

Cross-Country Course Directions

MCAL Schools

BRANSON -Course in Marin Municipal Water District Sky Oaks watershed. Take Hwy 101 to Sir Francis Drake Blvd. exit and head WEST toward San Anselmo. In Fairfax, turn LEFT at Fairfax Motion Picture Theatre. Go RIGHT on Broadway, LEFT on Bolinas Rd. Go 0.4 mile on Bolinas Rd., stay left to continue on Bolinas Rd., go another 1.1 miles. Turn LEFT on Sky Oaks Rd., enter MMWD at Ranger Station, entrance fee of \$7.00. Continue on Sky Oaks Rd 0.5 mile. Go RIGHT toward Bon Temple Lake, continue down toward parking lot. Walk 3 min. up path to course start/finish on the dam.

DRAKE -Course in Marin Municipal Water District Sky Oaks watershed.

Take Hwy 101 to Sir Francis Drake Blvd. exit and head WEST toward San Anselmo. In Fairfax, turn LEFT at Fairfax Motion Picture Theatre. Turn RIGHT on Broadway, LEFT on Bolinas Rd. Go 0.4 mile on Bolinas Rd., stay left to continue on Bolinas Rd., go another 1.1 miles. Limited parking available on Bolinas Rd. at Concrete Pipe Fire Rd, near Sky Oak Road. Walk 0.5 mile on Concrete Pipe to start/finish.

Parking also available above course at Sky Oaks Ranger Station in MMWD. Entrance fee of \$7.00. Park on right beyond Ranger Station, walk back to employee parking area, take Taylor Trail 800 yds to Concrete Pipe Rd.

JUSTIN SIENA Course at Alston Park in Napa (Dry Creek Road and Trower Ave.): Take Hwy101 to CA37 East toward Napa/Vallejo Take CA121 N/Arnold Dr./Carneros Hwy toward Sonoma/Napa. 6.6 mi Turn RIGHT to continue on CA121/Carneros Hwy. 9.2 mi Turn LEFT onto CA29 N. 5.3 mi Turn LEFT onto Trower Ave. 1 mi Turn RIGHT onto Dry Creek Road – Parking Lot is on the LEFT (Start/finish are there).

MARIN CATHOLIC Course on Mt. Tam, north side

Take Hwy 101 to Sir Francis Drake Blvd. exit and head WEST, go 1.9 miles. Turn LEFT on College Ave. Turn RIGHT on Woodland Rd. Turn LEFT on Evergreen, go uphill 1 mile. Turn LEFT on Crown Road, go to the end.

NOVATO Course at Indian Valley College in Novato: Take Hwy 101 to Ignacio Blvd. exit and head WEST. Continue straight into the IVC campus. The road ends at a parking lot next to the playing fields where the XC course is located.

REDWOOD -Course in Golden Gate Nat'l Recreation Area, Tennessee Valley

Take Hwy 101 to Hwy 1/Stinson Beach exit. Go ¼ mile on Shoreline Hwy. Turn LEFT on Tennessee Valley Road. Go 1.6 miles to road end at Tennessee Valley parking lot.

SAN MARIN – Course at O'Hair Park, Novato

Take Hwy 101 to San Marin Drive exit and head WEST. Drive 2.5 miles to San Marin High, park in school lot, corner of San Marin Dr. and Novato Blvd. O'Hair Park is across street on the right just past horse stables.

SAN RAFAEL Course at San Rafael High

Coming from the SOUTH: Go North on Hwy 101. Take the Central San Rafael exit. Turn RIGHT onto 2ND St. (2ND turns into 3RD St.). Proceed about 1/4 mile past the Montecito shopping plaza (on right). The high school is on your left hand side. Start/finish are at the track.

Coming from the NORTH: Go South on Hwy 101. Take the Central San Rafael exit. Turn LEFT onto 2ND St. and go under the overpass (2ND turns into 3RD St.). Proceed about 1/4 mile past the Montecito shopping plaza (on right). The high school is on your left hand side. Start/finish are at the track.

TAMALPAIS -Course in Camino Alto Open Space, Mill Valley

Take Hwy 101 to E. Blithedale exit in Mill Valley. Head west towards Mill Valley, go 0.7 mile on E. Blithedale. Turn RIGHT on Camino Alto, go 0.6 mile. Turn LEFT on Overhill Rd, go uphill 0.2 mile to Escalon. Park car and walk ½ mile on Camino Alto Open Space fire road to start/finish.

Alternate access: Continue on up Camino Alto, just past crest is Octopus Access Fire Rd. on left. Walk 200 m to start/finish.

TERRA LINDA -Course in San Rafael/China Camp State Park

From Hwy 101, take N San Pedro Rd exit heading East 3 miles to Camp Host Access Rd. Park on street or drive the ¼ mile Camp Host Access road to start line (there is a parking fee if you drive in)