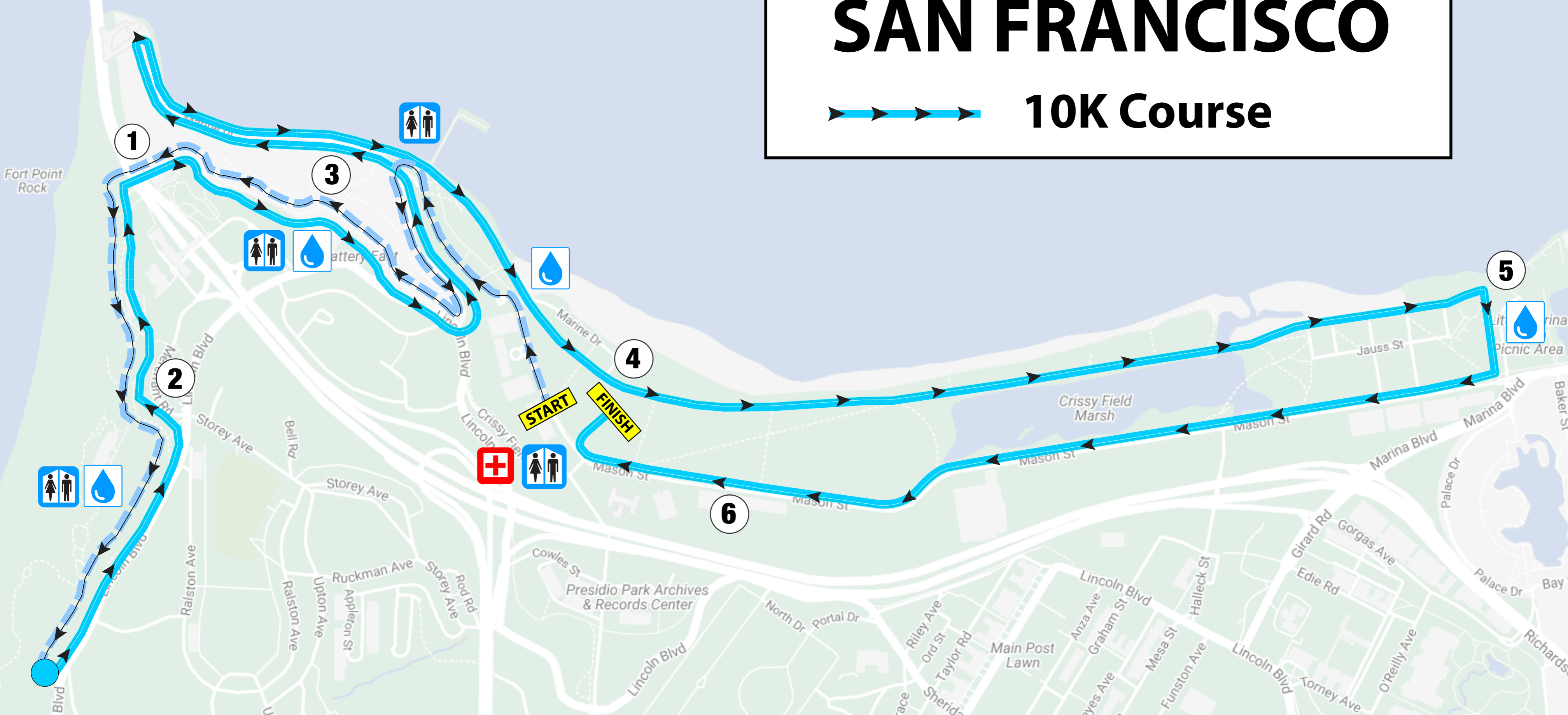







# MERMAID RUN SAN FRANCISCO

→→→→→ 10K Course



## LEGEND

-  10K Course
-  First Aid
-  Mile Marker
-  Water Station
-  Restrooms

## TURN BY TURN RUN DIRECTIONS:

- |                                |                                     |  |
|--------------------------------|-------------------------------------|--|
| 1. START Old Mason St          | 6. TURNAROUND on Coastal Trail      | 11. TURNAROUND Fort Point                  |
| 2. LEFT Long Ave               | 7. STRAIGHT underneath Bridge       | 12. LEFT Bay Trail / Golden Gate Promenade |
| 3. RIGHT Battery East Trail    | 8. CONTINUE onto Battery East Trail | 13. RIGHT East Beach Parking Lot           |
| 4. STRAIGHT underneath Bridge  | 9. LEFT Long Ave                    | 14. RIGHT Bay Trail                        |
| 5. CONTINUE onto Coastal Trail | 10. LEFT Marine Dr                  | 15. FINISH Crissy Field                    |