is per segment, not cumulative

- 1. Start in front of St. Ann Catholic Church in Riverdale.
- 2. Proceed east on Mt. Whitney for 3.4 miles.
- 3. Turn left on Bryan and head south for 1.6 miles.
- 4. Exchange point is located on the west side of Bryan just south of the large barns.





VANS

Follow same route as runners.

LEG 9

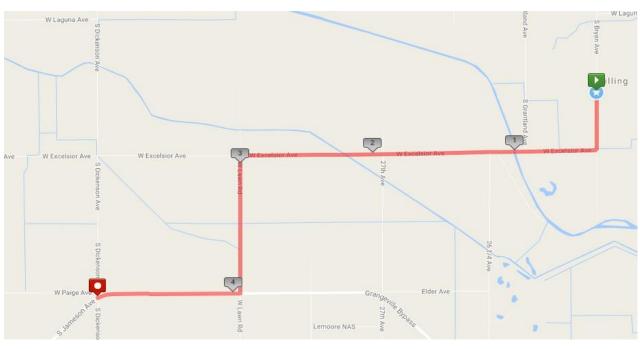
5.0 MILES | EASY



RUNNERS

Mileage is per segment, not cumulative

- 1. Proceed south on Bryan for .5 miles until you head west and the road turns into Excelsior.
- 2. You will go 2.5 miles on Excelsior before making a left on West Lawn for 1.0 miles.
- 3. Take Lawn to Paige Rd (turns into Jameson).
- 4. Make a right on Paige Rd. for 1.0 mile to the exchange point that is located at Dickenson/Jameson.





VANS

Follow same route as runners.

TRANSITION 9: Jameson Ave/Dickenson Ave.

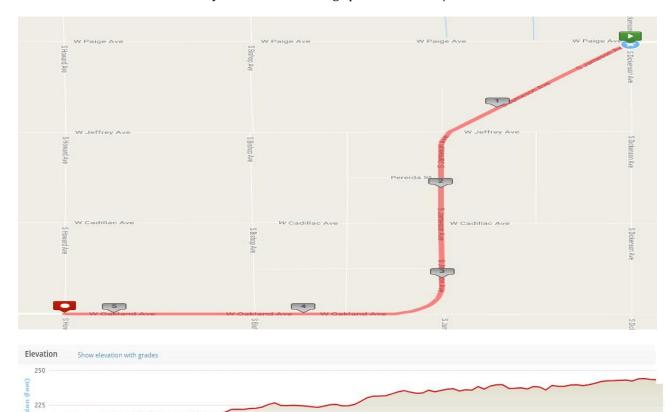
5.3 MILES | MODERATE



RUNNERS

Mileage is per segment, not cumulative

- 1. Head west from Jameson Rd (aka Paige Rd)/Dickenson Rd for 5.3 miles.
- 2. The road will curve south and then back to the west at which point it will turn into Oakland.
- 3. Proceed on Oakland until you reach the exchange point at Oakland/Howard Ave.



3.16

4.21

VANS

Follow same route as runners.

TRANSITION: Oakland/Howard Ave.

1.05

LEG 11

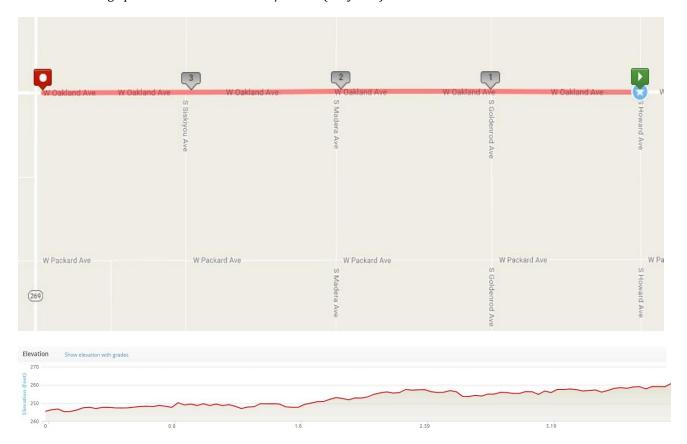
4.0 MILES | EASY

RUNNERS



Mileage is per segment, not cumulative

- 1. Start at Howard/Oakland and proceed west on Oakland for 4.0 miles.
- 2. Exchange point is located at Oakland/Lassen (Hwy 269).



VANS

Follow same route as runners.

TRANSITION 11: Lassen (Hwy 269)/Oakland Ave.

LEG 12

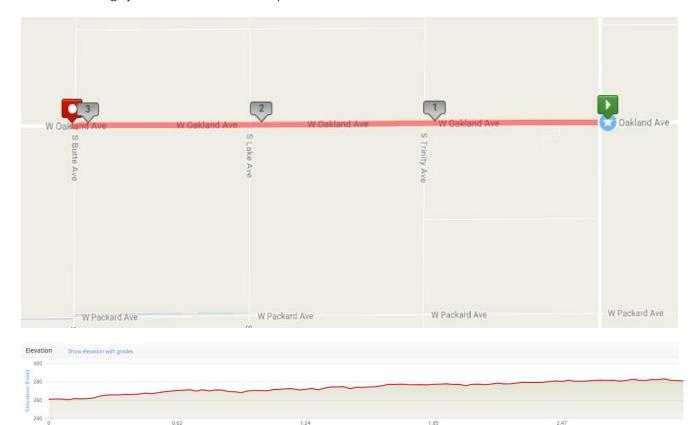
3.1 MILES | EASY



RUNNERS

Mileage is per segment, not cumulative

- 1. Start at the south east of the intersection of Oakland/Lassen (Hwy 269).
- 2. Head east for 3.1 miles.
- 3. Exchange point is located at Oakland/Butte.



VANS

Follow same route as runners.

TRANSITION 12: Oakland Ave./S. Butte Ave.

LEG 13

3.0 MILES | EASY

RUNNERS



Mileage is per segment, not cumulative

- 1. Start at South Oakland/South Butte Ave.
- 2. Head east 3.0 miles to the exchange point located on the south west corner of the intersection of W. Oakland and El Dorado Ave.





VANS

Follow same route as runners.

TRANSITION 13: S. Eldorado Ave./W. Oakland Ave., Coalinga

LEG 14

4.2 MILES | EASY

RUNNERS

Mileage is per segment, not cumulative

- 1. Start at W. Oakland/S. Eldorado Ave.
- 2. Proceed 4.2 miles south on S. Eldorado Ave.
- 3. Transition area will be on east side of S. Eldorado Ave.

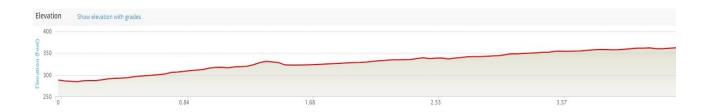
VANS

Follow same route as runners.

TRANSITION 14: S. Eldorado Ave., .25 miles south of W. Stutz (dirt road).







LEG 15

3.9 MILES | EASY

RUNNERS

Teath to the Beach 200 Mile Relay Run

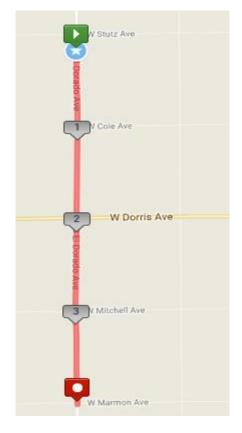
Mileage is per segment, not cumulative

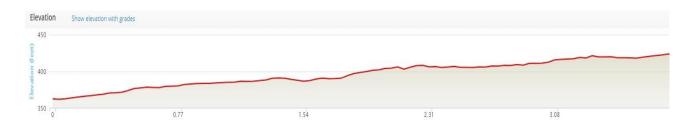
- 1. Start on S. El Dorado/.25 miles south of W. Stutz. Ave.
- 2. Proceed south 3.9 miles on S. El Dorado.
- 3. Exchange point is on east side of the road just south of W. Marmon Ave (dirt road) on S. El Dorado Ave.

VANS

Follow same route as runners.

TRANSITION 15: W. Marmon Ave. (dirt road)/S. El Dorado Ave., Coalinga





LEG 16

5.3 MILES | MODERATE

RUNNERS

Mileage is per segment, not cumulative

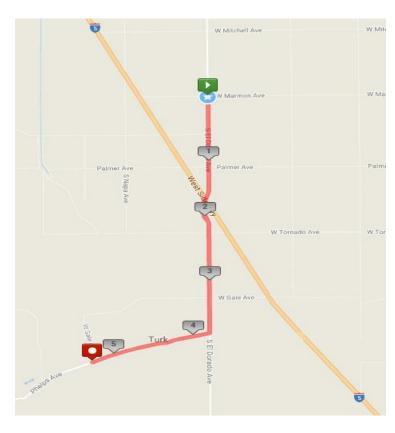
- 1. Start at S. El Dorado Avenue / W. Marman Ave. (dirt road).
- 2. Proceed south on S. El Dorado Avenue and crossover Interstate 5.
- 3. At 3.8 miles turn west (right) on Phelps Avenue.
- 4. Proceed on Phelps Avenue for 1.5 miles.
- 5. Transition area is just past 24500 Phelps Avenue on the north side of Phelps Avenue.

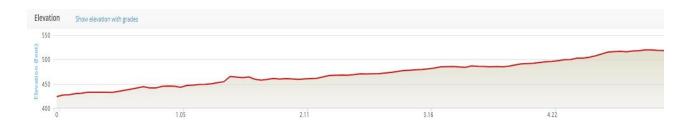
VANS

Follow same route as runners.

TRANSITION AREA: 24500 Phelps Ave. (just west of)., Coalinga.







LEG 17

3.6 MILES | EASY

RUNNERS



Mileage is per segment, not cumulative

- 1. Start just west of 24500 Phelps Avenue.
- 2. Proceed west for 3.5 miles.
- 3. Exchange point is at entrance to New Coalinga Municipal Airport.



VANS

Follow same route as runners.

TRANSITION 17: Located at the entrance road at 27500 Phelps Ave., Coalinga.

LEG 18

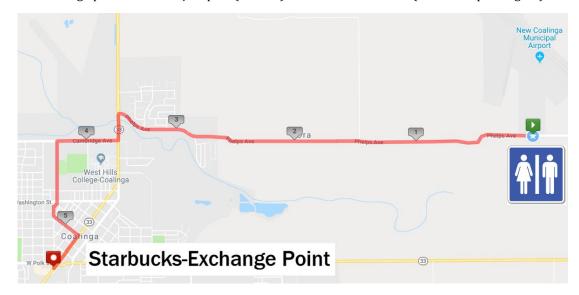
5.5 MILES | MODERATE



RUNNERS

Mileage is per segment, not cumulative

- 1. Start at New Coalinga Municipal Airport.
- 2. Proceed west (right) on Phelps Avenue.
- 3. Crossover Elm Avenue using the sidewalk and turn south (left) on Elm Avenue.
- 4. Take Elm Avenue and make a west (right) turn on Cambridge Avenue.
- 5. Follow Cambridge Avenue and then proceed south (left) on Sunset Street.
- 6. Take Sunset Street and crossover Van Ness St. and make a slight right on Ash Avenue.
- 7. Ash Avenue will reconnect to Sunset Street and proceed south (left) on Sunset Street.
- 8. From Sunset Street you will proceed and then make a left on Coalinga Plaza until you reach Elm Avnue.
- 9. At Elm Avenue you will make a right and proceed until you pass Polk Avenue.
- 10. The exchange point is located just past (west of) of Polk Avnue on Elm (Starbucks parking lot).





VANS

Follow same route as runners.

Non-Runner Van MUST take the driving leg to Parkfield and NOT follow the runner's route.

TRANSITION 18: Starbucks Parking Lot, 113 W. Polk St., Coalinga.

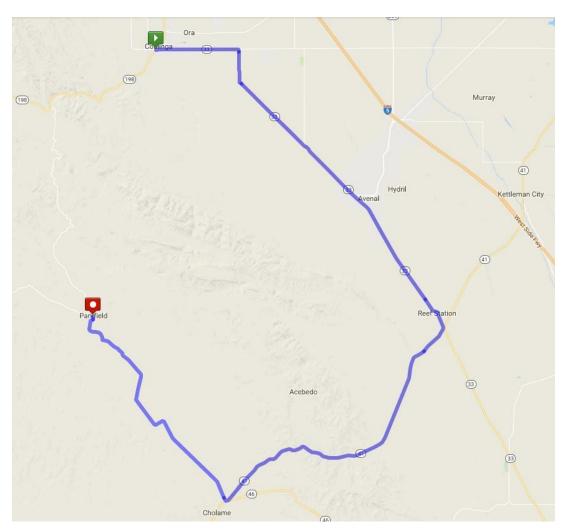
DRIVE LEG NON-RUNNER VAN



Coalinga to Parkfield

Vans that do not have runners MUST take the alternate driving route from Coalinga to Parkfield. Plan on a minimum of a 75 minute drive. Parkfield Grade Rd. is very narrow, has a long dirt section, and thus we only allow vans that are running legs 19-24.

Directions: Proceed east on H.W. 33 and follow it to the south all the way to H.W. 41. Take H.W. 41 until it meets H.W. 46 and make the first right after they merge together onto Cholame Valley Rd. Follow Cholame Valley Rd and make a right onto Parkfield Grade Rd. to the Parkfield Fire Department located at 70578 Parkfield-Coalinga Rd.



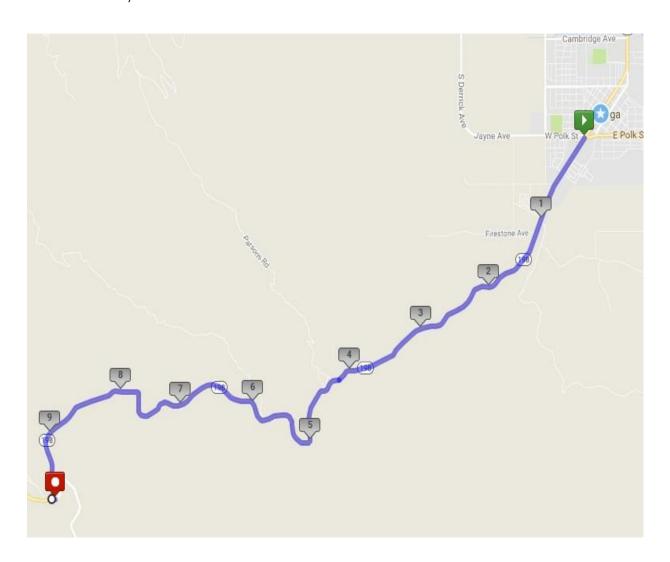
DRIVING LEG 1

RUNNERS & VANS



After your runner completes Leg 17 drive to the start of Leg 18.

LEG 18 START: Head west on H.W. 198 from Starbucks. Drive 9.8 miles to Parkfield Grade Rd. Leg 18 starts just south of H.W. 198/Parkfield Grade Rd.



LEG 19

3.2 MILES | MODERATE

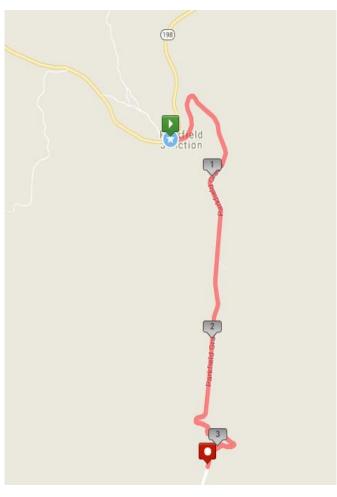
RUNNERS

Mileage is per segment, not cumulative

- 1. Start at Highway 198 / Parkfield Grade Rd. (9.7 miles west of Exchange Point 18).
- 2. Proceed south on Parkfield Grade Rd. for 3.2 miles.
- 3. Exchange point will be 3.2 miles south of Highway 198 on Parkfield Grade Rd.









LEG 20

2.9 MILES | MODERATELY DIFFICULT

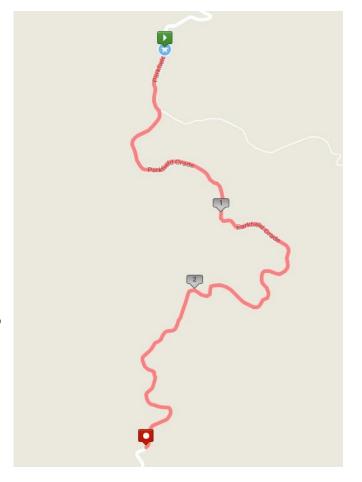
Tecto the Beach 200 Mile Relay Run

RUNNERS

Mileage is per segment, not cumulative

- 1. Start at Exchange Point 19 (3.2 miles south of Highway 198.
- 2. Proceed south on Parkfield Grade Rd. for 2.9 miles.
- 3. Exchange point will be 6.1 miles south of Highway 198 on Parkfield Grade Rd.

VANS





LEG 21

2.8 MILES | MODERATELY DIFFICULT

RUNNERS

Mileage is per segment, not cumulative

- 1. Start at Exchange Point 20 (6.1 miles south of Highway 198).
- 2. Proceed south on Parkfield Grade Rd. for 2.8 miles.
- 3. Exchange point will be 8.9 miles south of Highway 198 on Parkfield Grade Rd.









LEG 22

3.1 MILES | MODERATELY DIFFICULT

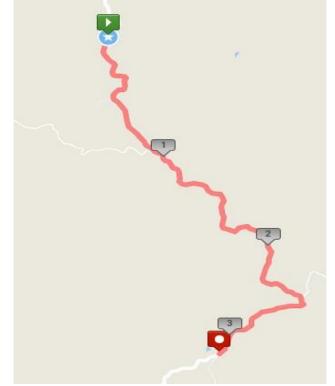


RUNNERS

Mileage is per segment, not cumulative

- 1. Start at Exchange Point 21 (8.9 miles south of Highway 198).
- 2. Proceed south on Parkfield Grade Rd. for 3.1 miles.
- 3. Exchange point will be 12.0 miles south of Highway 198 on Parkfield Grade Rd.

VANS





LEG 23

3.0 MILES | EASY

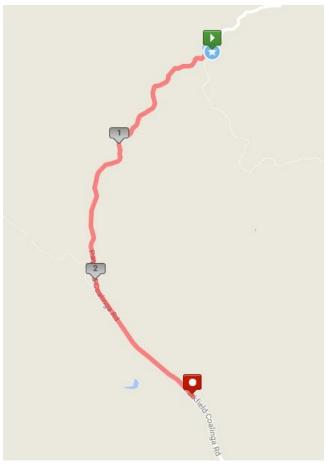
RUNNERS

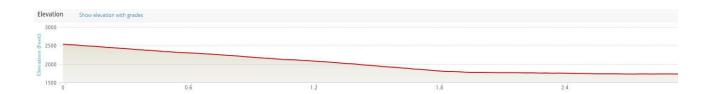
Mileage is per segment, not cumulative

- 1. Start at Exchange Point 22 (12.0 miles south of Highway 198).
- 2. Proceed south on Parkfield Grade Rd. for 3.0 miles
- 3. Exchange point will be 15.0 miles south of Highway 198 on Parkfield Grade Rd.









LEG 24

3.8 MILES | EASY

RUNNERS

Mileage is per segment, not cumulative

- 1. Start at Exchange Point 23 (15.0 miles south of Highway 198).
- 2. Proceed south on Parkfield Grade Rd. for 3.8 miles.
- 3. Exchange point will be Parkfield Grade Rd. / Oak St.

Vineyard Conyor Ro

200 Mile Relay Run

VANS

Follow same route as runners. Teams are only allowed to have ONE van on this route. Other van MUST take the alternate route to the Parkfield Exchange Point.

TRANSITION 24: Parkfield Coalinga Rd. / Oak St., Parkfield



7.4 MILES | MORE DIFFICULT

RUNNERS

Mileage is per segment, not cumulative



- 1. Start at Parkfield Grade Rd. / Oak St., Parkfield.
- 2. Proceed south on Parkfield Grade Rd. and at 0.4 miles take the right fork to Vineyard Canyon Rd.
- 3. At mile 4.8 make a left and stay on Vineyard Canyon Rd.
- 4. Exchange point will be on south side of Vineyard Canyon Rd.





VANS

Follow same route as runners.

TRANSITION 25: Approx. address would be 68767 Vineyard Canyon Rd., San Miguel

8.1 MILES | MORE DIFFICULT

RUNNERS



Mileage is per segment, not cumulative

- 1. Start at exchange point 25 on Parkfield Grade Rd.
- 2. Proceed southwest on Parkfield Grade Rd. for 8.1 miles.
- 3. Exchange point will be on south side of Vineyard Canyon Rd.





VANS

Follow same route as runners.

TRANSITION 25: Approx. address would be 74961 Vineyard Canyon Rd., San Miguel

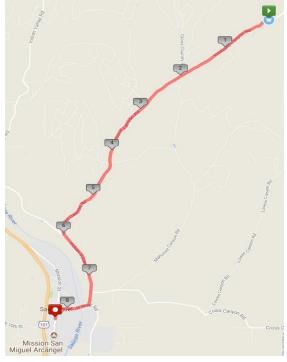
8.4 MILES | MORE DIFFICULT



RUNNERS

Mileage is per segment, not cumulative

- 1. Start at exchange point 26 on Vineyard Canyon Rd.
- 2. Proceed southwest on Vineyard Canyon Rd. for 6.0 miles.
- 3. Head south (left) on Indian Valley Rd. for 1.5 miles.
- 4. Turn west (right) on N. River Rd. and proceed to Mission St. where you will make south (left) turn.
- 5. Exchange point will at the San Miguel Fire Department on Mission St.





VANS

Follow same route as runners.

TRANSITION 27: San Miguel Fire Department, 1150 Mission St., San Miguel

LEG 28

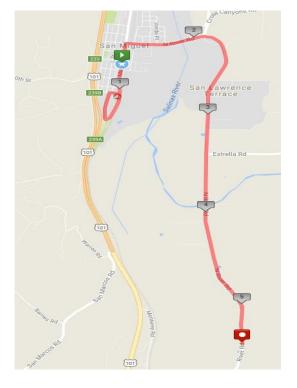
5.4 MILES | EASY



RUNNERS

Mileage is per segment, not cumulative

- 1. Start at San Miguel Fire Department
- 2. Proceed south on Mission Street and follow it around Mission San Miguel to the right onto Monterey Rd.
- 3. Head north on Monterey Rd. and turn west (right) on San Luis Obispo Rd.
- 4. Turn north (left) on Mission Rd. and then turn east (right) on N. River Rd.
- 5. Follow River Rd. to the south
- 6. Exchange point will on the west side of North River Rd.





VANS

Follow same route as runners.

TRANSITION 27: San Miguel Fire Department, 1150 Mission St., San Miguel

LEG 29

7.6 MILES | MOST DIFFICULT

RUNNERS

Mileage is per segment, not cumulative

- 1. Start at Exchange Point 29 on N. River Rd.
- 2. Proceed south on N. River Rd. and take the River Walk Trail at S. River Rd. / Union Rd.
- 3. Follow the River Walk Trail to the west and proceed south under Creston Rd.
- 4. After going under Creston Rd. follow the trail to the south along River Rd.
- 5. There will be a very long set of stairs on your left (about three stories high), proceed up them and continue south on the sidewalk along River Rd.
- 6. Continue south on River Rd. and cross Niblick Rd.
- 7. Check point will be on the west side of S. River Rd./Charolais Rd. $\,$







VANS

Follow same route as runners.

TRANSITION 29: S. River Rd. / Charolais Rd., Paso Robles

LEG 30

8.8 MILES | MORE DIFFICULT



RUNNERS

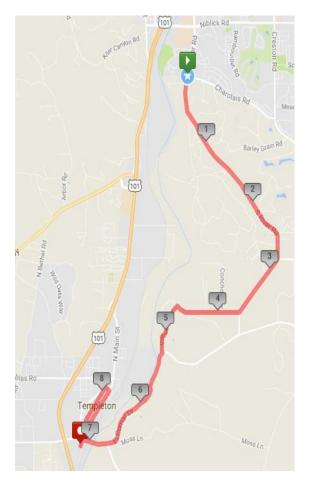
Mileage is per segment, not cumulative

- 1. From Charolais Rd./S. River Rd. proceed south on River Rd. for 2.8 miles.
- 2. Continue to proceed south from River Rd. by taking the south west turn onto Neal Spring Road.
- 3. Turn right (west) onto Vaquero Dr. from Neal Spring Rd.
- 4. Continue south onto El Pomar Dr. from Vaguero Dr.
- 5. Continue on El Pomar south and the road will turn right (west) and turn into Templeton Rd.
- 6. Proceed on Templeton Rd. and make a right (north) on S. Main St.
- 7. From Main St. make a left on $1^{\rm st}$ Street and then another left on Crocker St.
- 8. Proceed on south east on Crocker St. and then left again on 8^{th} Street.
- 9. From 8th Street proceed to S. Main and make a right and follow it to the exchange point located at S. Main just south of Templeton Rd. at Templeton High School.

VANS

Follow same route as runners.

TRANISTION 30: Templeton High School, 1200 S. Main, Templeton





LEG 31

8.7 MILES | MORE DIFFICULT

RUNNERS

Mileage is per segment, not cumulative

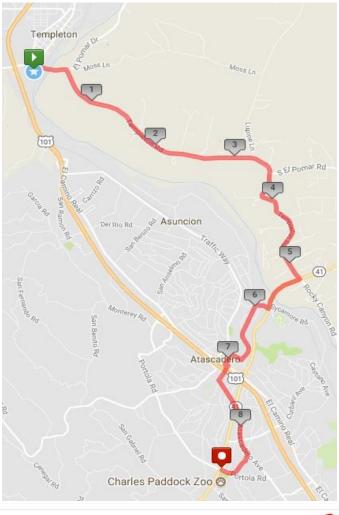
- 1. Start at Templeton High School and proceed east on Templeton Rd. Continue right (south) on Templeton Rd. when it reaches El Pomar.
- Head south on Templeton until you reach H.W.
 41. At H.W. 41 you will turn right (west) towards
 Atascadero.
- 3. Proceed on H.W. 41 and then turn right (north) on Mercedes Ave.
- 4. From Mercedes Avenue you will make a left (west) turn onto Capistrano Ave.
- 5. At the T intersection make a right on Lewis Ave. and then a right on West Mall.
- 6. Take West Mall and cross over El Camino Real.
- 7. After crossing El Camino Real head slightly south and take the tunnel under H.W. 101.
- 8. Continue on Atascadero Ave. careful to ensure you do not continue onto another road.
- 9. From Atascadero Avenue you will turn right on Merchant Avenue.
- 10. Turn right on Portola Rd. to the exchange point located on the east side of the baseball field at Portola Rd./Azucena Ave.

VANS

Follow same route as runners except vans will have to take H.W. 41 to reach their runner after they take the tunnel.

TRANSITION 31: Portola Rd./Azucena Ave.







LEG 32

8.9 MILES | MORE DIFFICULT

RUNNERS

Mileage is per segment, not cumulative

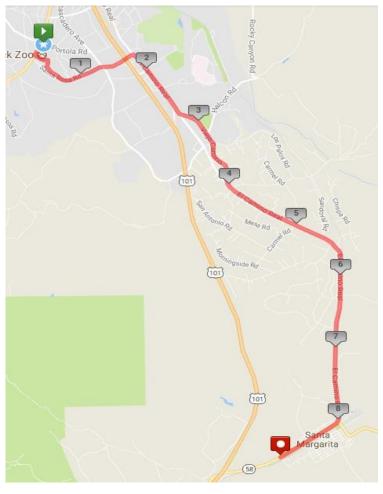
- 1. Start at the baseball field parking area at Portola Rd./Azucena Ave.
- 2. Turn left (west) on Morro Rd.
- 3. Turn left on Pismo Avenue and follow it to the right as it turns into Merchant Way. Continue on Merchant way to the east as it turns into Santa Rosa Rd.
- 4. Take Santa Rosa Rd. across H.W. 101 and make a right (south) turn onto El Camino Real. Proceed approximately 1.0 miles and turn left onto Viejo Camino Rd.
- 5. Stay on Viejo Camino Rd. and merge south back onto El Camino Real.
- 6. Continue on El Camino Real into Santa Margarita where the road will turn into G Street.
- 7. Exchange point will be at G Street & Welhelmina Avenue on the south side of the road.

VANS

Follow same route as runners.

TRANSITION 32: G Street/Welhlmina Ave., Santa Margarita







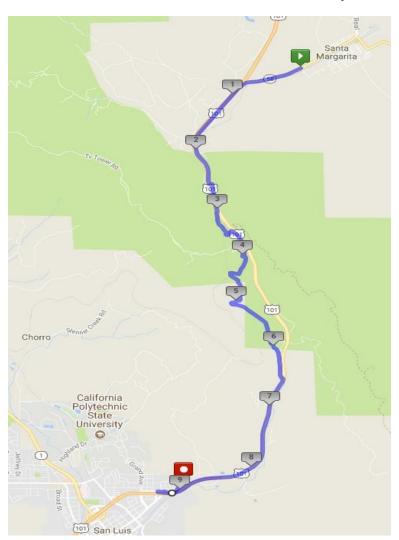
DRIVING LEG 2



RUNNERS & VANS

After your runner completes Leg 32 drive to the start of Leg 33.

LEG 33 START: Cuesta Park, 2400 Loomis St, San Luis Obispo



LEG 33

5.8 MILES | MODERATE

RUNNERS

Mileage is per segment, not cumulative



- 1. Proceed west from Cuesta Park on Loomis Rd. and make a right (north) on Grand Avenue.
- 2. Turn left on (west) on Slack and continue on it as it proceeds to the right (north) and turns into Longview Lane.
- 3. Take the second left (west) onto Hathway Ave. and follow the road to the north as it turns into Carpenter St. (do not take the south fork of Hathway Ave.).
- 4. From Carpenter take the left (west) on Foothill and then a right (north) on California Blvd.
- 5. Follow California Blvd. past Spano Stadium until it ends at Highland Dr.
- 6. Turn left (west) on Highland. Continue on Highland Dr. and cross HW 1 (Cabrillo Hwy) and
- 1. take a left (south) on Ferrini Rd., the first after crossing HW 1.
- 7. Follow Highland until it ends and make a right (west) on Foothill Blvd.
- 8. You will proceed on Foothill Blvd. for 2.1 miles and then turn right (west) on O'Conner Way.
- 9. Turn right (north) on Laureate Lane and the exchange point will be on your right at the church.





VANS

Follow same route as runners.

TRANSITION 33: Agape Church, 950 Laureate Ln., San Luis Obispo

LEG 34

4.4 MILES | EASY

RUNNERS



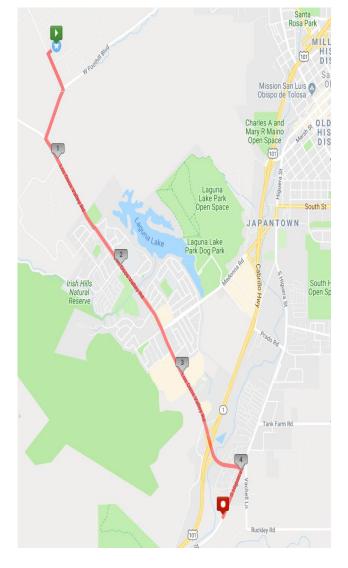
Mileage is per segment, not cumulative

- 1. Start is at Agape Church on Laureate Lane.
- 2. Head to O'Conner Way and make a left (east) and then proceed and turn right (south) onto Foothill Blvd.
- 3. Take Foothill Blvd. until you reach Los Osos Valley Rd. and you will proceed left (east) on it.
- 4. Continue on Los Osos Valley Rd. for 3.1 miles (over HW 101) until it ends at South Higuera St.
- 5. Turn right (south) on Higuera St. and the exchange point will be on at the Octagon Barn on the left (east) side of Higuera.

VANS

Follow same route as runners.

TRANSITION 34: The Octagon Barn, Octagon Way, San Luis Obispo





LEG 35

6.1 MILES | MODERATE

RUNNERS

Mileage is per segment, not cumulative

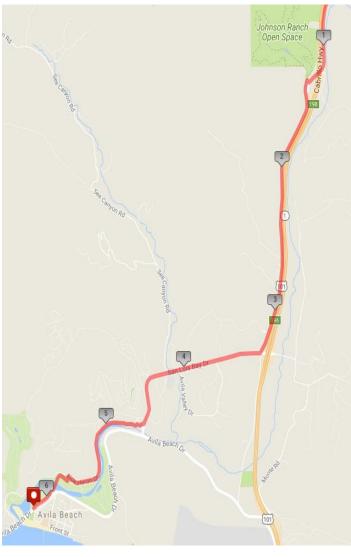
- 1. Start at the Octagon Barn and proceed south on Higuera Ave.
- 2. Follow Higuera Ave. under H.W. 101 as it turns into Ontario Rd. Continue south on Ontario Rd.
- 3. Make a right (west) turn on San Luis Bay Drive.
- 4. Follow San Luis Bay Drive where you will enter the Bob Jones trail head on the west side at Bay Laurel Place (also entrance to San Luis Bay Estates).
- 5. Proceed west on the Bob Jones towards Avila. You will follow the Bob Jones all the way to the exchange point.
- 6. Exchange point is located at Bob Jones Trail and San Juan St.

VANS

Follow same route as runners.

TRANSITION 35: Avila Beach Dr./San Juan St., Avila Beach







LEG 36

7.9 MILES | MORE DIFFICULT

RUNNERS

Tech to the Beach 200 Mile Relay Run

Mileage is per segment, not cumulative

- 1. Start is on Bob Jones Trail at Avila Beach Dr./San Juan St.; Avila.
- 2. Proceed east on the Bob Jones trail and follow it until it ends at Ontario Rd.
- 3. Proceed south on Ontario Rd. until it ends at the T and turn left (east) on Avila Beach Dr.
- 4. At the top of the hill you will turn right (south) onto Shell Beach Rd.
- 5. Follow Shell Beach Rd. into Pismo and make a right towards downtown Pismo on Cabrillo Hwy (H.W. 1).
- 6. After you pass Old West Cinnamon Rolls you will make a right on Main St. towards the beach. Follow Main St. and enter the beach and turn left and run under the pier.
- 7. Continue on the beach running south until you reach the finish line (near Ocean View Ave.)

UANS

Follow same route as runners.

TRANSITION 36: On the beach near where Ocean View Ave. ends, Pismo Beach

