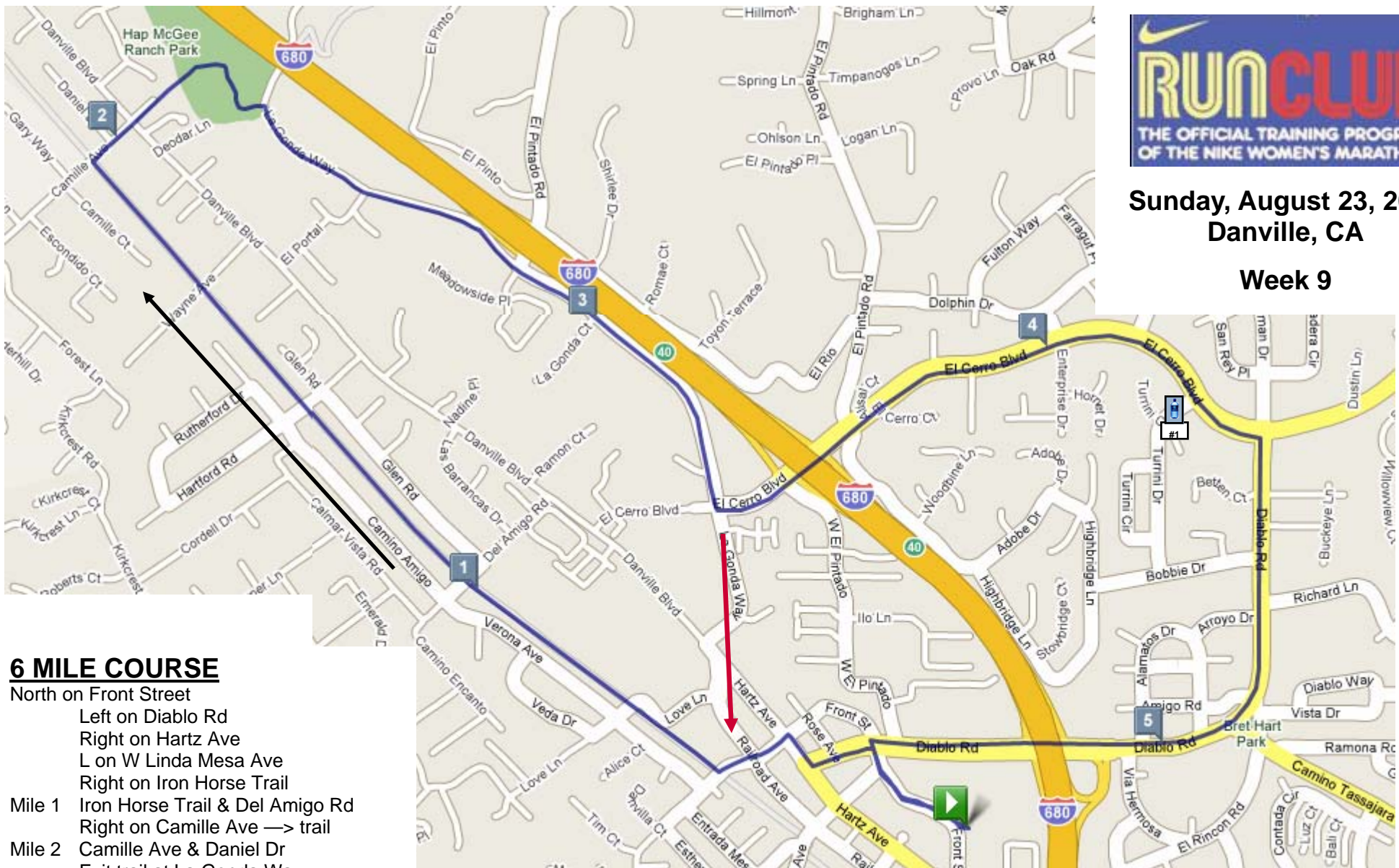




Sunday, August 23, 2009
Danville, CA

Week 9



6 MILE COURSE

North on Front Street

- Left on Diablo Rd
- Right on Hartz Ave
- L on W Linda Mesa Ave
- Right on Iron Horse Trail

Mile 1 Iron Horse Trail & Del Amigo Rd

Right on Camille Ave → trail

Mile 2 Camille Ave & Daniel Dr

Exit trail at La Gonda Way

Mile 3 La Gonda Wy & La Gonda Ct

Left on El Cerro Blvd

Mile 4 El Cerro Blvd & Enterprise Dr

AID #1 El Cerro Blvd @ Enterprise Dr

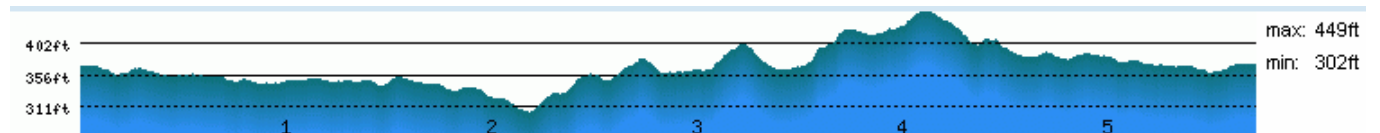
Right on Diablo Rd

Mile 5 Diablo Rd & Alamos Dr

Left on Front St

Mile 6 Return to Danville Town Green

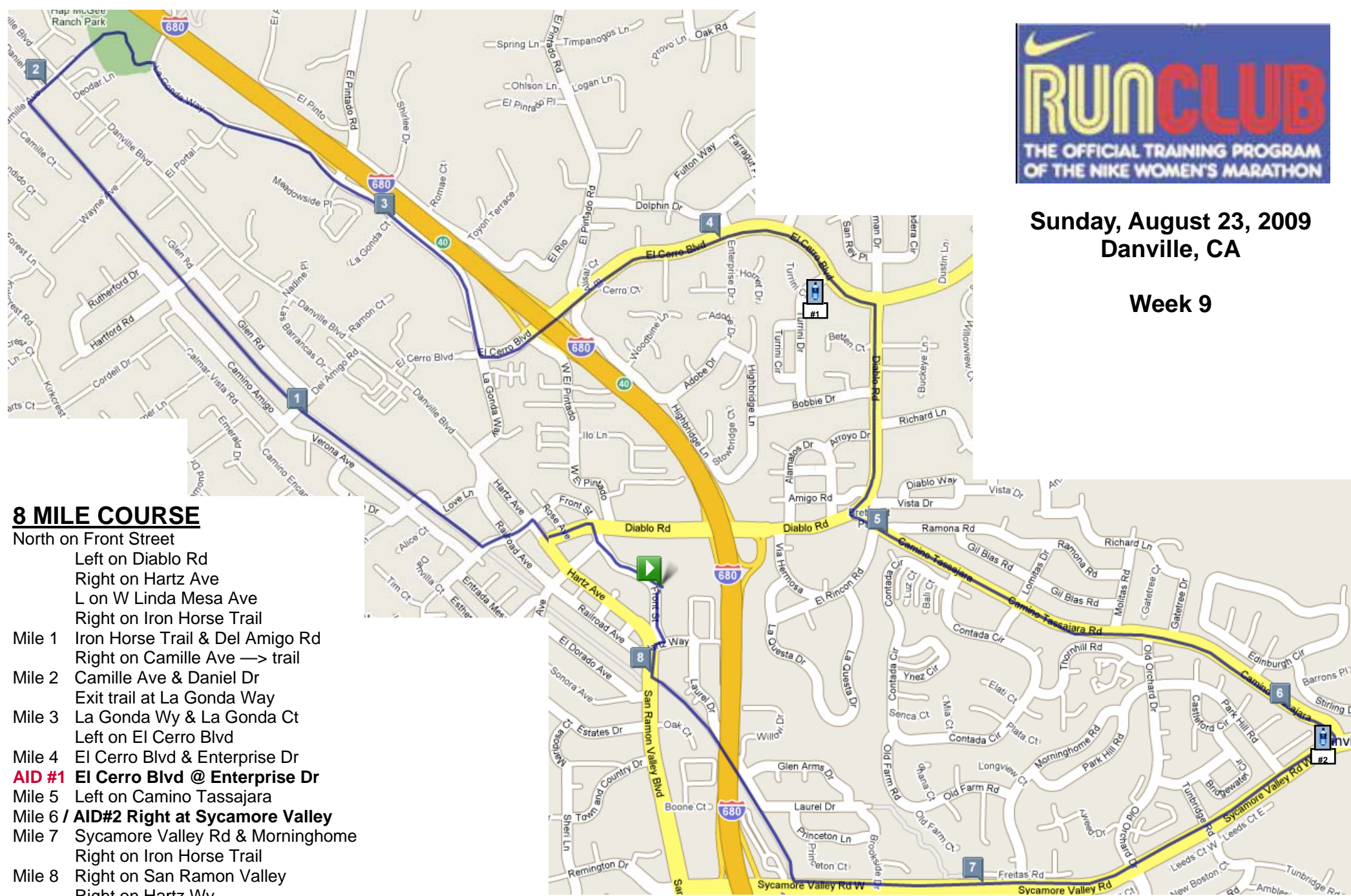
10 Mile Course: Repeat the first 3.5 miles again. At 3.5 miles, instead of turning left on El Cerro, continue straight on La Gonda Way. Left on Hartz Ave. Left on Diablo Rd Right on Front St.





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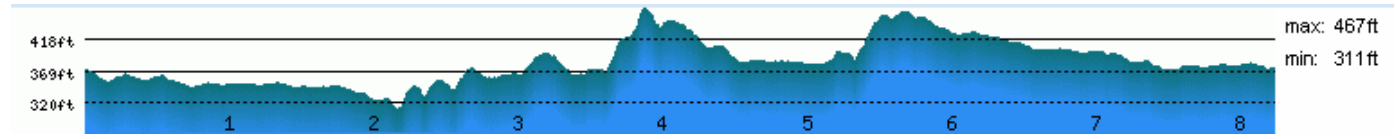
Week 9



8 MILE COURSE

- North on Front Street
- Left on Diablo Rd
- Right on Hartz Ave
- L on W Linda Mesa Ave
- Right on Iron Horse Trail
- Mile 1 Iron Horse Trail & Del Amigo Rd
- Right on Camille Ave → trail
- Mile 2 Camille Ave & Daniel Dr
- Exit trail at La Gonda Way
- Mile 3 La Gonda Wy & La Gonda Ct
- Left on El Cerro Blvd
- Mile 4 El Cerro Blvd & Enterprise Dr
- AID #1 El Cerro Blvd @ Enterprise Dr**
- Mile 5 Left on Camino Tassajara
- Mile 6 / **AID#2 Right at Sycamore Valley**
- Mile 7 Sycamore Valley Rd & Morninghome
- Right on Iron Horse Trail
- Mile 8 Right on San Ramon Valley
- Right on Hartz Wy
- Left on Front St
- Return to Danville Town Green

16 Milers: repeat 8 mile loop twice.





Sunday, August 23, 2009
Danville, CA

Week 9

12 MILE COURSE

North on Front Street

Left on Diablo Rd

Right on Hartz Ave

L on W Linda Mesa Ave

Right on Iron Horse Trail

Mile 1 Iron Horse Trail & Del Amigo Rd

Right on Camille Ave → trail

Mile 2 Camille Ave & Daniel Dr

Exit trail at La Gonda Way

Mile 3 La Gonda Wy & La Gonda Ct

Left on El Cerro Blvd

Mile 4 El Cerro Blvd & Enterprise Dr

AID #1 El Cerro Blvd @ Enterprise Dr

Mile 5 Left on Camino Tassajara

Mile 6 / **AID#2 Right at Sycamore Valley**

Left on Greenbrook Dr

Mile 7 Greekbrook Dr & Morninghome Rd

Right on Paraiso Dr

Left on Everett Dr → into Osage Park

Continue through Osage Park

Left on El Capitan Dr

Mile 8 El Capitan Dr & Greenbrook Dr

Right on Alicante Dr

Mile 9 Alicante Dr & Alviso Wy

Left on St Christopher Dr

Left on Greenbrook Dr

Right on Brookside Dr

Left on El Capitan Dr

Right on Orange Blossom Wy

Mile 10 / **AID #3 Orange Blossom Wy**

@ El Capitan Dr

Left on Brookside Dr

Mile 11 Right on Iron Horse Trail

Right on San Ramon Valley Blvd

Right on Hartz Wy

Left on Front St

Mile 12 Return to Danville

Town Green

