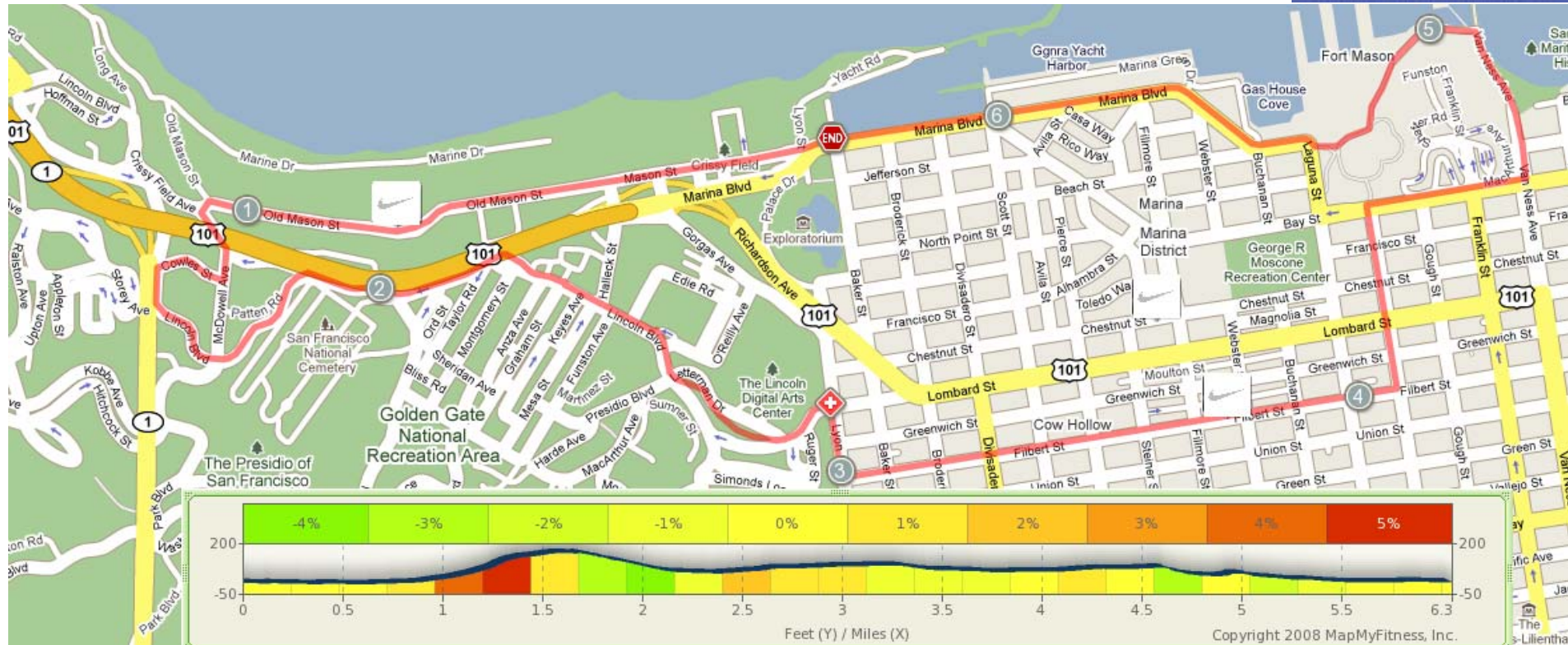


NIKE WOMEN'S MARATHON RUN CLUB – August 22, 2009
 SAN FRANCISCO, CA



6 MILE:



6 MILE:

- Exit Little Marina Green and make right on Mason St.
- Continue onto Old Mason St.
- Left on Crissy Field Ave.
- Right on McDowell Ave.
- Right on Cowles St.
- Left on Lincoln Blvd.
- Continue on Lincoln Blvd. for ~ 1 mile.
- Lincoln becomes Presidio Blvd. at Letterman Dr.
- Continue on Presidio Blvd.
- Follow paved path parallel to Letterman Dr.
- Left on Lombard St
- Exit the Presidio at Lyon St Gate.

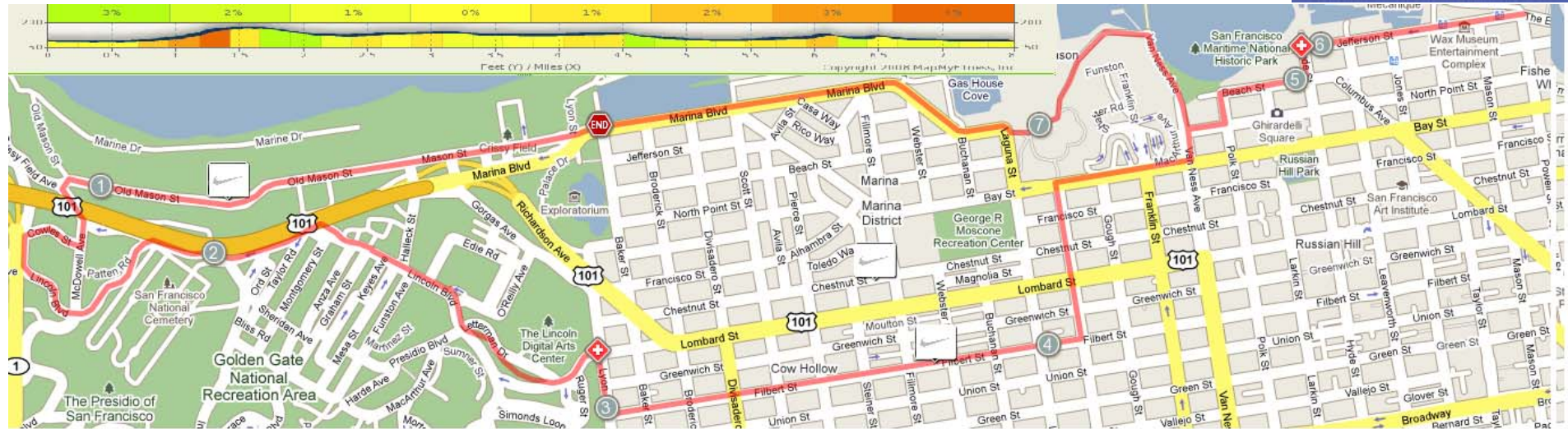
AID STATION #1 –Lombard St. and Lyon St.

- Right on Lyon St.
- Left on Filbert St.
- Left on Octavia St.
- Right on Bay St.
- Left on Van Ness Ave.
- Left on McDowell Ave (up the Fort Mason hill).
- Follow path down hill towards Safeway.
- Right on Laguna St.
- Left on Marina Blvd.
- Return to Little Marina Green.

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8 MILE:



8 MILE:

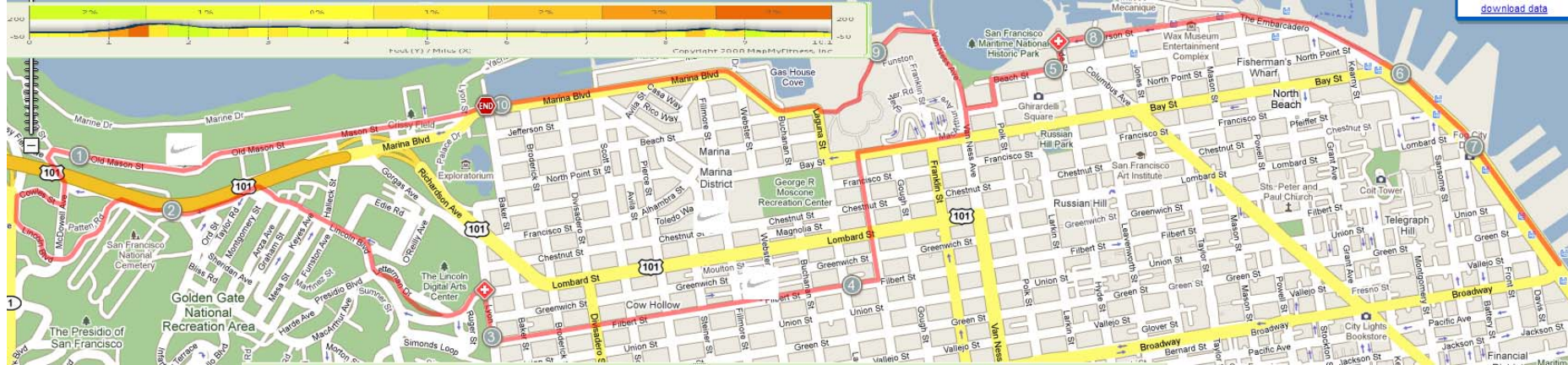
- Exit Little Marina Green and make right on Mason St.
- Continue onto Old Mason St.
- Left on Crissy Field Ave.
- Right on McDowell Ave.
- Right on Cowles St.
- Left on Lincoln Blvd.
- Continue on Lincoln Blvd. for ~ 1 mile.
- Lincoln becomes Presidio Blvd. at Letterman Dr.
- Continue on Presidio Blvd.
- Follow paved path parallel to Letterman Dr.
- Left on Lombard St
- Exit the Presidio at Lyon St Gate.
- AID STATION #1** –Lombard St. and Lyon St.
- Right on Lyon St.
- Left on Filbert St.
- Left on Octavia St.
- Right on Bay St.
- Left on Van Ness Ave.

- Right on North Point Blvd.
- Left on Polk St.
- Right on Beach St.
- Left on Hyde St
- AID STATION #2** – Hyde St and Jefferson St.
- Right on Jefferson St.
- At Jefferson St and Powell St, turn around and return along Jefferson St.
- AID STATION #2** –Jefferson St and Hyde St. (optional)
- Left on Hyde St.
- Right on Beach St.
- Left on Polk St.
- Right on North Point St.
- Right on Van Ness Ave.
- Left on McDowell Ave (up the Fort Mason hill).
- Follow path down hill towards Safeway.
- Right on Laguna St.
- Left on Marina Blvd.
- Return to Little Marina Green.

NIKE WOMEN'S MARATHON RUN CLUB – August 22, 2009
SAN FRANCISCO, CA



10 MILE:



10 MILE:

Exit Little Marina Green and make right on Mason St.

Continue onto Old Mason St.

Left on Crissy Field Ave.

Right on McDowell Ave.

Right on Cowles St.

Left on Lincoln Blvd.

Continue on Lincoln Blvd. for ~ 1 mile.

Lincoln becomes Presidio Blvd. at Letterman Dr.

Continue on Presidio Blvd.

Follow paved path parallel to Letterman Dr.

Left on Lombard St

Exit the Presidio at Lyon St Gate.

AID STATION #1 –Lombard St. and Lyon St.

Right on Lyon St.

Left on Filbert St.

Left on Octavia St.

Right on Bay St.

Left on Van Ness Ave.

Right on North Point Blvd.

Left on Polk St.

Right on Beach St.

Left on Hyde St

AID STATION #2 – Hyde St and Jefferson St.

Right on Jefferson St.

Jefferson St becomes The Embarcadero at Powell St.

Continue along The Embarcadero

At The Embarcadero and Broadway, turn around and return along The Embarcadero.

Continue on The Embarcadero

The Embarcadero becomes Jefferson St at Powell St.

AID STATION #2 –Jefferson St and Hyde St.

Left on Hyde St.

Right on Beach St.

Left on Polk St.

Right on North Point St.

Right on Van Ness Ave.

Left on McDowell Ave (up the Fort Mason hill).

Follow path down hill towards Safeway.

Right on Laguna St.

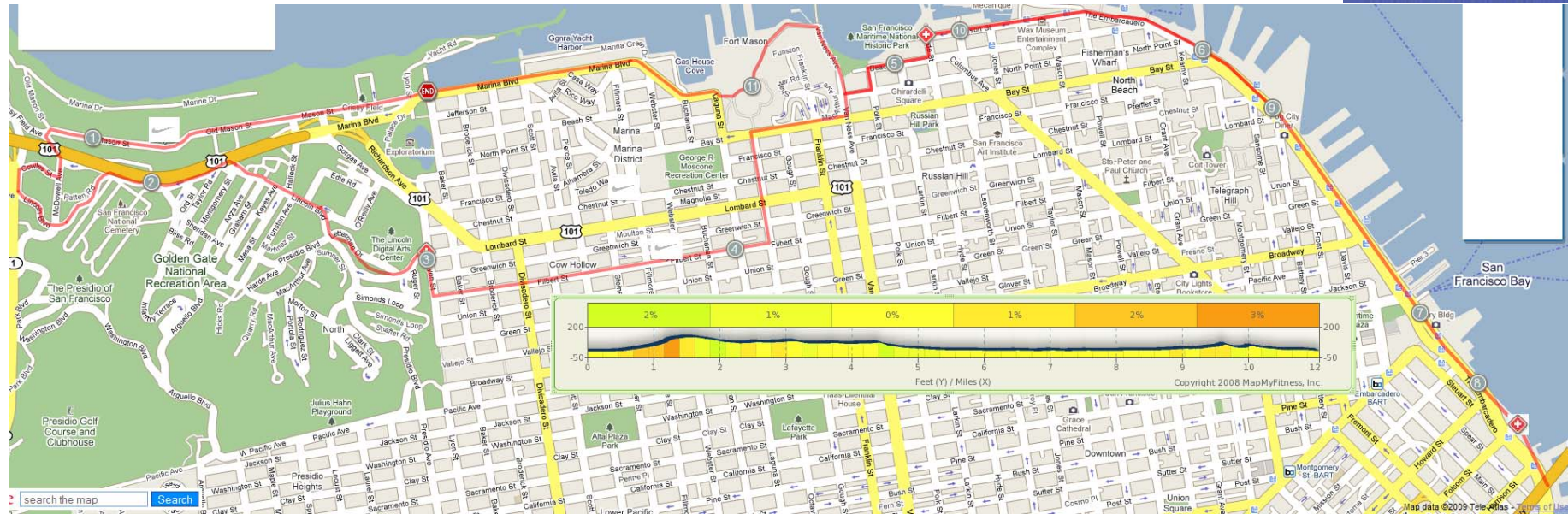
Left on Marina Blvd.

Return to Little Marina Green.

NIKE WOMEN'S MARATHON RUN CLUB – August 22, 2009
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12 MILE:



12 MILE:

Exit Little Marina Green and make right on Mason St.

Continue onto Old Mason St.

Left on Crissy Field Ave.

Right on McDowell Ave.

Right on Cowles St.

Left on Lincoln Blvd.

Continue on Lincoln Blvd. for ~ 1 mile.

Lincoln becomes Presidio Blvd. at Letterman Dr.

Continue on Presidio Blvd.

Follow paved path parallel to Letterman Dr.

Left on Lombard St

Exit the Presidio at Lyon St Gate.

AID STATION #1 –Lombard St. and Lyon St.

Right on Lyon St.

Left on Filbert St.

Left on Octavia St.

Right on Bay St.

Left on Van Ness Ave.

Right on North Point Blvd.

Left on Polk St.

Right on Beach St.

Left on Hyde St

AID STATION #2 – Hyde St and Jefferson St.

Right on Jefferson St.

Jefferson St becomes The Embarcadero at Powell St.

Continue along The Embarcadero

AID STATION #3 – The Embarcadero and Folsom St (along the water)

At The Embarcadero and directly under the Bay Bridge (or just after Harrison St), turn around and return along The Embarcadero.

Continue on The Embarcadero

The Embarcadero becomes Jefferson St at Powell St.

AID STATION #2 –Jefferson St and Hyde St.

Left on Hyde St.

Right on Beach St.

Left on Polk St.

Right on North Point St.

Right on Van Ness Ave.

Left on McDowell Ave (up the Fort Mason hill).

Follow path down hill towards Safeway.

Right on Laguna St.

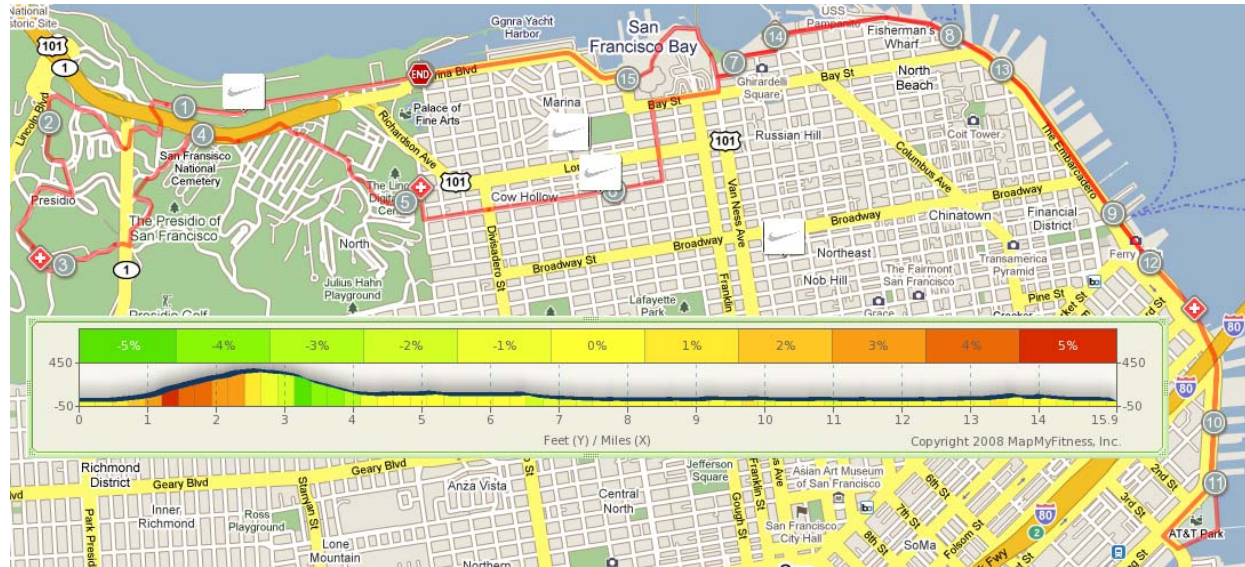
Left on Marina Blvd.

Return to Little Marina Green.

NIKE WOMEN'S MARATHON RUN CLUB – August 22, 2009

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16 MILE:



16 MILE:

Exit Little Marina Green and make right on Mason St.

Continue onto Old Mason St.

Left on Crissy Field Ave.

Right on McDowell Ave.

Right on Cowles St.

Left on Lincoln Blvd.

Right on Storey Ave.

Continue along Storey Ave. along left field line of baseball field.

Left on paved path along right field line parallel to buildings.

Right on Upton Ave.

Right on Hitchcock St.

Left on Harrison Blvd.

Harrison becomes Washington Blvd.

AID STATION #4 – Washington Blvd and Compton Rd.

Continue on Washington Blvd.

Left on Park Blvd.

At Park Blvd and Hitchcock St, right on dirt path.

Exit dirt path and merge back onto Park Blvd.

Right on Lincoln Blvd.

Lincoln becomes Presidio Blvd. at Letterman Dr.

Continue on Presidio Blvd.

Follow paved path parallel to Letterman Dr.

Left on Lombard St

Exit the Presidio at Lyon St Gate.

AID STATION #1 –Lombard St. and Lyon St.

Right on Lyon St.

Left on Filbert St.

Left on Octavia St.

Right on Bay St.

Left on Van Ness Ave.

Right on North Point Blvd.

Left on Polk St.

Right on Beach St.

Left on Hyde St

AID STATION #2 – Hyde St and Jefferson St.

Right on Jefferson St.

Jefferson St becomes The Embarcadero at Powell St.

Continue along The Embarcadero

AID STATION #3 – The Embarcadero and Folsom St (along the water)

Continue on The Embarcadero

The Embarcadero becomes King St at Townsend St

Left on 3rd St.

Left on path immediate before 3rd St. bridge (between AT&T Park and McCovey Cove)

Continue on path parallel to McCovey Cove and boat docks

Right on King St

King St becomes The Embarcadero at Townsend St.

AID STATION #3 – The Embarcadero and Folsom St (along the water)

Continue along The Embarcadero

The Embarcadero becomes Jefferson St at Powell St.

AID STATION #2 –Jefferson St and Hyde St.

Left on Hyde St.

Right on Beach St.

Left on Polk St.

Right on North Point St.

Right on Van Ness Ave.

Left on McDowell Ave (up the Fort Mason hill).

Follow path down hill towards Safeway.

Right on Laguna St.

Left on Marina Blvd.

Return to Little Marina Green.