

# FEAT TO THE BEACH 200 MILE RELAY

2022

“THE BOOK”



ITEMS ARE SUBJECT TO CHANGE

Updated:  
09/02/2022

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# 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@Activitynut.org](mailto:Relay@Activitynut.org).

## 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 GPS tracker 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 6<sup>th</sup> 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. New this year: second van starts within 10 minutes of a prescheduled time if the first van has not arrived. This will allow all runners to make it to the Beach Party between approximately 2pm and 4pm

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](http://www.FeatToTheBeach.com)  
**Race Director:** Ray Keys-Bramlett | <mailto:relay@activitynut.org>  
**Facebook Event:** <https://www.facebook.com/events/593379519114391>

## 2022 SCHEDULE OF EVENTS

July 1	Early Team Sign Up Bonus Cut Off Date
July 15	Volunteer Registration Opens
October 1	Volunteer Registration Team Deadline
October 1	Submit Requested Start Times
November 5	Team Start Times Posted
November 8	Pay for Volunteer Deadline (For teams not supplying volunteers)
November 8	Team Member Substitution Deadline (no charge prior, \$10 after)
November 8	Regular Team Registration Deadline
November 8	Final Team Name Change Requests
November 9	Final Team Member Changes
November 11	Team Packet Pick Up/Team Check In 30 min before start
	- Van 1 at Fresno Start Line
	- Van 2 at Caruthers Exchange Pint
November 11	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. **Multiple Vehicles are permitted due to COVID concerns.**

### **1.E) Race Start**

The START is located on the trail where FWY 41 crosses Nees Avenue in Fresno. Teams will start as early as 5:30am based on your team's average pace. Remember to NOT be late. Please arrive 30 minutes prior to your assigned start time.

### **1.F) Check-In Procedures**

- First Van checks in at Start Line, second van checks in at Exchange Point 6 (leg 7) in Caruthers.
- Any team member can check in your team.
- Present team safety equipment.
- 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 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. Due to COVID restrictions, you are welcome to enjoy the afternoon at the beach, but please leave the finish area within 15 minutes of your runner's arrival.

### **1.H) Finisher Medals**

Finisher's Medals will be shipped after the event.

### **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 Monday.

## **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 13:00 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 always be alert 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 the end of legs 25 (Parkfield) and 30 (Evers Park). Tents are not provided by the event.

#### **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.I) 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) Segment Start Times**

In order to keep the race on schedule for the beach party at the end, Van 1 segments and Van 2 segments will overlap. Please note the Time on the Team Pace Chart. Fastest teams will have no overlap of 6 leg segments and should see their runner arriving at their scheduled time. Ultra teams have no second van and will rotate runners as before at the exchange points. Slower teams may have a 1 to 2 hour overlap between segments.

**Example – 2022 Times will be available in November**

**Exchange Points coming soon**

		Fresno	Caruthers
		Van 1 Start Leg 1	Ex Point 1 Leg 7
		0	6
		6.5	8.2
Team	Avg Pace	0	37.7
Agent Orange	7.25	11:00	15:30
California Precision S&C	9.6	9:15	15:16
Running for Food	9.75	9:00	14:30
Lost Soles	10.5	8:30	14:00
Team B.A.M.	11.6	8:00	13:30
Just some RNers	12.3	7:00	13:00

# 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. Due to COVID Restrictions, please wear masks when at the finish area when not running. While you are welcome to enjoy the beach, teams are asked to leave the finish area within 15 minutes of finishing the race.

### **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 affect 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 affect 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. Activitynut 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 \_\_\_\_\_

## **RUNNING LEG DISTANCE CHART**

### Runner Distances

RUNNER	1st Leg	2nd Leg	3rd Leg	Total Distance
1	6.3	3	7.3	16.6
2	5.2	4	8.3	17.5
3	5	4	8.3	17.3
4	7.7	5.2	5.5	18.4
5	6.5	3.5	7.5	17.5
6	7.1	5.5	8.0	20.6
7	8.2	3.1	9.8	21.1
8	5	3.1	8.9	17.0
9	4.9	2.5	5.7	13.1
10	5.3	3.2	5.8	14.3
11	4	2.9	4.8	11.7
12	3.1	3.8	7.8	14.7

	Easy
	Moderate
	More Difficult

# CHECK POINT OVERVIEW

Leg #	Location - Start of Leg	Address	Leg Distance	Mile	Restrooms	Food	Gas	Extra Room
1	Nees & 41	180 E Nees	6.3	0	N	N	N	N
2	Starbucks	6701 Milburn Ave, Ste 101, Fresno	5.2	6.3	Y	Y	Y	Y
3	Deran Kologian Stadium	6941 W Ashlan Ave	5	11.5	PP	N	Y	Y
4	Kearney Park Mansion	SE corner of Kearney & Bryan	7.7	16.5	PP	N	N	Y
5	Fresno Police Regional Training Ctr	6375 W. Central	6.5	24.2	N	N	N	Y
6	American Union Elementary	2801 W. Adams	7.1	30.7	PP	N	N	Y
7	Caruthers High School	2580 W. Tahoe	8.2	37.8	PP	Y	Y	Y
8	St. Ann Church	3047 W. Mt. Whitney Ave	5	46	PP	Y	Y	Y
9	Bryan/Chicken Coops	22391 S Bryan Ave	4.9	51	PP	N	N	N
10	Dickenson/Paige	Dickenson/Paige	5.3	55.9	PP	N	N	N
11	Howard/Oakland	Howard/Oakland	4	61.2	PP	N	N	N
12	Oakland/Lassen	Oakland/Lasson	3.1	65.2	N	N	N	N
13	Coelho West Farms	Oakland/Butte, Five Points	3	68.3	PP	N	N	Y
14	W. Oakland/S. Eldorado	Oakland/Eldorado	4	71.3	N	N	N	N
15	S. Eldorado/W. Stutz	23000 W Stutz Ave, Coalinga (closest)	4	75.3	PP	N	N	N
16	S. Eldorado/W. Marmon Ave.	Eldorado/Marmon	5.2	79.3	N	N	N	N
17	PHELPS & W. GALE	24600 Phelps, Coalinga (closest)	3.5	84.5	PP	N	N	N
18	New Coalings Municipal Airport	27500 Phelps, Coalinga	5.5	88	PP	N	N	N
	Starbucks Shopping Center	113 W. Polk St		93.5	Y	Y	Y	Y
19	Hwy 198/Parkfield Grade	44482 Parkfield Grade (closest)	3.1	93.5	PP	N	N	N
20	Parkfield Grade Rd.	(not on HWY 198)	3.1	96.6	PP	N	N	N
21	Parkfield Grade Rd.	(not on HWY 198)	2.5	99.7	PP	N	N	N
22	Parkfield Grade Rd.	End of driveway of Ponderosa Ranch	3.2	102.2	PP	N	N	N
23	Parkfield Grade Rd.	(not on HWY 198)	2.9	105.4	PP	N	N	N
24	Parkfield Grade Rd.	(not on HWY 198)	3.8	108.3	PP	N	N	N
25	Parkfield Cafe	70578 Parkfield-Coalinga Rd	7.3	112.1	PP	Y	N	Y
26	Vineyard Canyon Rd #1	68767 Vineyard Canyon Rd (closest)	8.3	119.4	PP	N	N	N
27	Vineyard Canyon Rd #2	74961 Vineyard Canyon Rd (closest)	8.3	127.7	PP	N	N	N
28	San Miguel Fire Department	1150 Mission St	5.5	136	PP	Y	Y	Y
29	7300 River Road	7300 River Road	7.5	141.5	N	N	N	N
30	S. River Rd./Charolais Rd'	River Rd/Charolais	8	149	In Area	Y	Y	Y
31	Evers Park, Templeton	33 Gibson Rd, Templeton	9.8	157	Y	Y	Y	Y
32	Faces of Freedom Veterans Memorial	9029 Morro Rd	8.9	166.8	In Area	Y	Y	Y
	Santa Margarita -HW 58/Wilhelmina: Drive L	G St./Welhmina		175.7	-	N	N	Y
33	Cuesta Park-HW 101/Cal Poly	Cuesta Park	5.7	175.7	Y	N	N	Y
34	Agape Church	950 Laureate Lance, San Luis Obispo	5.8	181.4	PP	Y	Y	Y
35	Johnson Ranch	SW Corner of Ontario/S Higuera St	4.8	187.2	PP	Y	Y	Y
36	Avila Beach Park	Avila Beach Dr./San Juan St	7.8	192	Y	Y	N	Y
END	Finish - Pismo Beach	Psimo Beach, South of Pier		199.8	Y	Y	Y	Y

# **INDIVIDUAL LEG MAPS**

## FEAT TO THE BEACH RELAY

# LEG 1

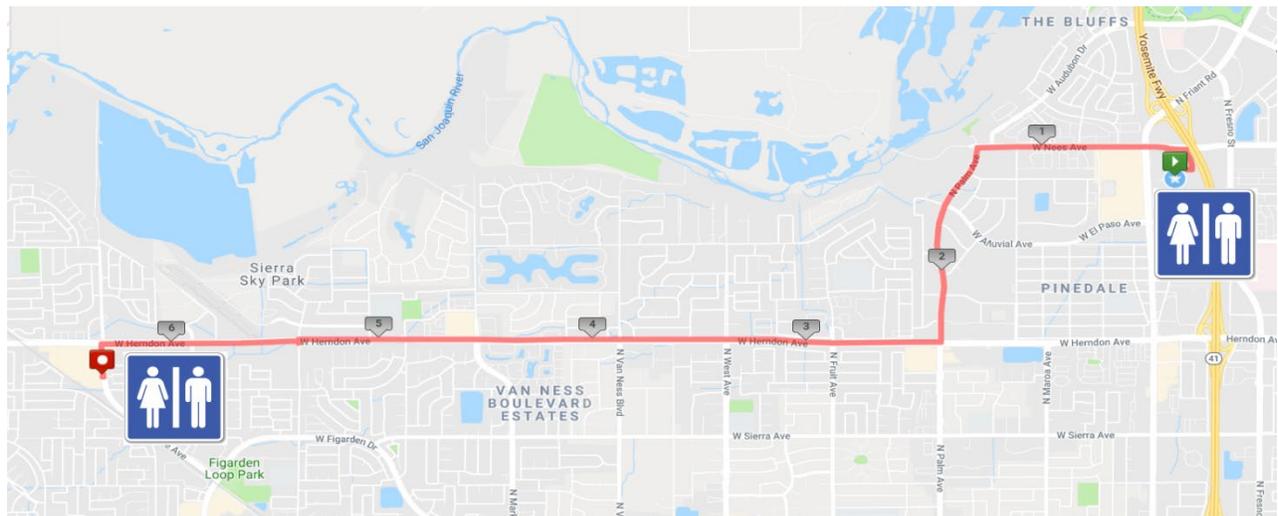
6.3 MILES | MODERATE

## RUNNERS



Mileage is per segment, not cumulative

1. Start on the trail where FWY 41 crosses Nees Avenue
2. Follow the trail South and turn Right (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

## FEAT TO THE BEACH RELAY

# LEG 2

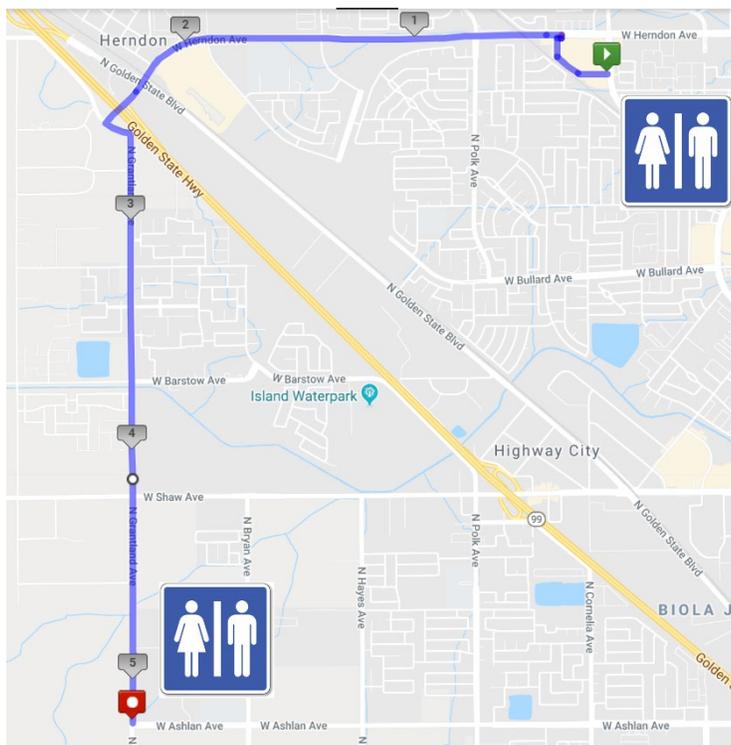
5.2 MILES | EASY

## 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.
4. Proceed West on a dirt trail across the railroad tracks to Polk Ave. \*\*
5. Cross to the North Side of Herndon.
6. Proceed 2 miles west crossing HWY 99.
7. Cross the Parkway Drive, and head left (southeast) on Parkway Drive for .1 miles.
8. Turn right onto Grantland Ave and continue 2.5 miles to Ashlan Ave.
9. Transition is at Grantland/Ashlan at the south side of Ashlan Ave, just past the Deran Koligian Stadium. There will be a pottie at the southeast corner.



**\*\* Follow the trail on the south side of Herndon. Do not go over the overpass.**



## VANS

Follow same route as runners. (Except when going over the overpass on Herndon)

TRANSITION 2: Southeast corner of Grantland/Ashlan just past the Deran Koligian Stadium.

## FEAT TO THE BEACH RELAY

# LEG 3

5.0 MILES | MODERATE

## RUNNERS

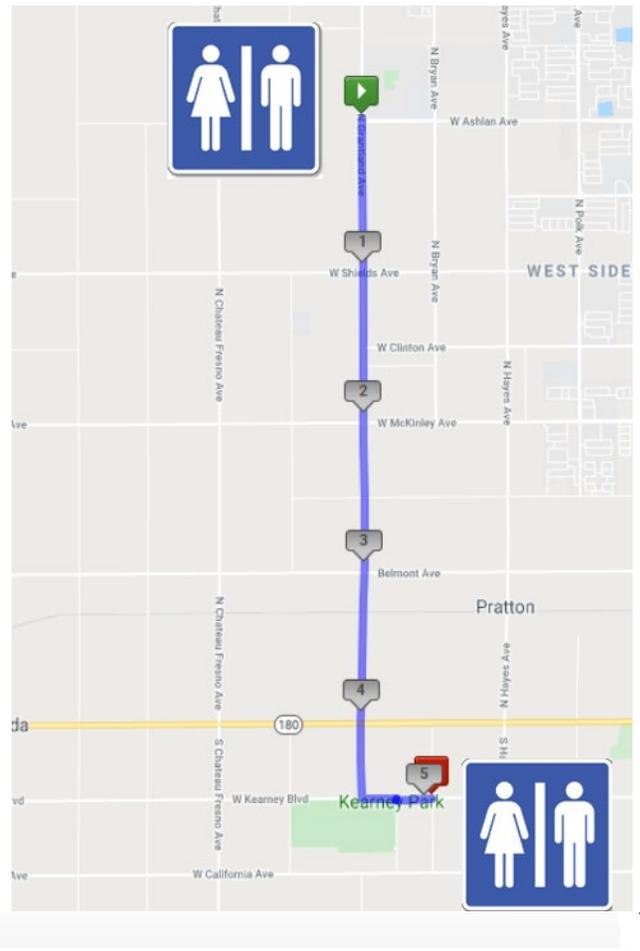
Mileage is per segment, not cumulative

1. Head south from Deran Koligian Stadium for 4.5 miles.
2. Left (east) on Kearney Blvd. for .25 miles.
3. Cross to the South side of the Kearney Blvd
4. Proceed (east) on Kearney Frontage for .25 miles
5. Transition area is the southeast corner of Kearney Blvd. and Bryan Ave.

## VANS

Follow same route as runners.

TRANSITION AREA: Southeast corner of Kearney Blvd. and Bryan Ave, Fresno, CA



## FEAT TO THE BEACH RELAY

# LEG 4

7.7 MILES | MODERATE

## RUNNERS

Mileage is per segment, not cumulative

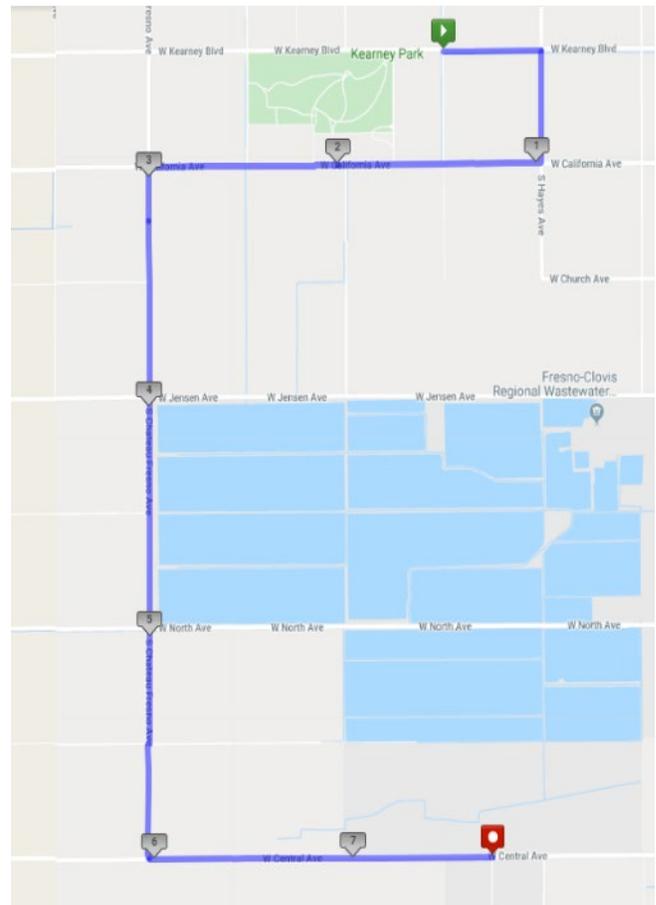
1. Proceed (east) on Kearney for .5 miles
2. Turn right (south) onto Hayes for .5 miles
3. Right (west) on California Ave. for 2.0 miles.
4. Left (south) on Chateau Fresno for 3.0 miles.
5. Left (east) on Central for 1.7 miles to exchange point at Fresno Police Dept. Training Center.

## VANS

Follow same route as runners.

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

## NOTES:



## FEAT TO THE BEACH RELAY

# LEG 5

6.4 MILES | MODERATE



## RUNNERS

Mileage is per segment, not cumulative

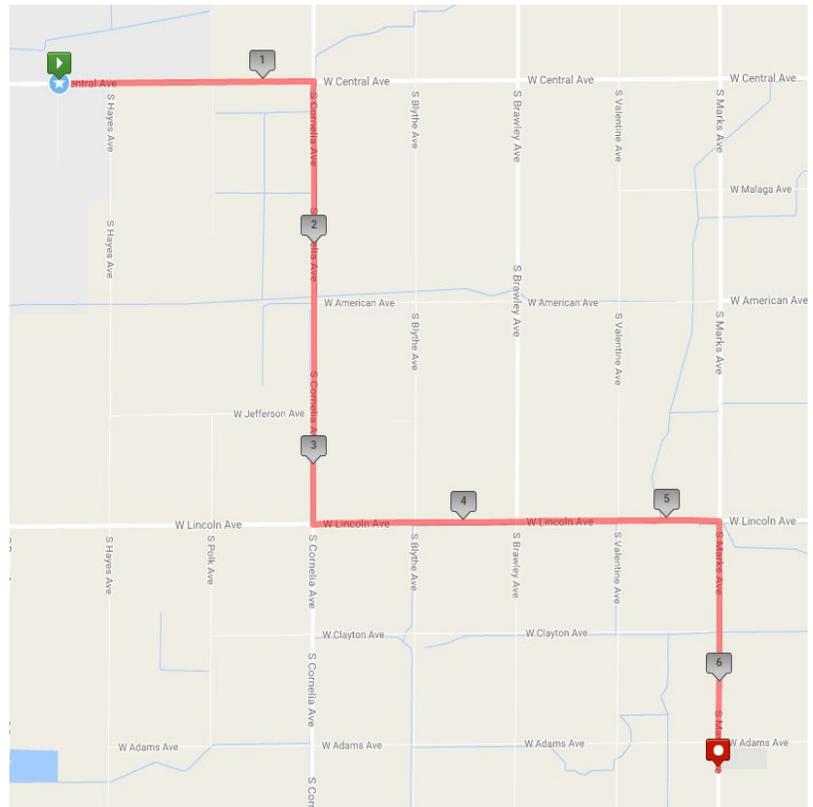
1. Proceed east for 1.3 miles on Central.
2. Turn right (south) on Cornelia for 2.0 miles.
3. Turn left (east) on Lincoln and proceed 2.0 miles.
4. Turn right (south) on Marks for 1.1 miles.
5. Transition is on Marks on the west side of American Union Elementary School.

## VANS

Follow same route as runners.

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

NOTES:





## FEAT TO THE BEACH RELAY

# LEG 7

8.2 MILES | MORE DIFFICULT



## RUNNERS

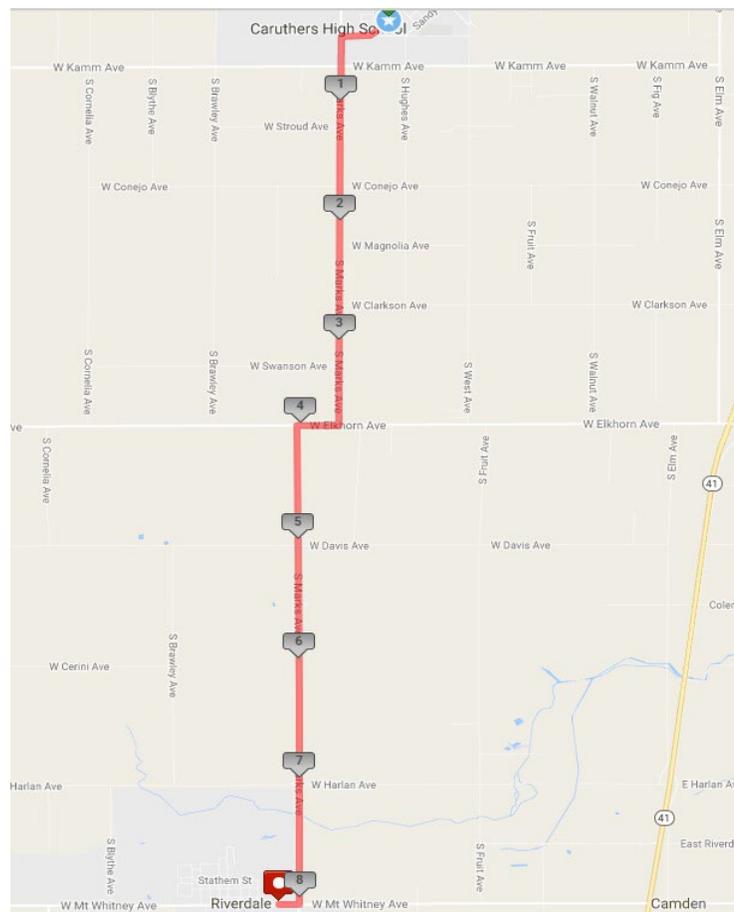
Mileage is per segment, not cumulative

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





## FEAT TO THE BEACH RELAY

# LEG 9

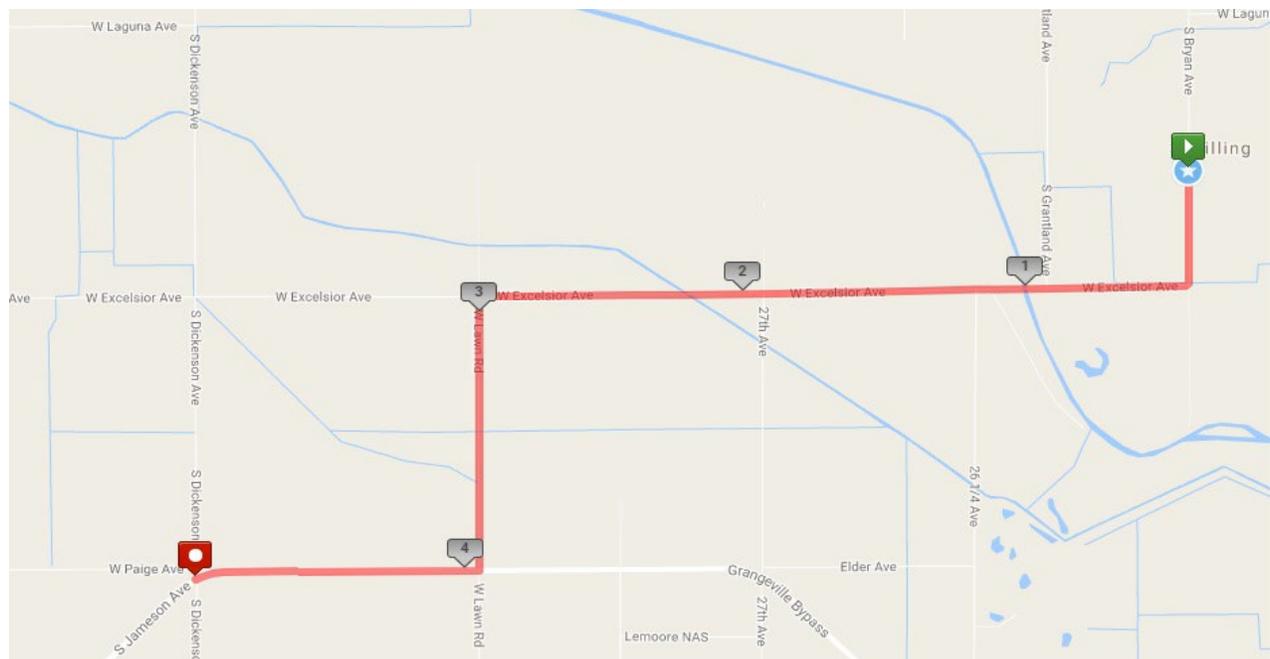
4.9 MILES | EASY



## RUNNERS

Mileage is per segment, not cumulative

1. Proceed south on Bryan for .5 miles until the road turns west onto Excelsior.
2. Continue on Excelsior for 2.5 miles
3. Turn left on Westlawn for 1.0 mile.
4. Turn right on Paige Rd. for 1.0 mile. (turns into Jameson)
5. Exchange point that is located at Dickenson/Jameson.



## VANS

Follow same route as runners.

TRANSITION 9: Jameson Ave/Dickenson Ave.

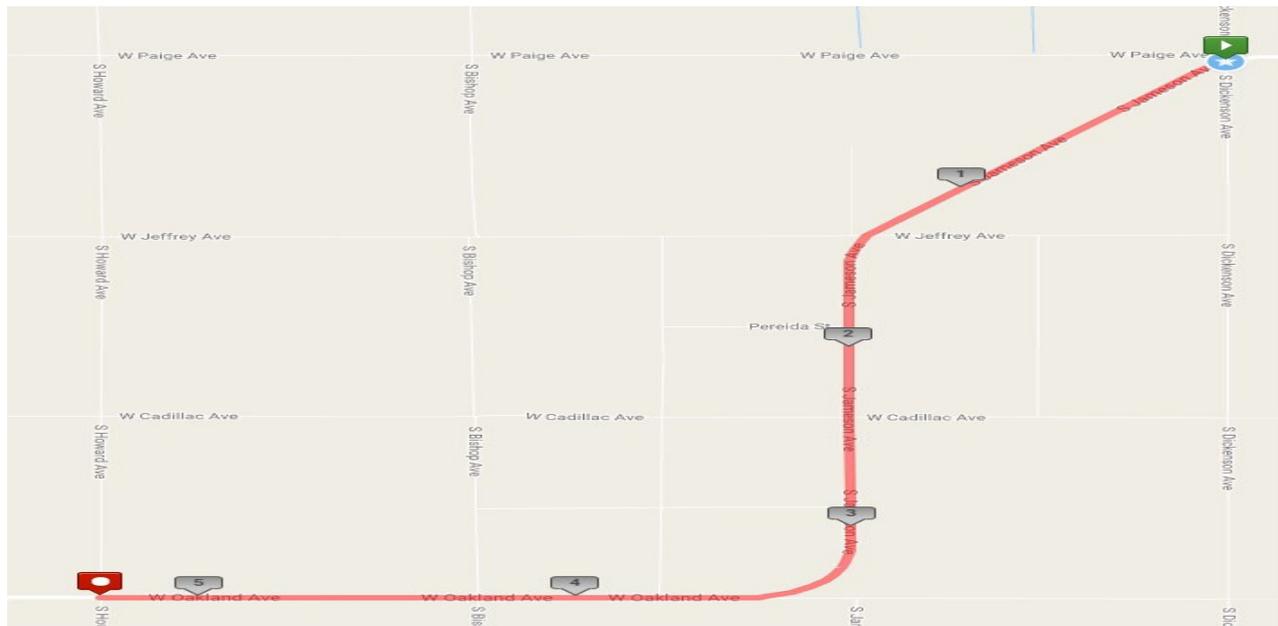
**FEAT TO THE BEACH RELAY**  
**LEG 10**  
**5.3 MILES | MODERATE**



**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.



**VANS**

Follow same route as runners.

TRANSITION: Oakland/Howard Ave.

## FEAT TO THE BEACH RELAY

# LEG 11

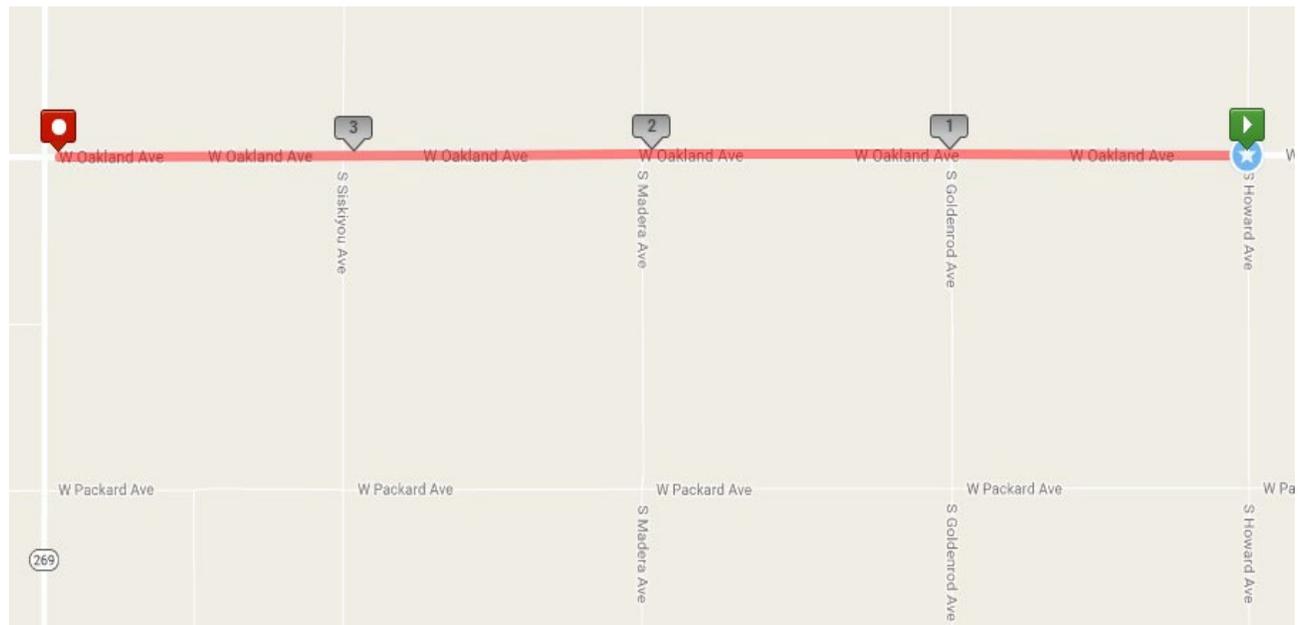
4.0 MILES | EASY

## 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.

## FEAT TO THE BEACH RELAY

# LEG 12

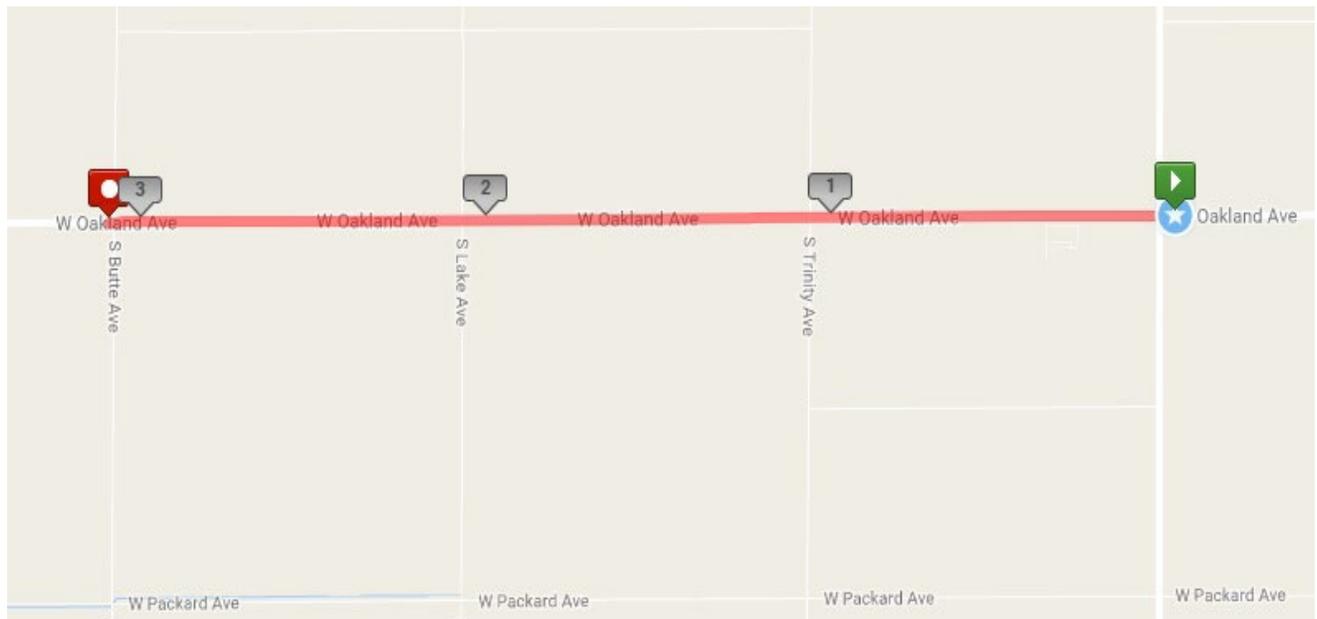
3.1 MILES | EASY

## RUNNERS



Mileage is per segment, not cumulative

1. Start at the south east of the intersection of Oakland/Lassen (Hwy 269).
2. Head west 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.

## FEAT TO THE BEACH RELAY

# LEG 13

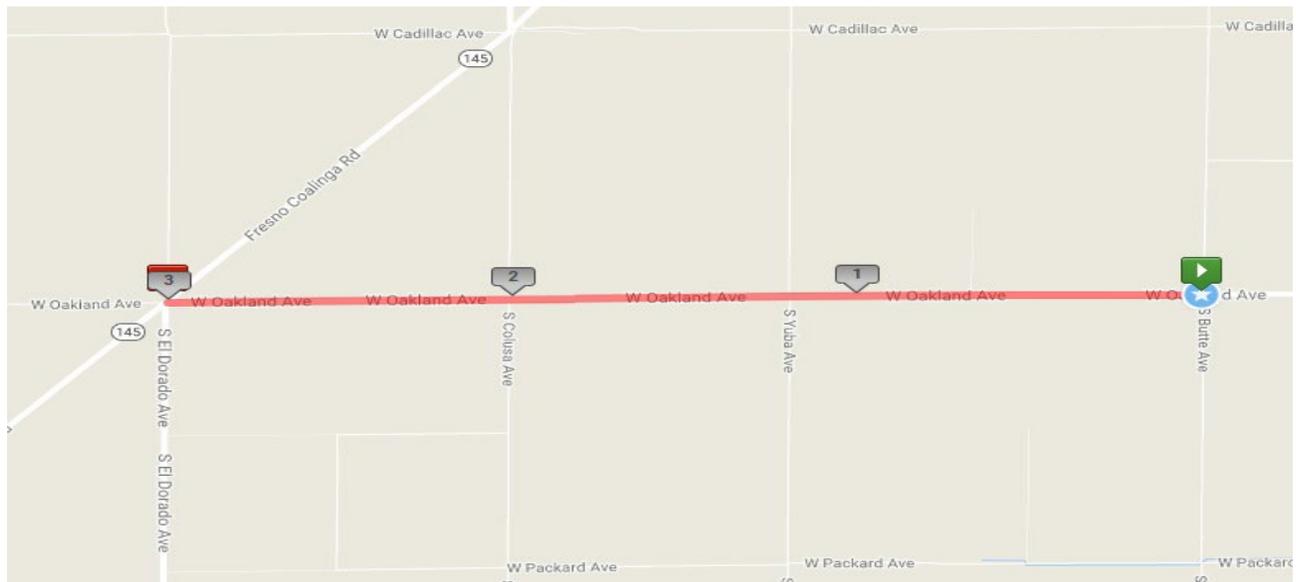
3.0 MILES | EASY

## RUNNERS



Mileage is per segment, not cumulative

1. Start at South Oakland/South Butte Ave.
2. Head west 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

## FEAT TO THE BEACH RELAY

# 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).



## FEAT TO THE BEACH RELAY

# LEG 15

4.0 MILES | EASY

## RUNNERS

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



## FEAT TO THE BEACH RELAY

# LEG 16

5.2 MILES | MODERATE



## RUNNERS

Mileage is per segment, not cumulative

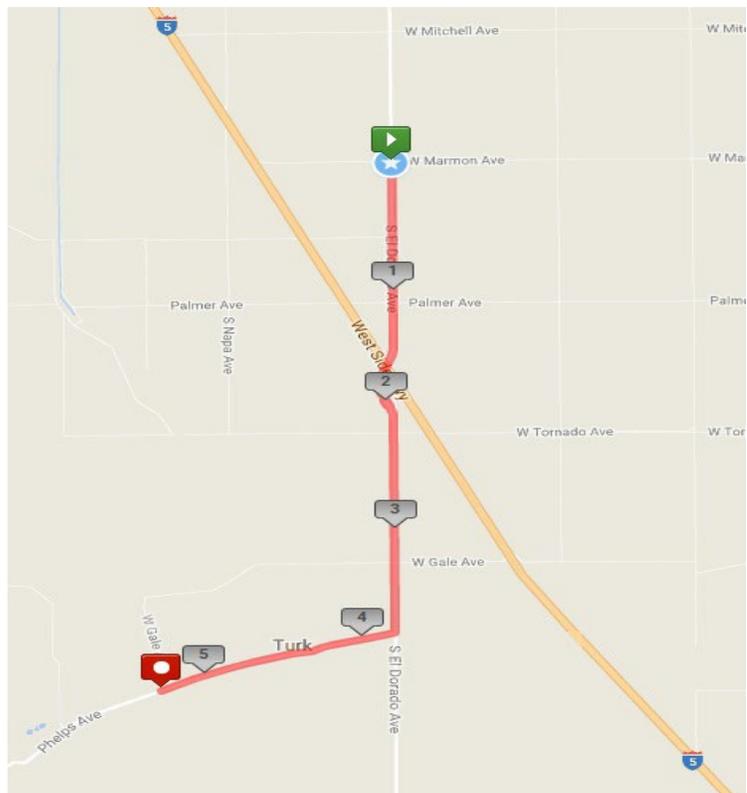
1. Start at S. El Dorado Avenue / W. Marman Ave. (dirt road).
2. Proceed south on S. El Dorado Avenue for 3.8 miles (crossing over Interstate 5).
3. Turn west (right) on Phelps Avenue (Sign says West Hills Farm Services)
4. Continue for 1.4 miles on Phelps
5. Transition area is just past Gale.  
24600 Phelps Avenue on the north side of Phelps Avenue.

## VANS

Follow same route as runners.

### TRANSITION AREA:

24600 Phelps Ave. (just west of Gale Ave)



## FEAT TO THE BEACH RELAY

# LEG 17

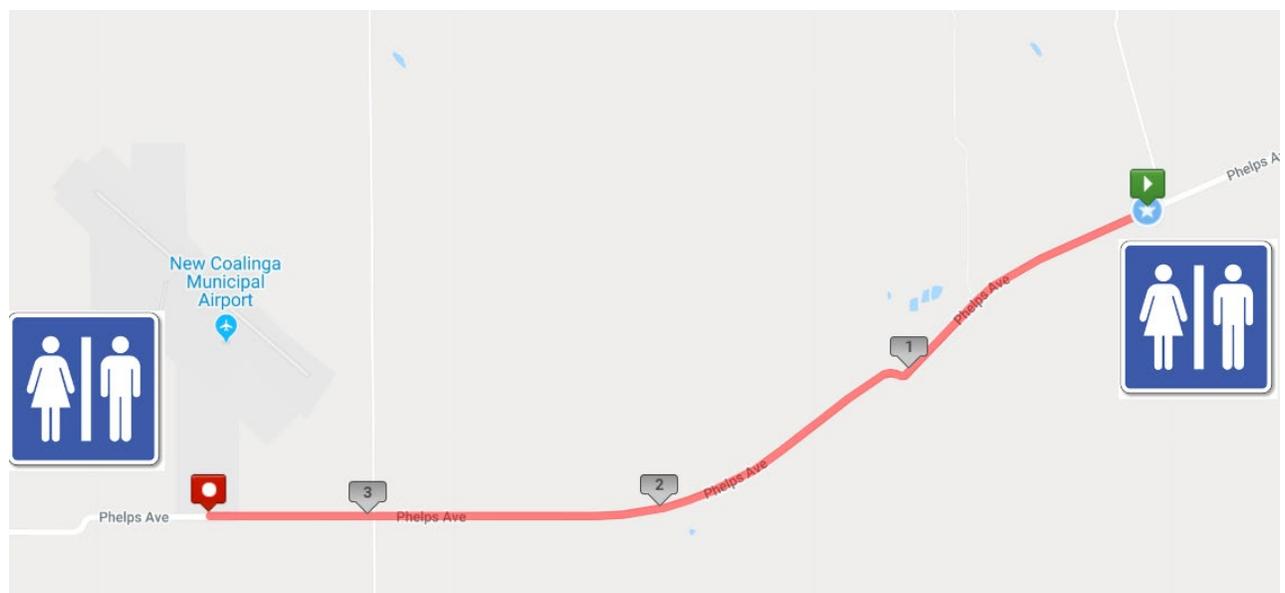
3.5 MILES | EASY

## RUNNERS



Mileage is per segment, not cumulative

1. Start just west of 24600 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 airport entrance road at 27500 Phelps Ave., Coalinga.

## FEAT TO THE BEACH RELAY

# LEG 18

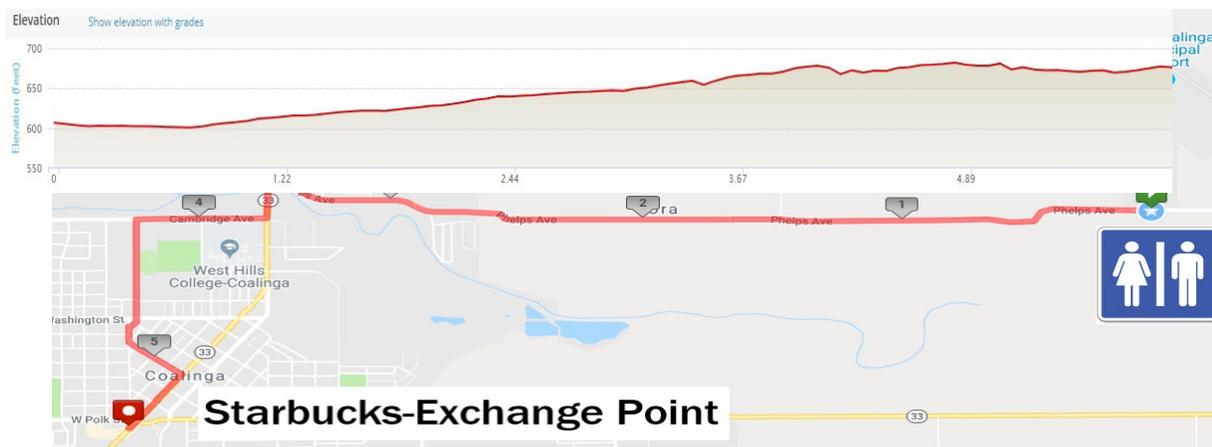
5.5 MILES | MODERATE

## RUNNERS



Mileage is per segment, not cumulative

1. Start at New Coalinga Municipal Airport.
2. Proceed west (right) on Phelps Avenue for 3.5 miles.
3. Crossover Elm Avenue (RTE 33) using the sidewalk and turn south (left) on Elm Avenue.
4. Head south on Elm Avenue for 0.2 miles
5. Turn west (right) on to Cambridge Avenue for 0.5 miles.
6. Turn south (left) on Sunset Street for .5 miles.
7. Vehicle: Turn right on Van Ness St, then immediately left onto N Sunset
8. Runner: Take Sunset Street and crossover Van Ness St. and make a slight right on Ash Ave (parking lot).
9. Ash Avenue will reconnect to Sunset Street and proceed south (left) on Sunset Street.
10. Proceed south on N Sunset for 450 feet
11. Turn left on Coalinga Plaza (Fifth) for 0.25 miles
12. Turn right on Elm Avenue for 0.25 miles crossing Polk Avenue.
13. The exchange point is located the Starbucks.



## 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.

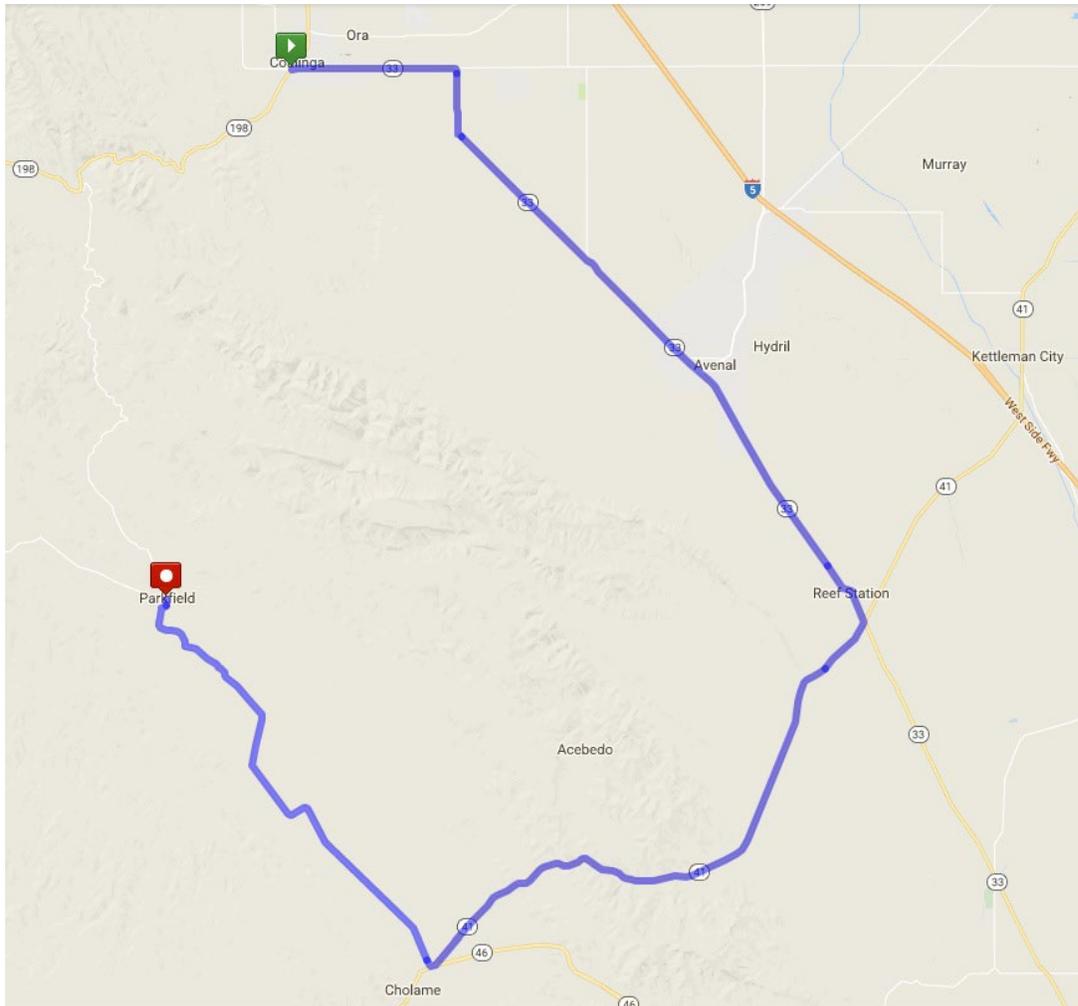
**FEAT TO THE BEACH RELAY**  
**DRIVE LEG**  
**NON-RUNNER VAN**



**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.



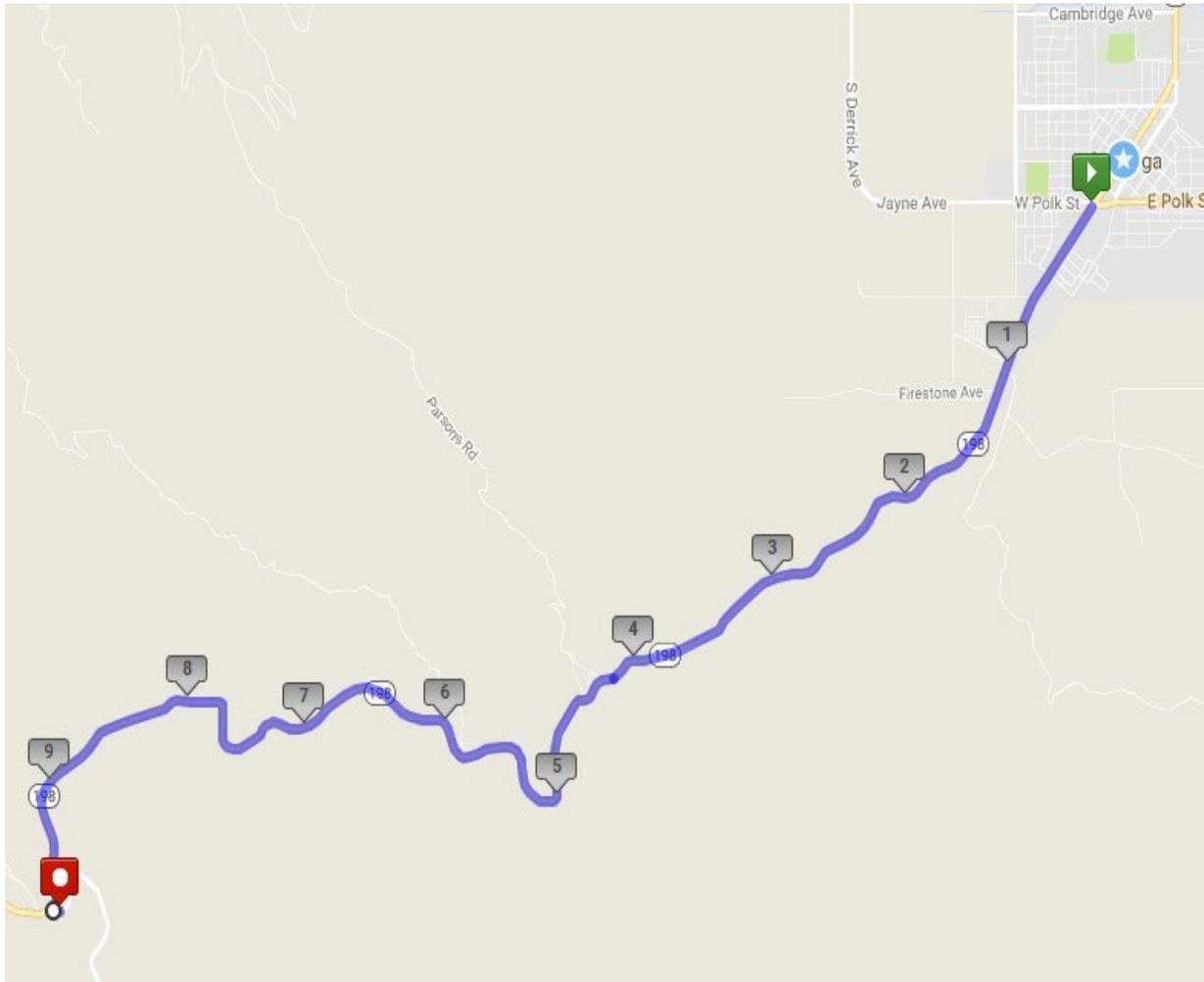
**FEAT TO THE BEACH RELAY**  
**DRIVING LEG 1**



**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.



## FEAT TO THE BEACH RELAY

# LEG 19

3.1 MILES | MODERATE

## RUNNERS

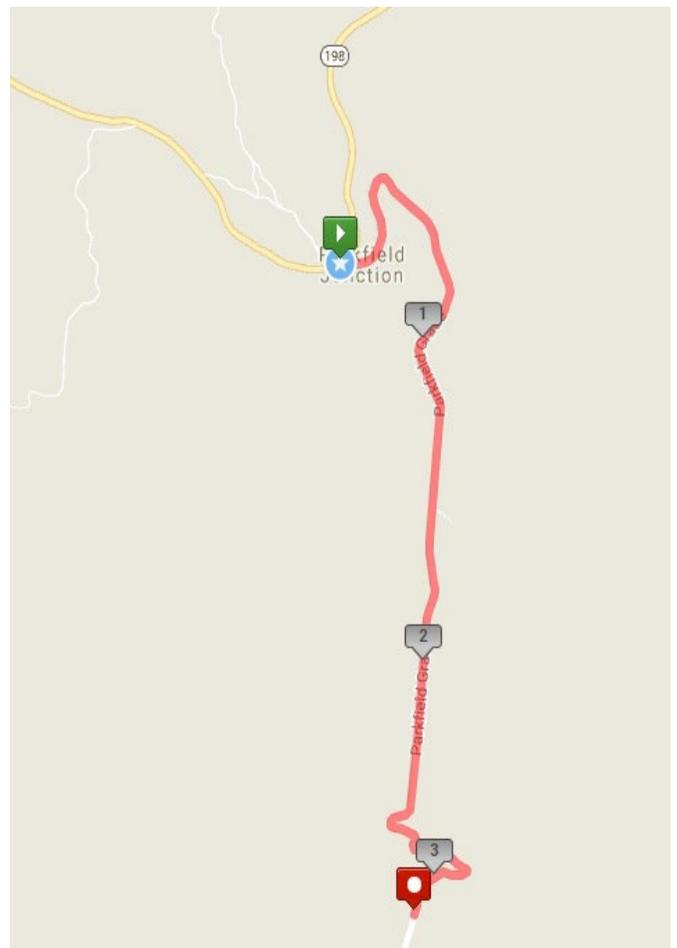
Mileage is per segment, not cumulative

We recommend resetting your odometer at the start of Leg 19.

1. Start at Highway 198 / Parkfield Grade Rd. (9.7 miles west of Exchange Point 18).
2. Proceed south on Parkfield Grade for 3.1 miles.
3. Exchange point will be 3.1 miles south of Highway 198 on Parkfield Grade Rd.

## 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.



## FEAT TO THE BEACH RELAY

# LEG 20

3.1 MILES | MODERATELY DIFFICULT



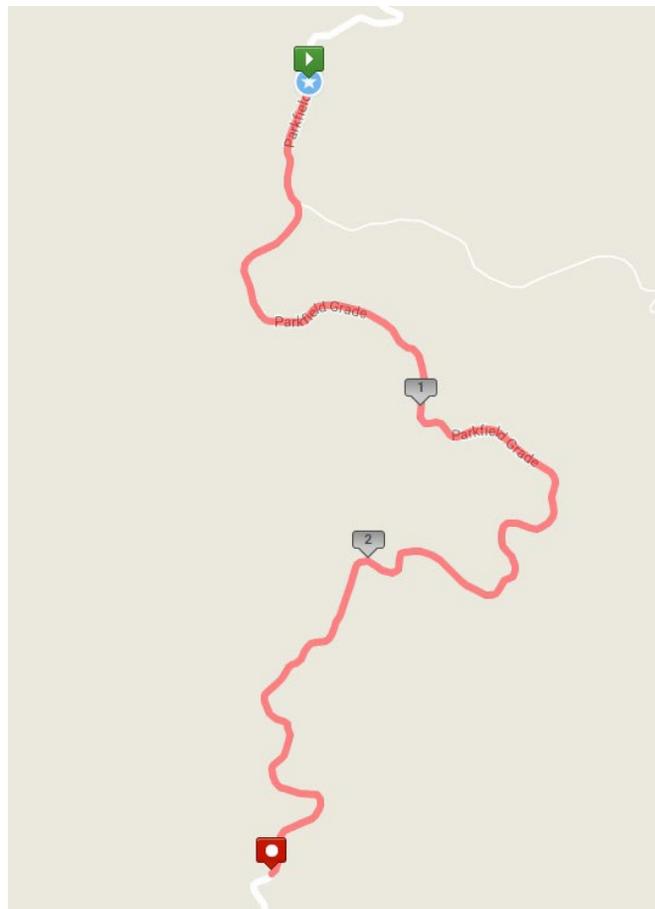
## RUNNERS

Mileage is per segment, not cumulative

1. Start at Exchange Point 19 (3.1 miles south of Highway 198)
2. Proceed south on Parkfield Grade for 3.1 miles.
3. Exchange point will be 6.2 miles south of Highway 198 on Parkfield Grade Rd.

## 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.



## FEAT TO THE BEACH RELAY

# LEG 21

2.5 MILES | MODERATELY DIFFICULT

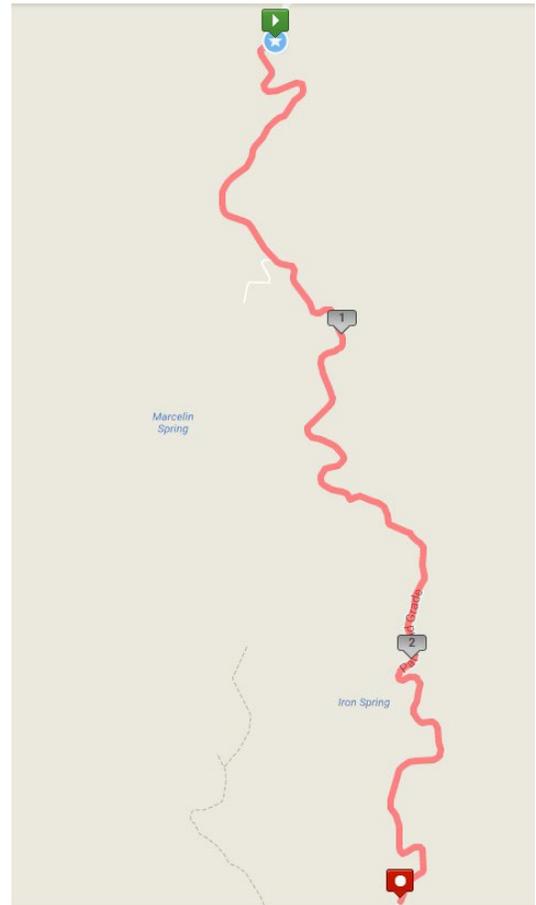
## RUNNERS

Mileage is per segment, not cumulative

1. Start at Exchange Point 20 (6.2 miles south of Highway 198).
2. Proceed south on Parkfield Grade Rd. for 2.5 miles.
3. Exchange point will be 8.7 miles south of Highway 198 on Parkfield Grade Rd.

## 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.



## FEAT TO THE BEACH RELAY

# LEG 22

3.2 MILES | MODERATELY DIFFICULT

## RUNNERS

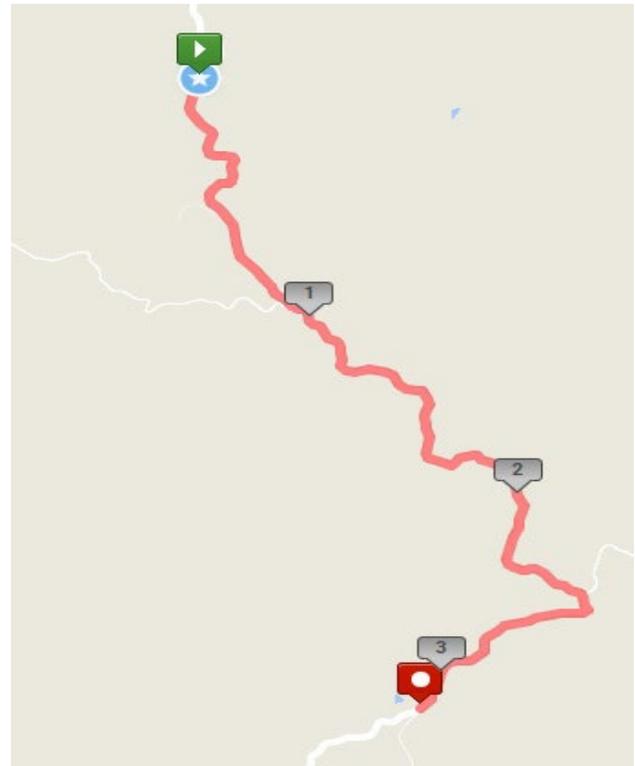
Mileage is per segment, not cumulative

1. Start at Exchange Point 21 (8.7 miles south of Highway 198).
2. Proceed south on Parkfield Grade Rd. for 3.2 miles.
3. Exchange point will be 11.9 miles south of Highway 198 on Parkfield Grade Rd.



## 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.



## FEAT TO THE BEACH RELAY

# LEG 23

2.9 MILES | EASY

## RUNNERS

Mileage is per segment, not cumulative

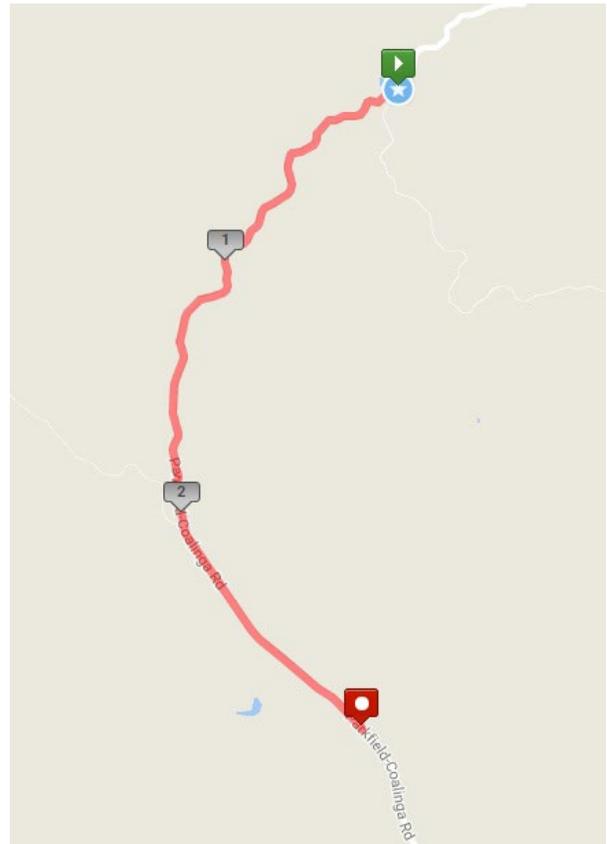
1. Start at Exchange Point 22 (11.9 miles south of Highway 198).
2. Proceed south on Parkfield Grade for 2.9 miles.
3. Exchange point will be 14.8 miles south of Highway 198 on Parkfield Grade Rd.

## 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.

# Feat to the Beach

200 Mile Relay Run



## FEAT TO THE BEACH RELAY

# LEG 24

**3.8 MILES | EASY**

## RUNNERS

Mileage is per segment, not cumulative

1. Start at Exchange Point 23 (14.8 miles south of Highway 198).
2. Proceed south on Parkfield Grade Rd. for 3.8 miles.
3. Exchange point will be just south of Parkfield Café

Camping is permitted inside the fenced lot south of the café. Please be quiet as there are guests at the hotel. Proceed to the center of the field.



Runners who just came over the grade should drive to Templeton for a better sleep location. With real bathrooms.

## VANS

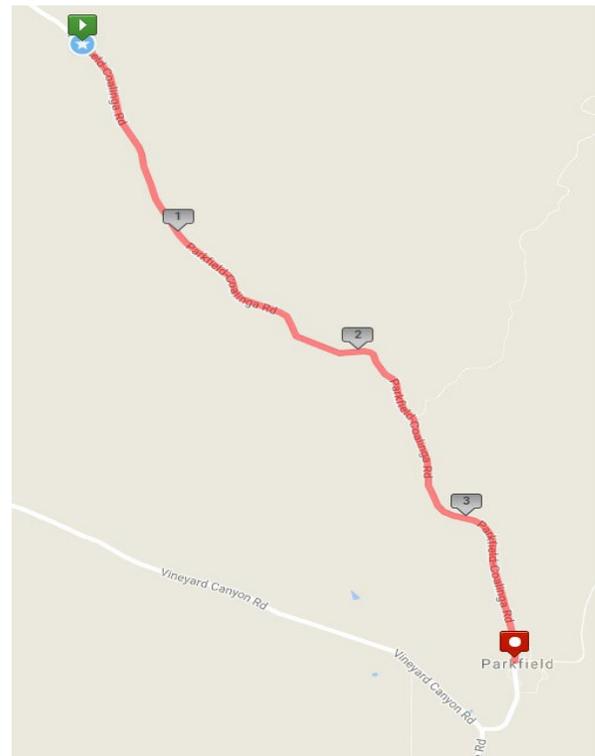
Follow same route as runners. Teams are only allowed to have ONE van on this route. Other van MUST take the alternate route to the Parkfield Exchange Point.

TRANSITION 24: Park Field Cafe



# Feat to the Beach

200 Mile Relay Run



## FEAT TO THE BEACH RELAY

# LEG 25

7.3 MILES | MORE DIFFICULT

## RUNNERS

Mileage is per segment, not cumulative

1. Start at Parkfield Grade/Oak St. (Parkfield Café)
2. Proceed south on Parkfield Grade Rd. and at 0.4 miles take the right fork to Vineyard Canyon Rd.
3. At mile 4.4 make a left and stay on Vineyard Canyon Rd. for 2.4 miles.
4. Exchange point will be on south side of Vineyard Canyon Rd.
5. Approximately 68767 Vineyard Canyon Road



## VANS

Follow same route as runners.

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

## FEAT TO THE BEACH RELAY

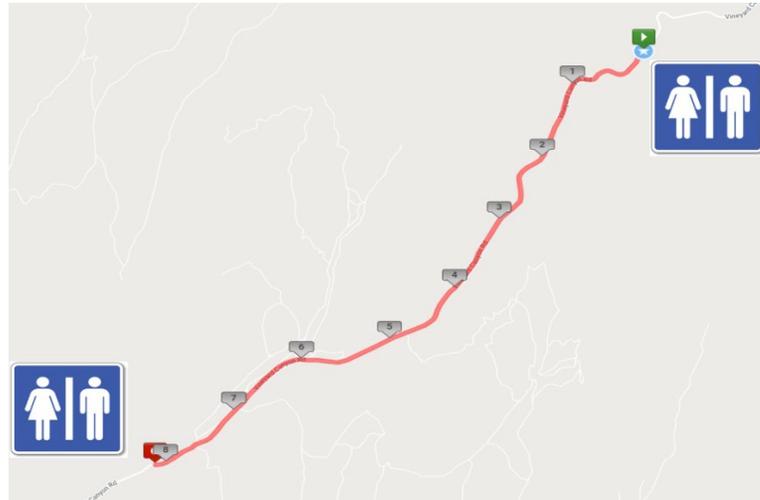
# LEG 26

8.3 MILES | MORE DIFFICULT

## RUNNERS

Mileage is per segment, not cumulative

1. Start at exchange point 25 on Vineyard Canyon Rd. (68767 Vineyard Canyon Rd)
2. Proceed southwest for 8.3 miles.
3. Exchange point will be on south side of Vineyard Canyon Rd. (74961 Vineyard Canyon Rd)



## VANS

Follow same route as runners.

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

## FEAT TO THE BEACH RELAY

# LEG 27

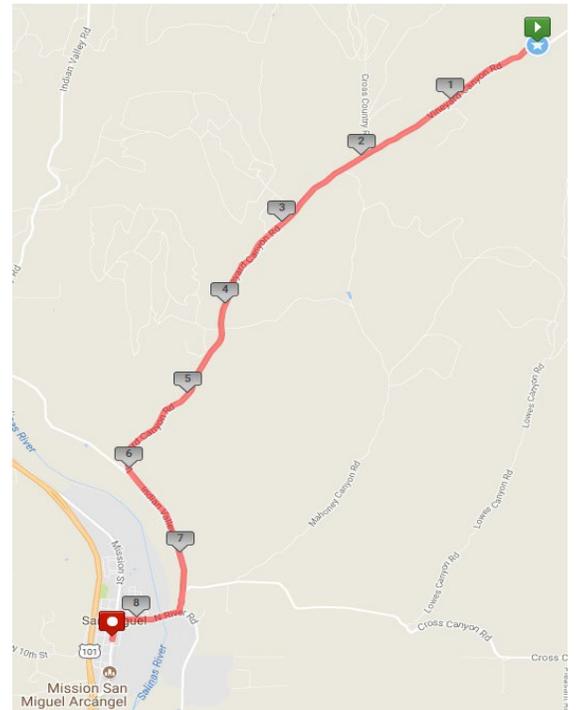
8.3 MILES | MORE DIFFICULT

## RUNNERS



Mileage is per segment, not cumulative

1. Start at exchange point 26 on Vineyard Canyon Rd. (74961 Vineyard Canyon Rd)
2. Proceed southwest on Vineyard Canyon Rd. for 6.1 miles.
3. Merge on Indian Valley Rd. (left) for 1.35 miles.
4. Turn right onto Cross Canyons Rd for 500 feet.
5. Turn west (right) on N. River Rd. for 0.6 miles
6. Turn south (left) on Mission St. for 900 feet.
7. Exchange point will be 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

## FEAT TO THE BEACH RELAY

# LEG 28

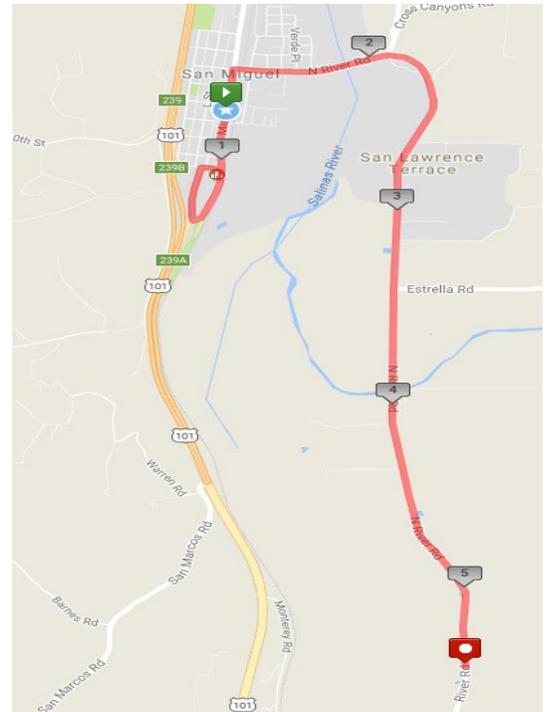
5.5 MILES | EASY

## RUNNERS



Mileage is per segment, not cumulative

1. Start at San Miguel Fire Department (1150 Mission St., San Miguel)
2. Proceed south on Mission St for 0.6 miles past the mission.
3. Turn right onto Monterey Rd. for 0.25 miles.
4. Turn right on San Luis Obispo Rd. for 400 feet.
5. Turn north (left) on Mission Rd. for 0.5 miles.
6. Turn east (right) on N. River Rd.
7. Follow River Rd. to the south for 4.0 miles.
8. Exchange point will be at 7300 River Road, Paso Robles



## VANS

Follow same route as runners.

TRANSITION 27: Hearst Ranch Winery - 7300 River Road, Paso Robles

## FEAT TO THE BEACH RELAY

# LEG 29

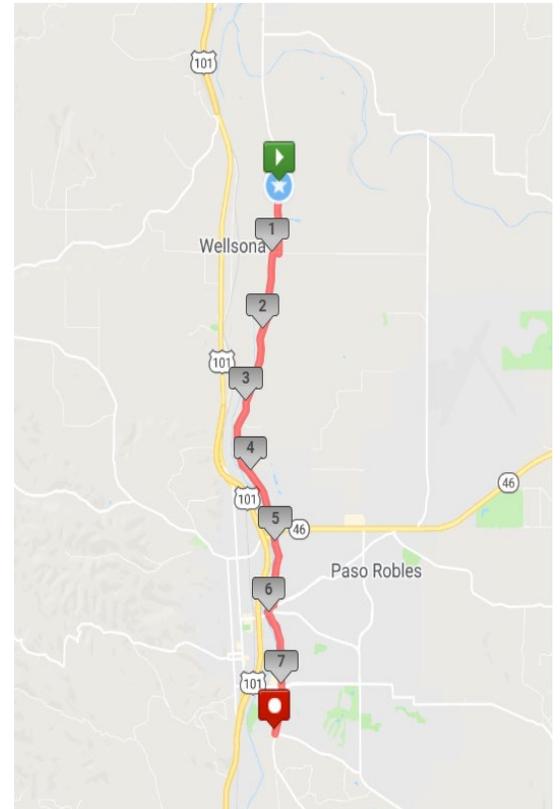
7.5 MILES | MOST DIFFICULT



## RUNNERS

Mileage is per segment, not cumulative

1. Start at Exchange Point 29 (Hearst Ranch Winery - 7300 River Road, Paso Robles)
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 River Rd./Charolais



## VANS

Follow same route as runners.

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

## FEAT TO THE BEACH RELAY

# LEG 30

8.0 MILES | MORE DIFFICULT

## RUNNERS

Mileage is per segment, not cumulative

1. From Charolais Rd./S. River Rd. proceed south on River Rd. for 2.75 miles.
2. Turn right (southwest) onto Neal Spring Rd for 0.6 miles.
3. Turn right (west) onto Vaquero Dr. for 1.6 miles.
4. Turn right onto El Pomar Dr. for 1.8 miles (El Pomar will become Templeton Rd)
5. Turn a right on S. Main St. in Templeton for 0.6 miles
6. Turn right on 2<sup>nd</sup> Street for 350 feet
7. Turn left on Brewer St. for 0.6 miles
8. Turn right into the Evers Sports Park Parking Lot

**Both Vans must check in with race staff in the parking lot.**

**Van 1: Turn in your tracking chip & timing sheet**

**Van 2: Wait until your scheduled time to leave  
If you leave early, volunteers may not be in place**

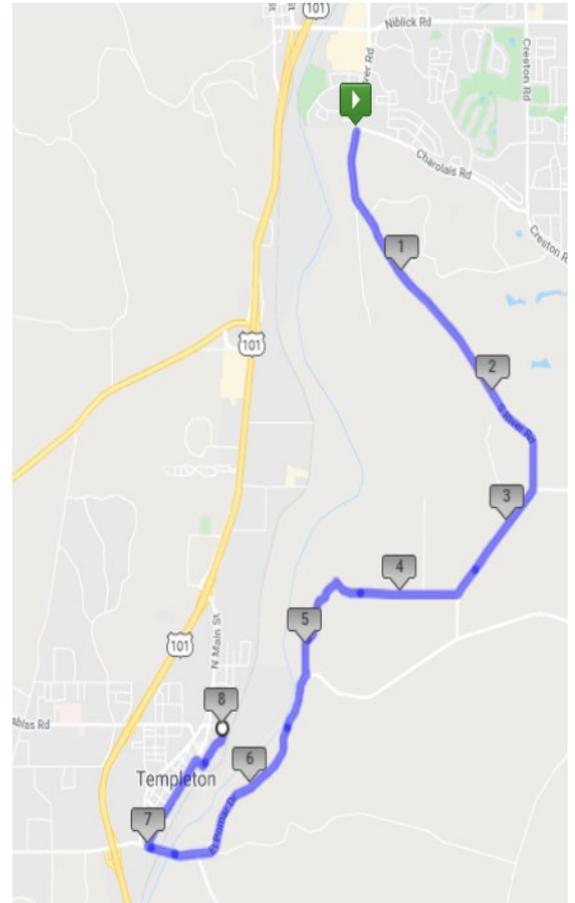
**Evers Sports Park is the preferred location to pitch a tent or throw out your sleeping bag.**

**Hot coffee, cocoa, oatmeal will be provided.**

## VANS

Follow same route as runners.

TRANSITION 30: Evans Sports Park, 38 Gibson St, Templeton



## FEAT TO THE BEACH RELAY

# LEG 31

9.8 MILES | MORE DIFFICULT

## RUNNERS

Mileage is per segment, not cumulative

1. Start at Evers Sports Park and proceed west on Gibson Rd. for 0.1 miles
2. Turn left (south) on to Main St. for .16 miles
3. Turn right (west) on to 1<sup>st</sup> Street for 350 ft
4. Turn left onto Crocker St. for 0.5 miles
5. Turn left onto 8<sup>th</sup> St. for 350 feet.
6. Turn right onto S. Main for 0.2 miles
7. Turn left on to Templeton Rd. for 0.4 miles.

**Funky Road: Pay attention, don't get lost!  
Templeton turns. Do not go straight!**



8. Turn right (south) on Templeton Rd. when it reaches El Pomar. **DO NOT continue onto El Pomar!**
9. Head south on Templeton 4.75 miles
10. Turn Right on HWY 41 for 0.5 miles
11. Turn right on Mercedes Ave. for 800 feet
12. Turn left onto Capistrano Ave for 0.8 miles
13. Turn right on Lewis Ave for 750 feet
14. Turn left on West Mall for 750 feet

**Runners:** turn left on El Camino Real, then right and take the pedestrian tunnel under HWY 41

**Vehicles:** turn right on El Camino Real for 600 feet, then left on Traffic Way, under the bridge, left on Ardilla Ave, then right on Atascadero Ave.

15. Continue on Atascadero Ave for 1.1 miles. (careful to ensure you do not continue onto another road)
16. Turn right on Merchant Avenue for 0.3 miles.
17. Turn right on Portola Rd for 0.1 miles and turn left into the parking lot.
18. The exchange point is on the west side of the baseball field at Portola Rd./Amapoa Ave.

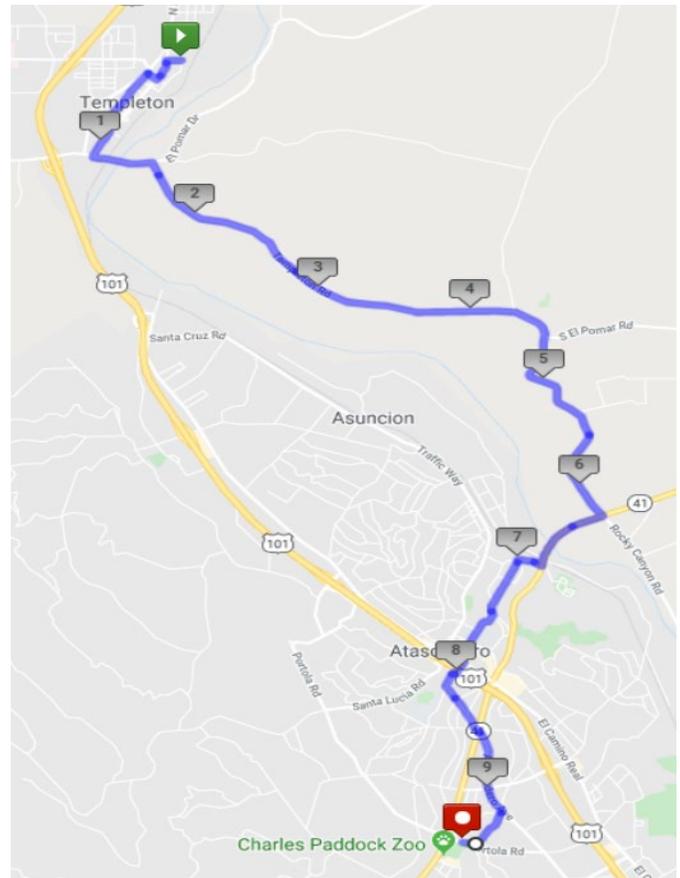


TRANSITION 31: Portola Rd./ Amapoa Ave.

# Feat

to the Beach

200 Mile Relay Run



## FEAT TO THE BEACH RELAY

# LEG 32

8.9 MILES | MORE DIFFICULT

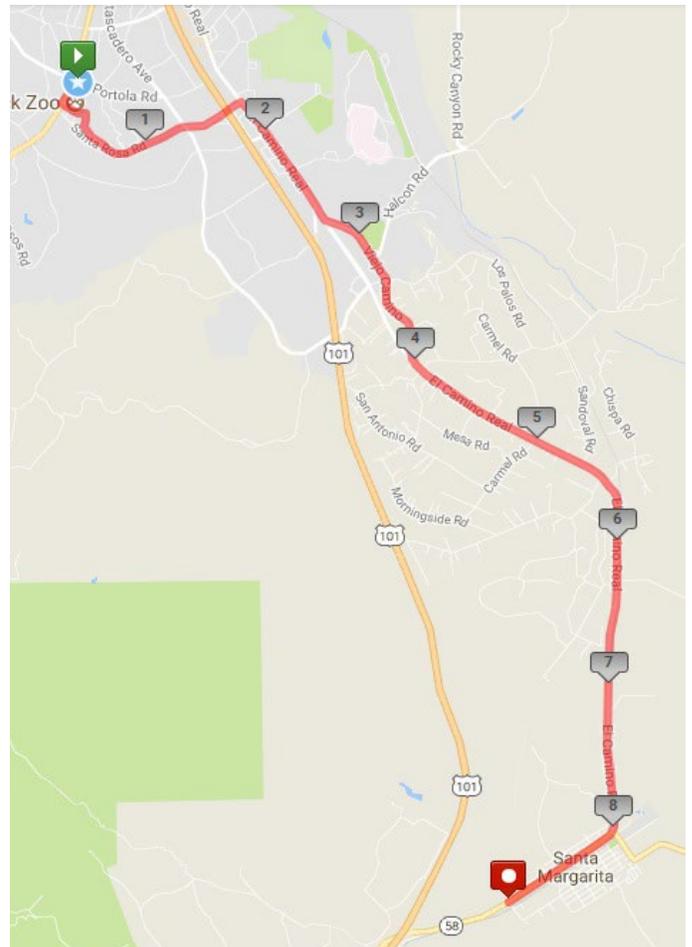
## RUNNERS



Mileage is per segment, not cumulative

1. Start at the baseball field parking area at Portola Rd./Amapoa Ave.
2. Head west on Portola Rd toward Morro Rd
3. Turn left (south) on Morro Rd. for .2 miles
4. Turn left on Pismo Avenue for 0,15 miles
5. Continue right onto Merchant Way for 0.3 mi
6. Continue left onto Santa Rosa Rd for 1.0 miles (You will cross over FWY 101)
7. Turn right turn onto El Camino Real for 1.0 mi
8. Turn left onto Viejo Camino R for 1.3 miles (Viejo Camino Rd. will merge south back onto El Camino Real).
9. Continue on El Camino Real into Santa Margarita for 4.9 miles
10. Exchange point will be at El Camino Real (G Street) & Welhelmina Avenue on the south side of the road.

**NOTE: At the end of this leg you must check in with race staff at the relay point.**



## VANS

Follow same route as runners.

**TRANSITION 32: El Camino Real (G Street)/Welhlmina Ave., Santa Margarita**

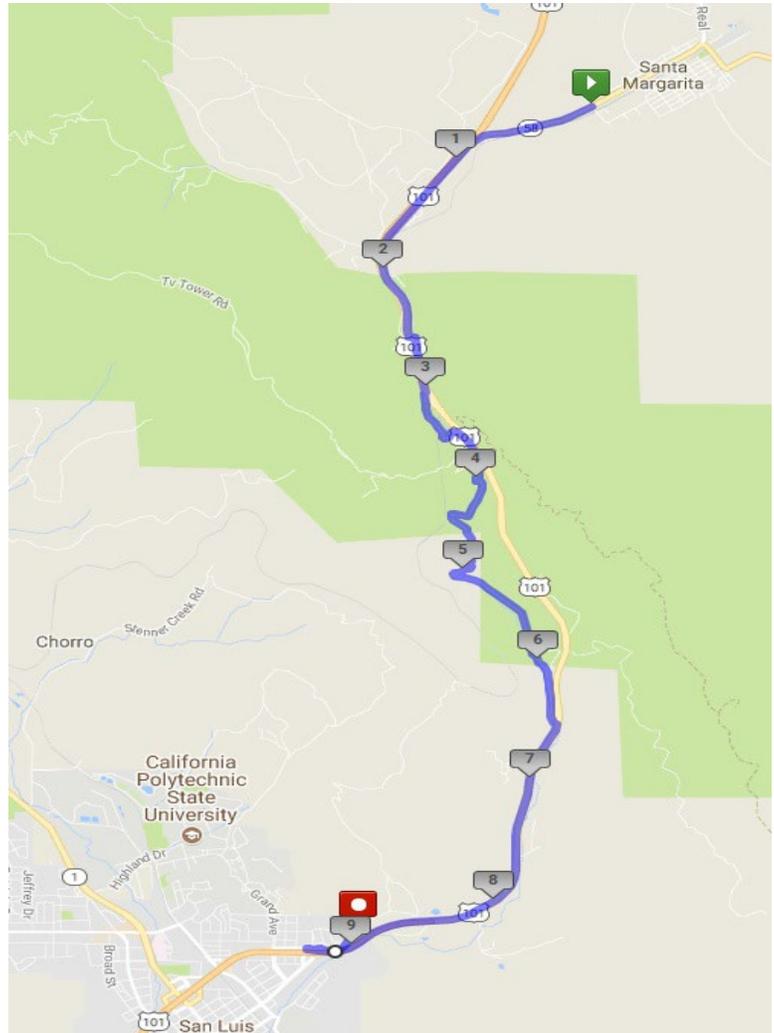
# FEAT TO THE BEACH RELAY DRIVING LEG 2

## 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



## FEAT TO THE BEACH RELAY

# LEG 33

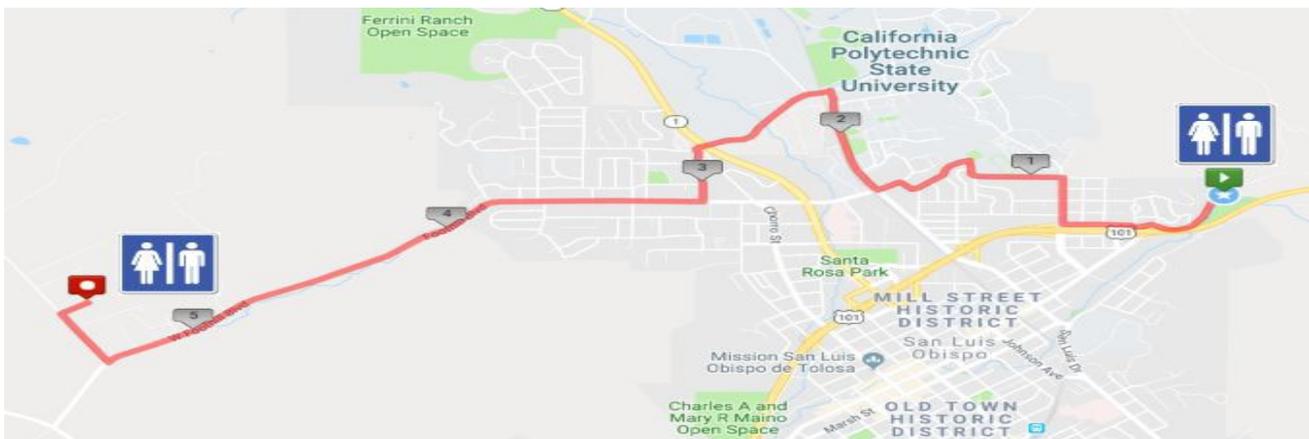
5.7 MILES | MODERATE

## RUNNERS

Check in with Race Staff at Cuesta Park before starting.



1. Proceed west from Cuesta Park on Loomis Rd. for 0.6 miles
2. Turn right (north) on Grand Avenue. For .25 miles
3. Turn left on (west) on Slack for .3 miles as it turns onto Longview
4. Curve right onto Longview for 500 ft
5. Turn left onto Hathaway for .2 miles to a Fork in the road Hathaway/ Carpenter St
6. **Curve Right** onto Carpenter for 350 feet
7. Turn left (west) on Foothill for 400 feet
8. Turn right (north) on California Blvd. for 0.5 miles  
(Follow California Blvd. past Spano Stadium until it ends at Highland Dr.)
9. Turn left (west) on Highland for 0.5 miles  
(Continue on Highland Dr. and cross HW 1 (Cabrillo Hwy) and)



**Runners:** Cross HWY 1, then turn left on Ferrini Rd

**Vehicles:** Cross HWY 1, there is a divider in the road preventing you from turning onto Ferrini, make a U Turn when you can then turn right onto Ferrini

10. Keep right and follow Ferrini for 0.3 miles until it ends at Foothill Blvd
11. Turn right (west) on Foothill Blvd. for 2.2 miles
12. Turn right on O'Conner Way for 0.3 miles to Agape Church.
13. Turn right on Laureate Ln for 700 feet & the exchange point will be on your right past the parking lot..



## VANS

Follow same route as runners.

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

## FEAT TO THE BEACH RELAY

# LEG 34

5.8 MILES | EASY

## RUNNERS

Mileage is per segment, not cumulative

1. Start is at Agape Church on Laureate Lane.
2. Head back to O'Conner Way (700 feet)
3. Turn left onto O'Conner Way for 0.3 miles
4. Turn right (south) onto Foothill Blvd. for 0.4 miles
5. Turn left Los Osos Valley Rd. for 3.1 miles
6. Turn right (south) on Higuera St. for 1.75 miles (Cross under HWY 101)
7. Exchange point is in on Ontario Rd in front of the old barn (Johnson Ranch Trail Head)

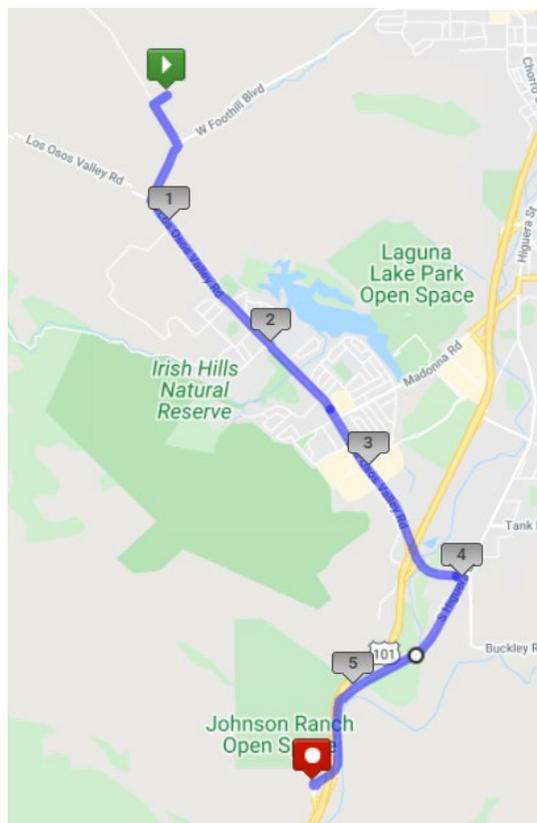
## VANS

Follow same route as runners.

**TRANSITION 34:** Johnson Ranch Trail Head,

# Feat to the Beach

200 Mile Relay Run



**FEAT TO THE BEACH RELAY**

**LEG 35**

**4.8 MILES | MODERATE**

**RUNNERS**

Mileage is per segment, not cumulative

1. Start at the Johnson Ranch Trail Head
  2. Continue south on Ontario Rd. for 2.0 mi
  3. Make a right turn on San Luis Bay Drive.
  4. Follow San Luis Bay Drive for 1.3 miles
  5. Enter the Bob Jones trail head on the west side at Bay Laurel Place (**also entrance to San Luis Bay Estates**).
  6. Proceed west on the Bob Jones towards Avila.
- ∴ At Mile 4.45 Turn Left to stay on Bob Jones Trail ∴**



7. You will follow the Bob Jones Trail all the way to the exchange point.
8. **Be sure to turn left at Mile 4.45, use the bridge to cross the river and stay on the trail.**
9. Exchange point is located at Bob Jones and San Juan St.

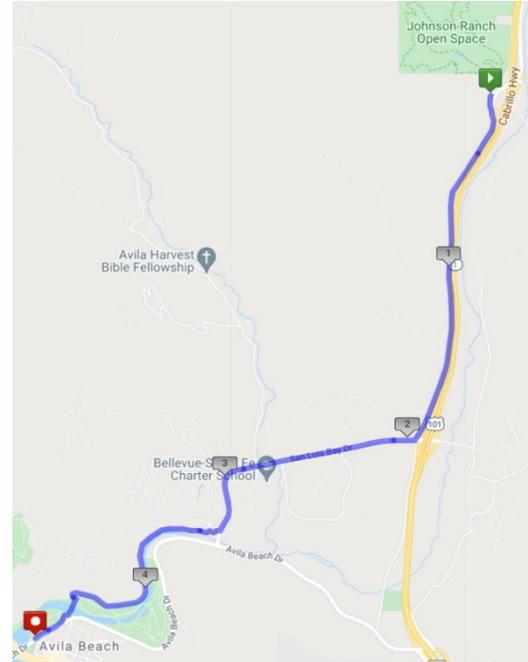
**VANS**

Follow same route as runners to San Luis Bay Estates. then drive to the transition point while runner follows Bob Jones

**Public Restrooms are available across the street from the exchange point.**

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

**Feat**  
*to the Beach*  
200 Mile Relay Run



## FEAT TO THE BEACH RELAY

# LEG 36

7.8 MILES | MORE DIFFICULT

## RUNNERS



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 (Hwy 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.)

## VANS

Follow same route as runners.

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

