



6 miler

Start: Exit Aquatic Park, run through Fort Mason Pak

- A: Turn RIGHT onto Marina Blvd, continue past Marina Greeg
- B: Turn LEFT onto Broderick
- C: Turn RIGHT onto Francisco
- D: Turn LEFT onto Lyon
- E: Turn RIGHT onto Lombard
- F: Turn RIGHT onto Letterman
- G: CROSS Presidio/Lincoln to continue onto Presidio
- H: Turn LEFT onto Macarthur
- I: Turn LEFT to climb Lover's Lane
- J: Exit Lover's Lane and CONTINUE on Presidio
- K: Turn LEFT onto Sacramento
- L: Turn LEFT onto Scott
- M: Turn RIGHT onto Marina and head back via Fort Mason Park

7.8 miler

Start: Exit Aquatic Park, run through Fort Mason Pak

- A: Turn RIGHT onto Marina Blvd, continue past Marina Greeg
- B: CONTINUE onto Old Mason St, pass Sports Basement
- N: Turn LEFT then RIGHT to climb Crissy Field Ave (on which we normally bike)
- O: Turn LEFT onto Lincoln
- P: Turn LEFT to stay on Lincoln

Q: Turn LEFT to stay on Lincoln (go downhill down one-way street)

- G: Turn RIGHT onto Presidio
- H: Turn LEFT onto Macarthur
- I: Turn LEFT to climb Lover's Lane
- J: Exit Lover's Lane and CONTINUE on Presidio
- K: Turn LEFT onto Sacramento
- L: Turn LEFT onto Scott
- M: Turn RIGHT onto Marina and head back via Fort Mason Park

10.8 miler

Start: Exit Aquatic Park, run through Fort Mason Pak
 A: Turn RIGHT onto Marina Blvd, continue past Marina Greeg

- B: CONTINUE onto Old Mason St, pass Sports Basement
- N: Turn LEFT then RIGHT to climb Crissy Field Ave (on which we normally bike)
- O: Turn LEFT onto Lincoln
- P: Turn LEFT to stay on Lincoln (go downhill down one-way street)
- Q: Turn LEFT to stay on Lincoln (go downhill down one-way street)
- G: Turn RIGHT onto Presidio
- H: Turn LEFT onto Macarthur
- I: Turn LEFT to climb Lover's Lane
- R: Just before top of Lover's Lane, turn RIGHT onto W Pacific then immediate RIGHT onto dirt trail to past tennis courts
- S: Bear LEFT and RIGHT to continue across Arguello Gate and down path by golf course
- T: Turn RIGHT at bottom of hill to go around Mountain Lake
- U: CONTINUE on path through parking lots then UPHILL on Battery Caulfield
- V: Turn RIGHT onto Washington
- W: Turn LEFT onto Park
- X: CROSS Lincoln and CONTINUE onto McDowell
- N: Turn RIGHT onto Old Mason Street, pass Sports Basement and head home via Marina Blvd and Fort Mason Park