

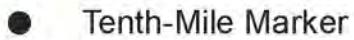
COURSE OVERVIEW -- 188.7 MILES



MAP SYMBOL LEGEND



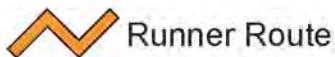
Exchange



Tenth-Mile Marker



Mile Marker



Runner Route



Van Route



Water Station



Trail Entrance and Exit



Trail Entrance

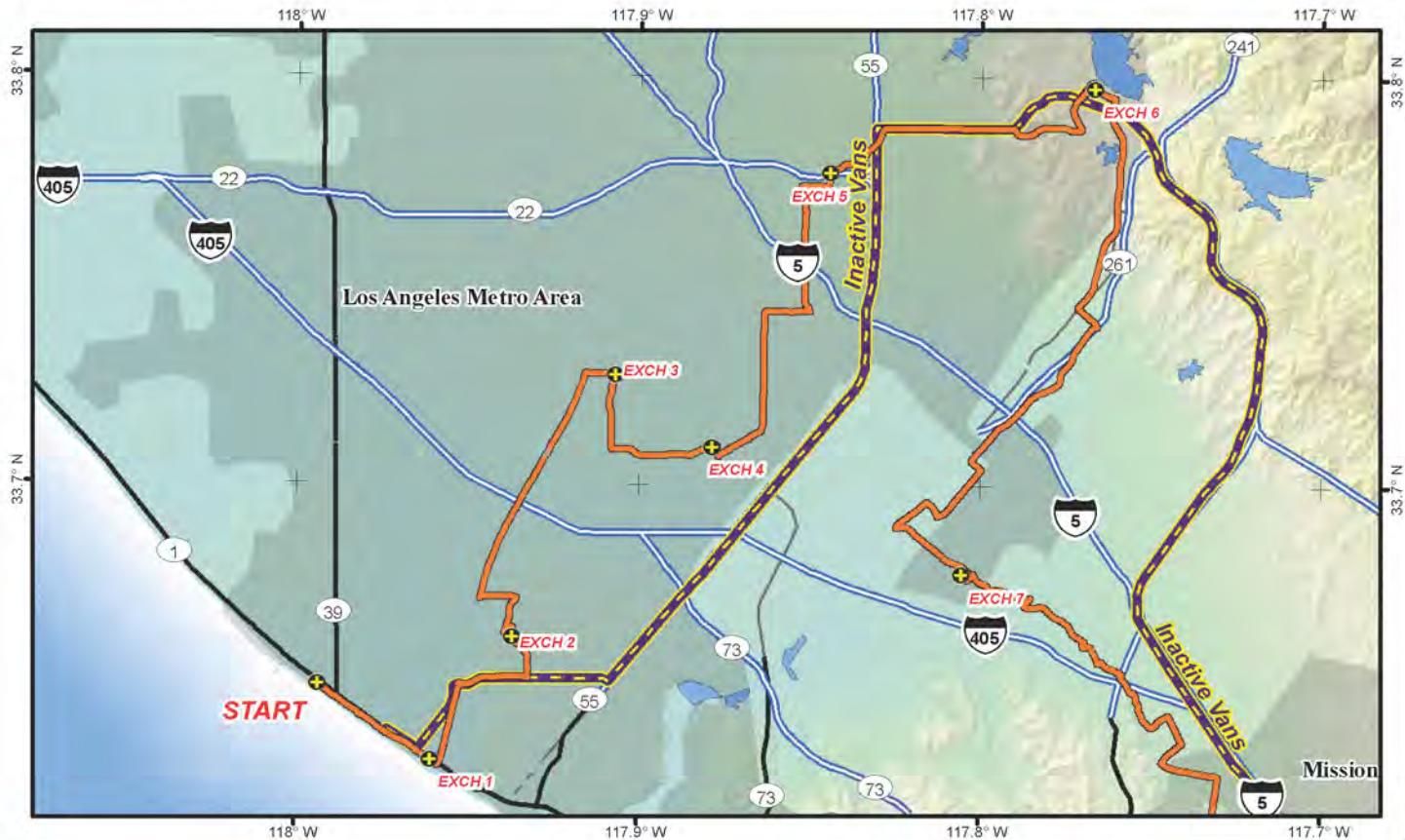


Trail Exit



No Van Support Segment

VAN 1 -- LEGS 1-6 -- 28.8 MILES



Van 2 Directions to Exchange 6

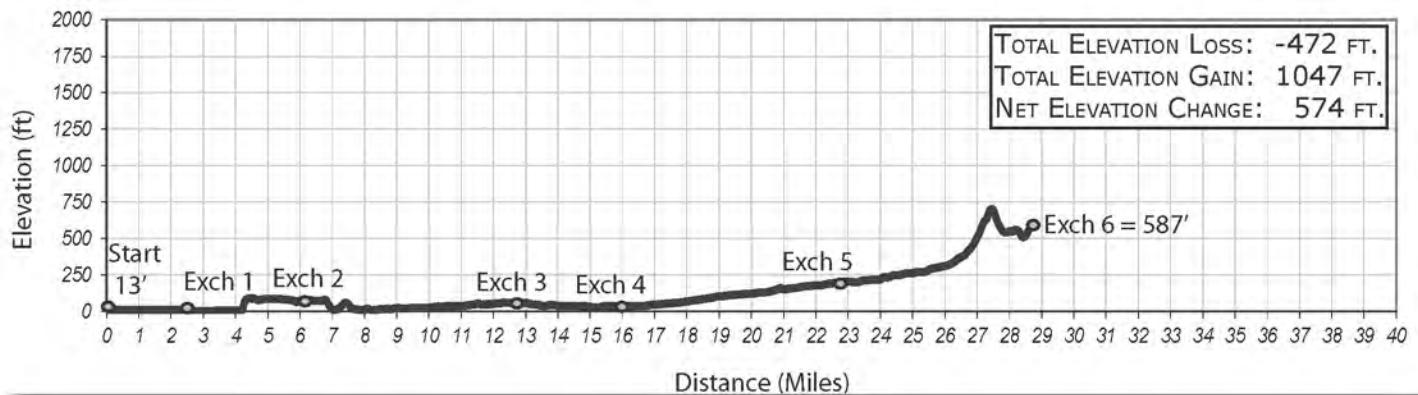
Exchange Notes:

In order to avoid congestion at this exchange, please follow the van directions provided. Enter the Santiago Canyon College parking lot via Newport Blvd. Do not enter campus via Chapman Ave.

- 0.0 Head south on Pacific Coast Highway
- 0.6 Turn LEFT onto Brookhurst St
- 1.9 Turn RIGHT onto Hamilton

- | | | | |
|------|--|------|----------------------|
| 2.0 | Avenue | 19.4 | Arrive at Exchange 6 |
| 4.5 | Continue onto Victoria Street | | |
| 4.6 | Turn LEFT onto Newport Blvd | | |
| 4.8 | Turn LEFT onto the State Route 55 North ramp | | |
| 15.1 | Merge onto State Route 55 North | | |
| 15.4 | Take the Chapman Avenue E exit | | |
| 19.2 | Merge onto E Chapman Ave | | |
| 19.3 | Turn LEFT onto N Newport Blvd | | |
| | Turn RIGHT onto E Broadway Trail | | |

Exchange 6 Address:
Santiago Canyon College
8045 E Chapman Avenue
Orange, CA 92869
GPS: 33.79717°N, 117.76939°W



LEG 1 -- 2.3 MILES -- EASY -- FULL SUPPORT



LEG 1 -- 2.3 MILES -- EASY

Start Line
22 Huntington St.
Huntington Beach, CA 92646

Leg 1 Notes:

Exchange will take place on Hamilton Avenue,
however vans should continue straight on
Magnolia Street to access parking.

2.3 Arrive at Exchange 1

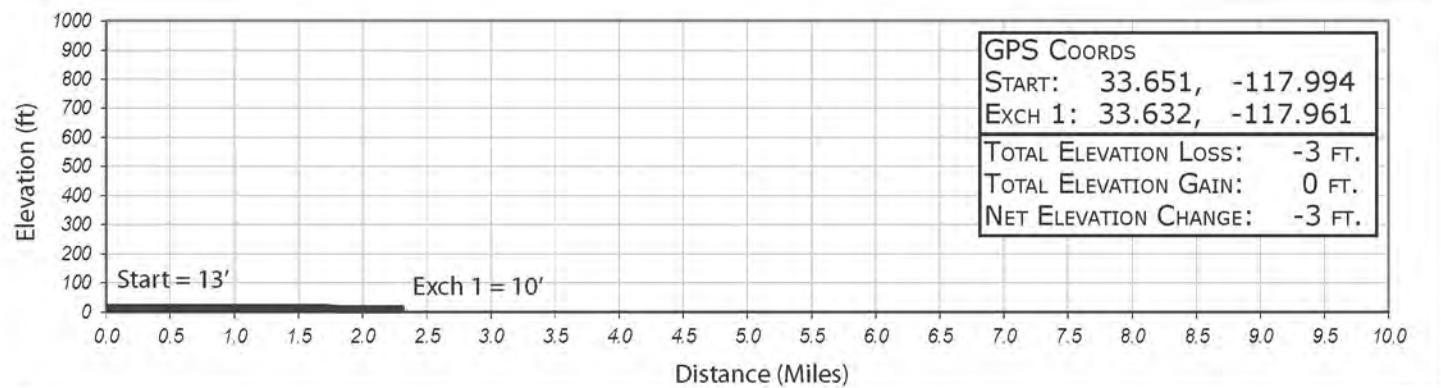
Exchange 1
Huntington State Beach
22355 Pacific Coast Highway
Huntington Beach, CA 92646

Van Directions to Exchange 1

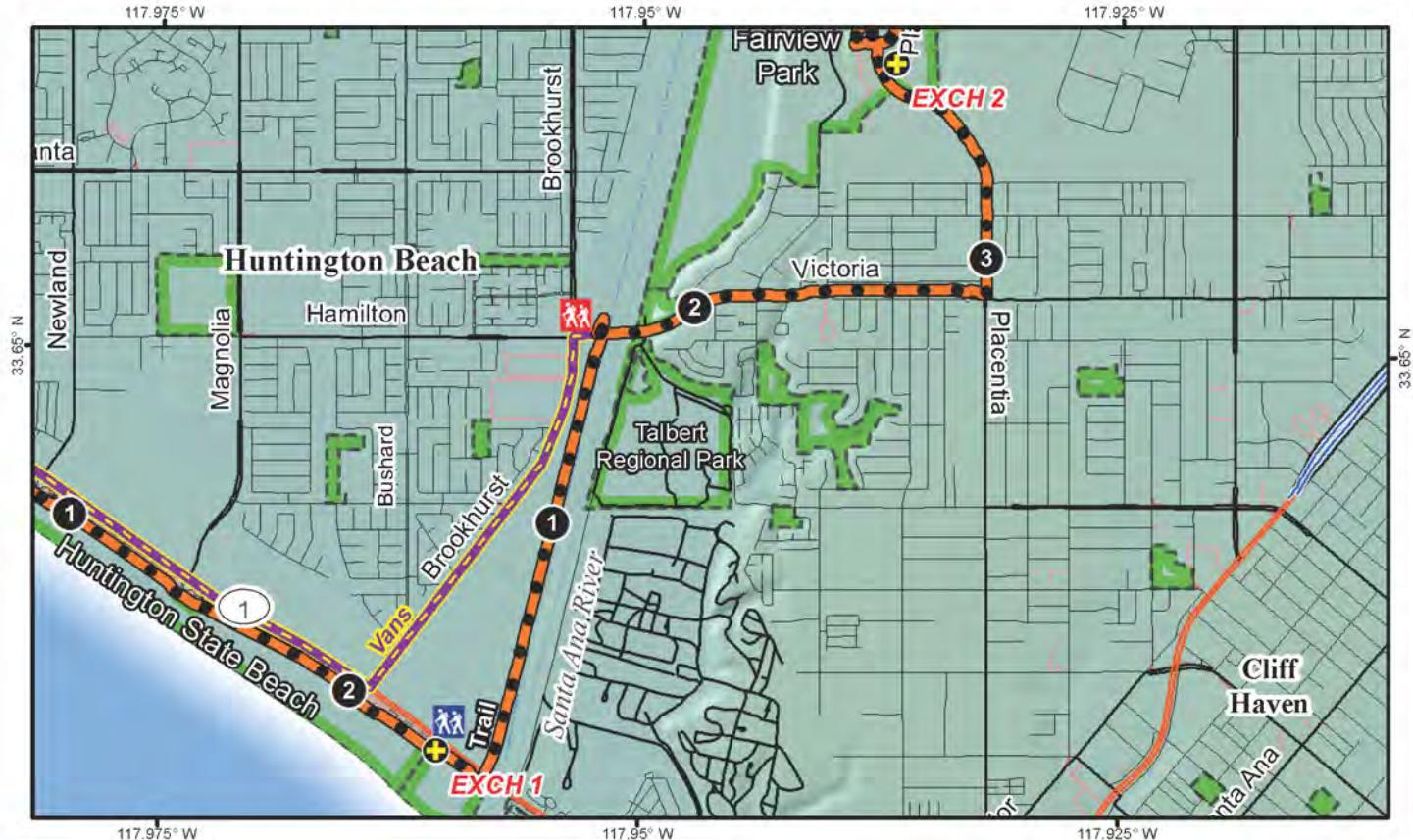
0.0 Head southeast on CA-1 S toward
Huntington Street
2.3 Arrive at Exchange 1

Leg Legend:

0.0 Depart the start line running south on
the Huntington Beach Bike Trail



LEG 2 -- 3.8 MILES -- EASY -- PARTIAL NO VAN SUPPORT



LEG 2 -- 3.8 MILES -- EASY

Leg 2 Notes:

Vans entering and exiting the Exchange 2 parking lot will cross the runner path. Please use caution.

Leg 2

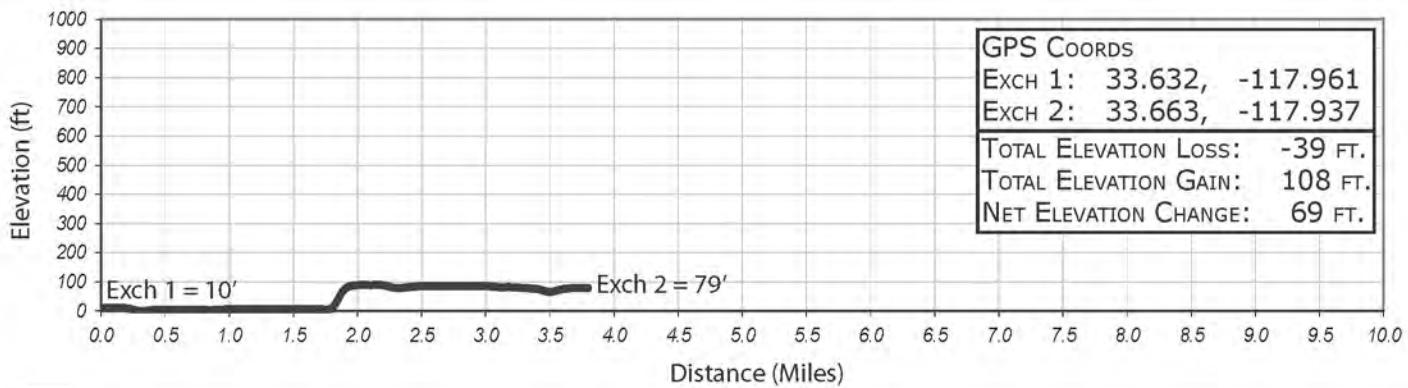
- | | |
|-----|--|
| 0.0 | Depart Exchange 1 running southeast on the Huntington Beach Bike Trail |
| 0.1 | Turn right onto the Santa Ana River Trail |
| 1.6 | Exit Santa Ana River Trail and run against traffic on Victoria Street |
| 2.9 | Turn left onto Placentia Avenue running with traffic on the sidewalk |
| 3.8 | Arrive at Exchange 2 |

Exchange 2

Fairview Park
2500 Placentia Avenue
Costa Mesa, CA 92626
GPS: 33.66095°N, 117.93486°W

Van Directions to Exchange 2

- | | |
|-----|---|
| 0.0 | Head southeast on CA-1 toward David Drive |
| 0.7 | Make a U-turn at Orange Street |
| 1.5 | Turn right onto Brookhurst Street |
| 2.7 | Turn right onto Hamilton Ave |
| 2.8 | Continue onto Victoria Street |
| 3.9 | Turn left onto Placentia Avenue |
| 4.7 | Arrive at Exchange 2 |



LEG 3 -- 6.7 MILES -- HARD -- PARTIAL NO VAN SUPPORT



LEG 3 -- 6.7 MILES - HARD

Leg 3 Notes:

Runners will be on the Santa Ana River Trail for 4 miles of this leg. Ragnar will provide 1 water station. In an effort to be more sustainable these water stations will not have cups. Please plan accordingly and carry a water bottle.

Vans entering and exiting the Exchange 3 parking lot will cross the runner path. Please use caution.

Leg 3

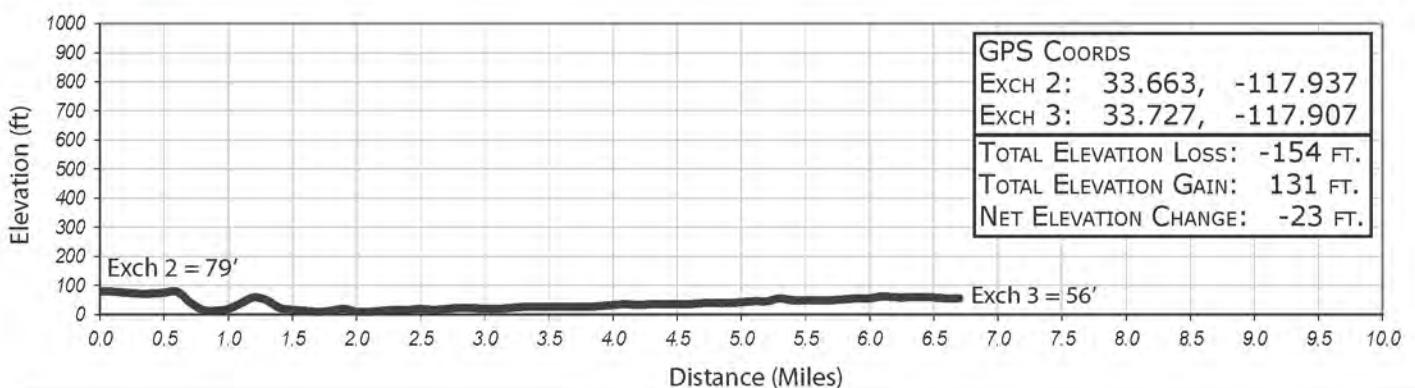
- | | |
|-----|---|
| 0.0 | Depart Exchange 2 running north along Placentia Avenue with traffic on the sidewalk |
| 0.1 | Turn right onto trail |
| 0.5 | Turn left to run against traffic on Placentia Avenue |
| 1.1 | Turn left to run against traffic on Adams Avenue |
| 1.7 | Turn left onto Santa Ana River Trail |
| 6.0 | Exit the trail and turn right to run with traffic on Edinger Avenue |
| 6.6 | Arrive at Exchange 3 |

Exchange 3

Centennial Park
3000 West Edinger Avenue
Santa Ana, CA 92704
GPS: 33.72704°N, 117.90855°W

Van Directions to Exchange 3:

- | | |
|-----|---|
| 0.0 | Depart Exchange 2 heading north on Placentia Avenue |
| 1.1 | Turn LEFT onto Adams Ave |
| 5.0 | Turn RIGHT onto Brookhurst St |
| 7.6 | Turn RIGHT onto W Edinger Ave |
| 8.5 | Turn RIGHT onto S Mohawk Dr |
| 8.6 | Arrive at Exchange 3 |



LEG 4 -- 3.2 MILES -- EASY -- FULL SUPPORT



LEG 4 – 3.2 MILES – EASY

Leg 4 Notes:

Vans entering and exiting the Exchange 4 parking lot will cross the runner path. Please use caution.

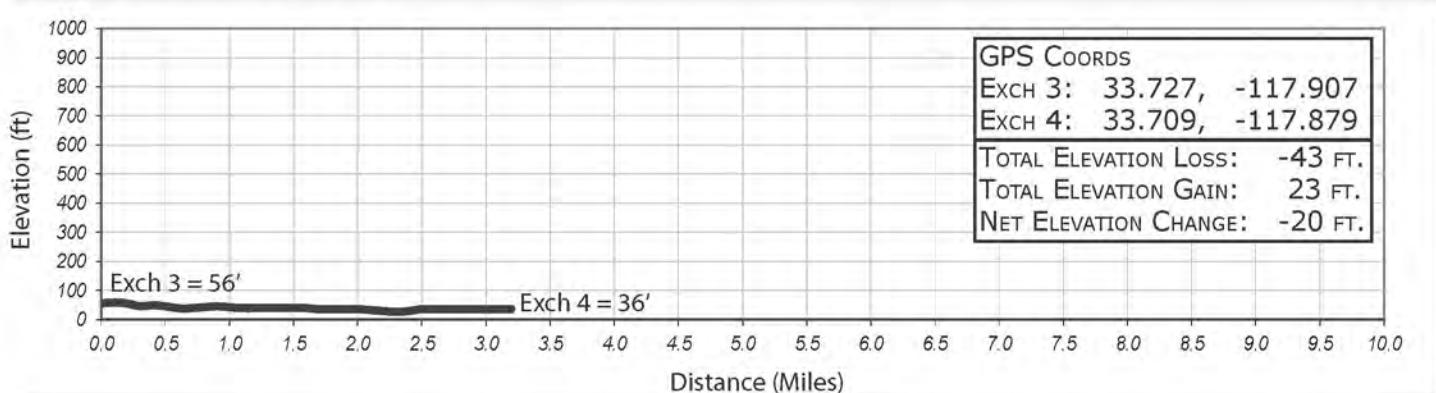
Leg 4

- 0.0 Depart Exchange 3 running south on the paved trail in Centennial Park
- 0.4 Exit the trail to run with traffic on the sidewalk on S Fairview Street

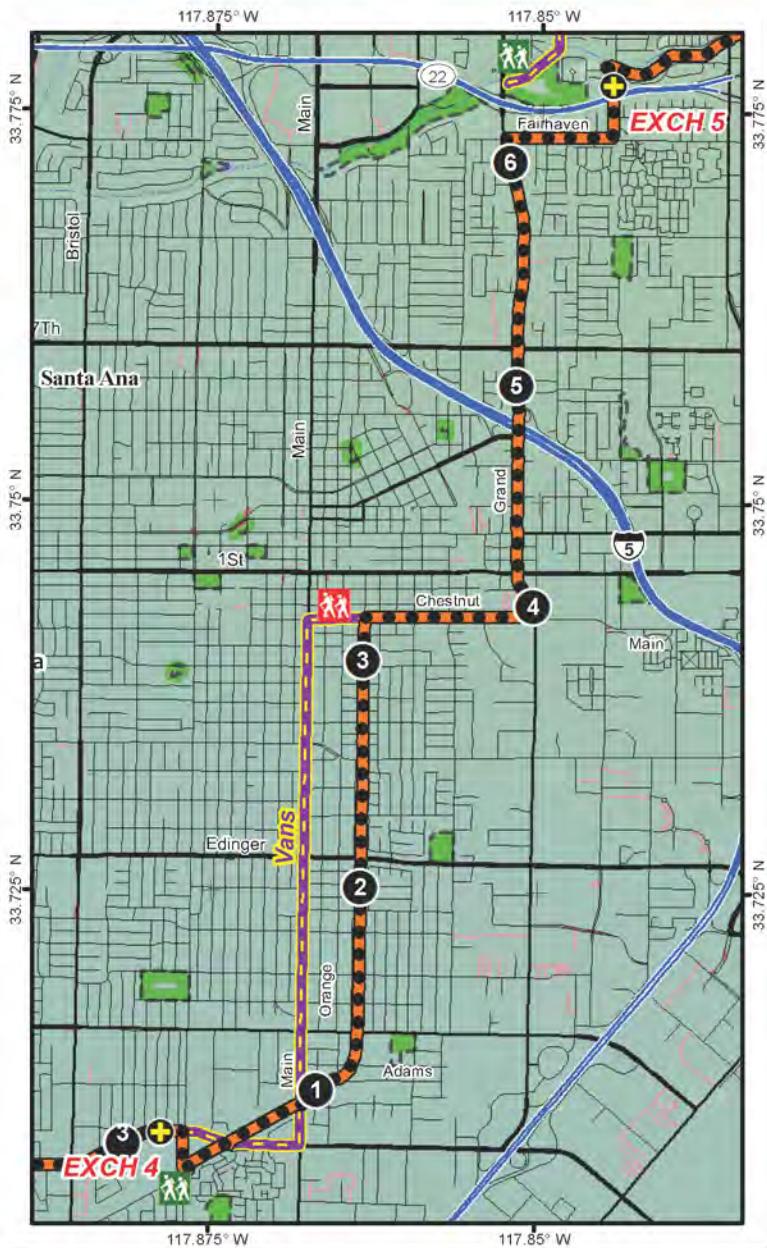
- 1.2 Turn left onto W Segerstrom Ave running with traffic on the sidewalk
- 3.2 Arrive at Exchange 4

Van Directions to Exchange 4:
Follow leg legend.

Exchange 4
Saddleback High School
2802 South Flower Street
Santa Ana, CA 92707
GPS: 33.70947°N, 117.87868°W



LEG 5 -- 6.8 MILES -- HARD -- FULL SUPPORT



LEG 5 -- 6.8 MILES -- HARD

Leg 5

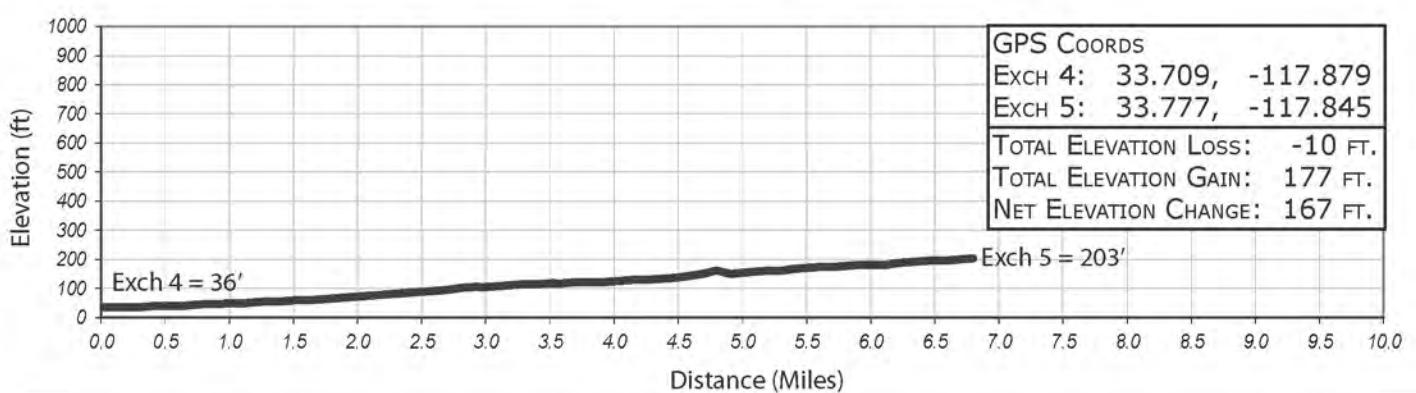
- | | |
|-----|---|
| 0.0 | Depart Exchange 4 running with traffic on the sidewalk on Segerstrom Avenue |
| 0.1 | Turn right to run with traffic on Flower St |
| 0.3 | Use the signalized crosswalk to turn left, then take an immediate right onto the Flower Side Path |
| 3.2 | Turn right to run against traffic on Chestnut Ave |
| 4.0 | Turn left to run with traffic on S Grand Ave |
| 6.1 | Turn right to run against traffic on Fairhaven Ave |
| 6.6 | Turn left to run against traffic on Cambridge Street |
| 6.8 | Arrive at Exchange 5 |

Exchange 5

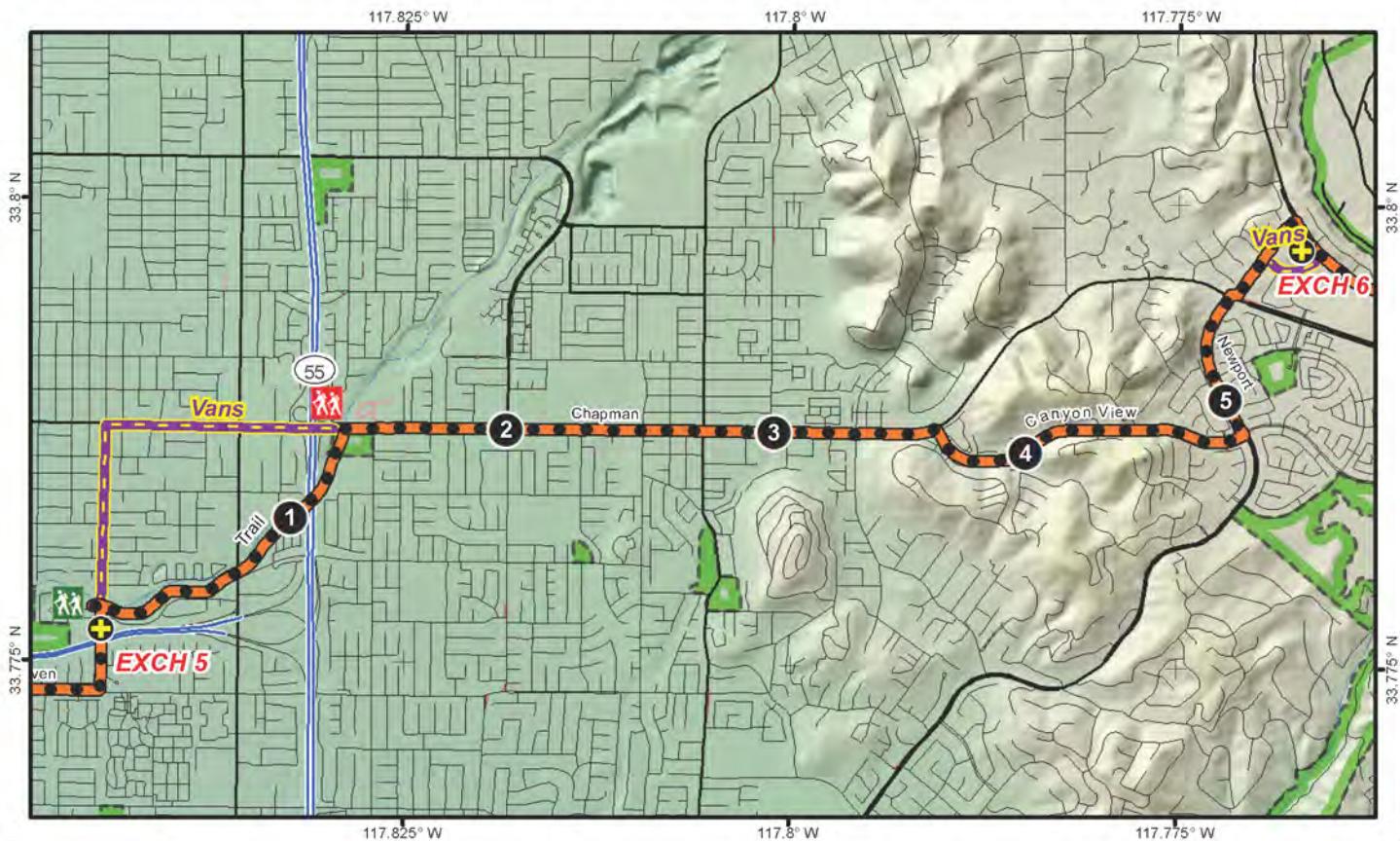
Bridge Community Church
710 S Cambridge Street
Orange, CA 92866
GPS: 33.776623°N 117.845683°W

Van Directions to Exchange 5

There are several street crossings while on the Pacific Trail. Please utilize the crosswalk signals when available. Use caution when crossing.



LEG 6 -- 6.0 MILES -- VERY HARD -- PARTIAL NO VAN SUPPORT

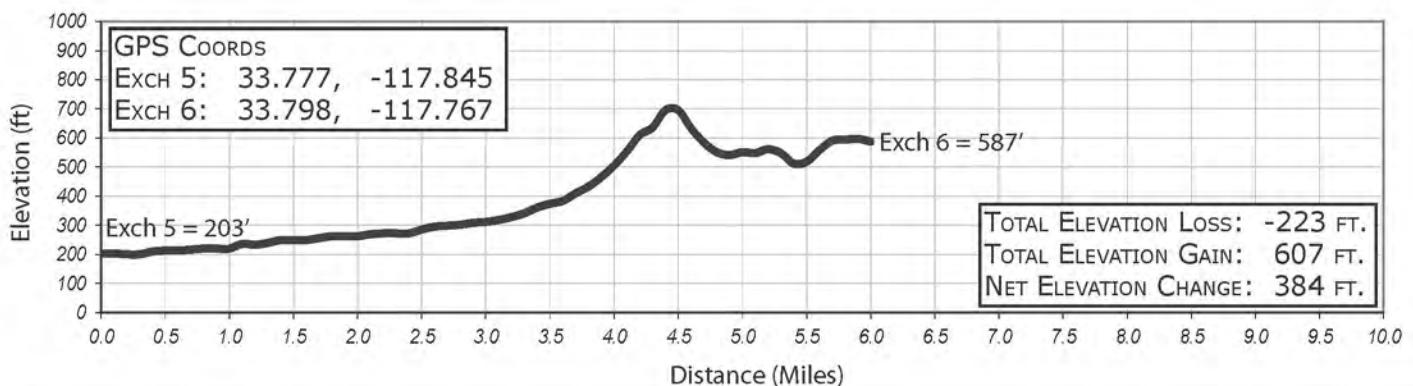


LEG 6 -- 6.0 MILES -- VERY HARD

Leg 6

- 0.0 Depart Exchange 5 running against traffic on Cambridge Street
- 0.1 Turn left onto the Santiago Creek Trail & Bikepath
- 1.4 Turn right onto E Chapman Ave running with traffic on the sidewalk
- 3.7 Turn right onto Canyon View Avenue running with traffic on the sidewalk
- 4.9 Turn left to run on the trail along Newport Blvd
- 5.5 Use the signalized crosswalk at E Chapman Ave to run with traffic on

5.9	Newport Blvd	5.2	Turn left onto Newport Blvd
	Turn right onto Santiago Canyon Road running with traffic on the sidewalk	5.4	Turn right onto E Broadmoor Trail
6.0		5.5	Arrive at Exchange 6
6.1	Turn right onto Santiago Canyon College		
	Arrive at Exchange 6		
	Exchange 6		
	Santiago Canyon College		
	8045 East Chapman Avenue		
	Orange, CA 92869		
	GPS: 33.79814°N, 117.76722°W		
	Van Directions to Exchange 6:		
0.0	Head north on S Cambridge St		
0.8	Turn right onto E Chapman Ave		



VAN 2 -- LEGS 7-12 -- 39.2 MILES



INACTIVE VAN DIRECTIONS TO EXCHANGE 12, Van 1:

Exchange Notes:

Exchange 12, Van 1 is part of a virtual exchange to bypass Camp Pendleton. When Van 2 arrives at Doheny State Beach, Van 1 will be waiting to begin their next six legs at Oceanside Pier. Communication between Ragnar staff and volunteers will let Van 1 know when they can begin running legs 13-18.

- 0.0 Depart Exchange 6 on Newport Blvd
- 0.2 Turn right onto E Santiago Canyon Road
- 0.7 Turn right onto Jamboree Road
- 6.7 Take the ramp onto I-5 S
- 52.8 Take exit 54B toward Coast Hwy
- 53.0 Turn right onto County Hwy S21
- 53.2 Turn right at Surfrider Way
- 53.4 Turn left onto The Strand N
- 53.5 Arrive at Exchange 12, Van 1

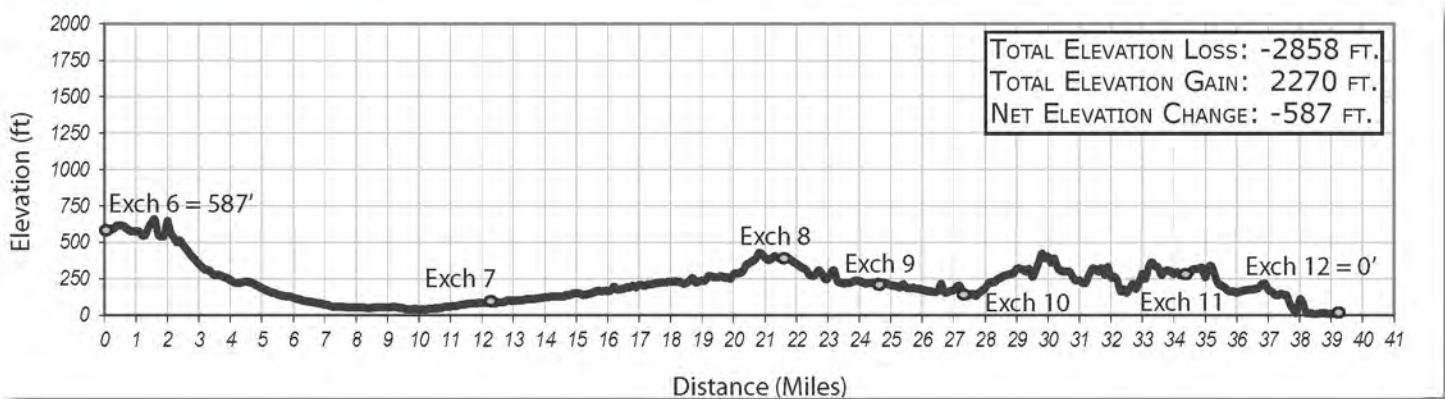
Exchange 12 Address:

Oceanside Pier

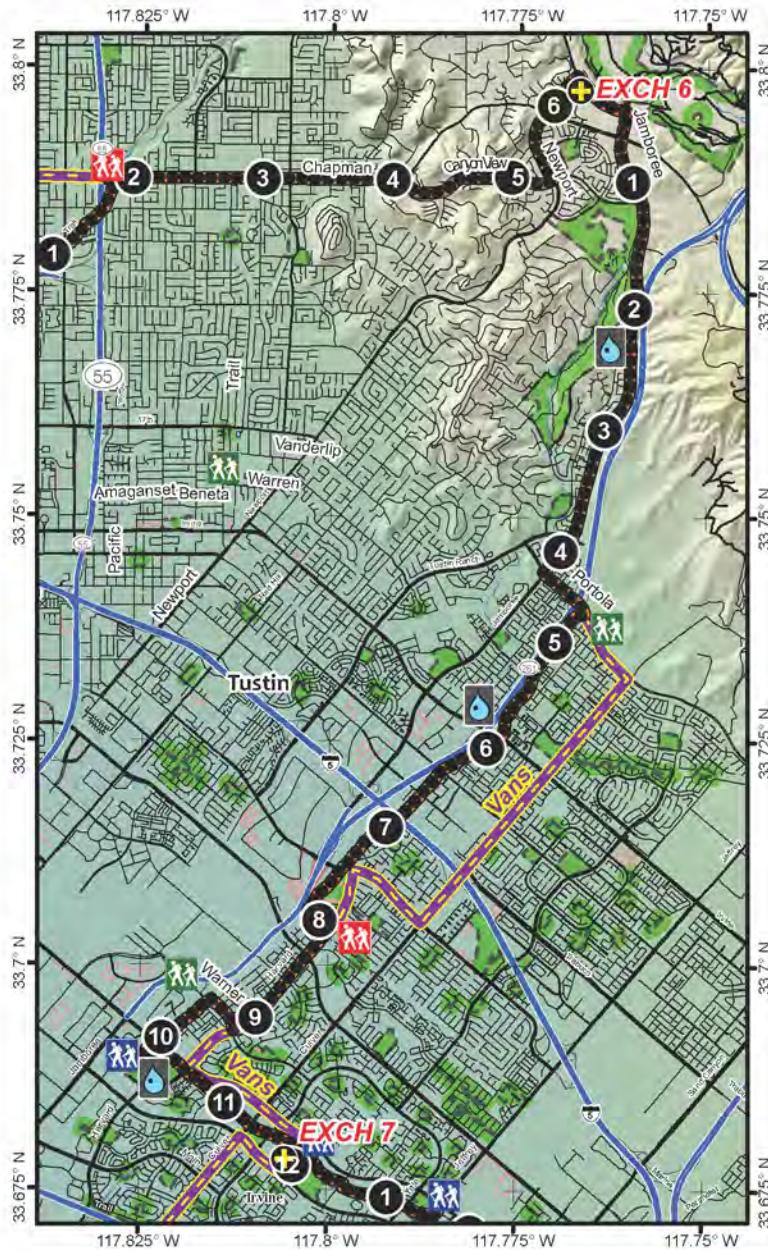
200 The Strand N

Oceanside, CA 92054

GPS: 33.194772°N, 117.384639°W



LEG 7 -- 12.2 MILES -- VERY HARD -- NO VAN SUPPORT



LEG 7 – 12.2 MILES – VERY HARD

Leg 7 Notes:

Runners MUST OBEY officer instructions within the City of Irvine. Follow ALL crossing signals and DO NOT cross until you see the walk symbol. The Irvine Police Department will ticket anyone ignoring crossing signals.

Runner 7 will primarily be on the Peters Canyon Trail. Ragnar will provide 3 water stations on this leg. In an effort to be more sustainable these water stations will not have cups. Please plan accordingly and carry a water bottle.

Leg 7

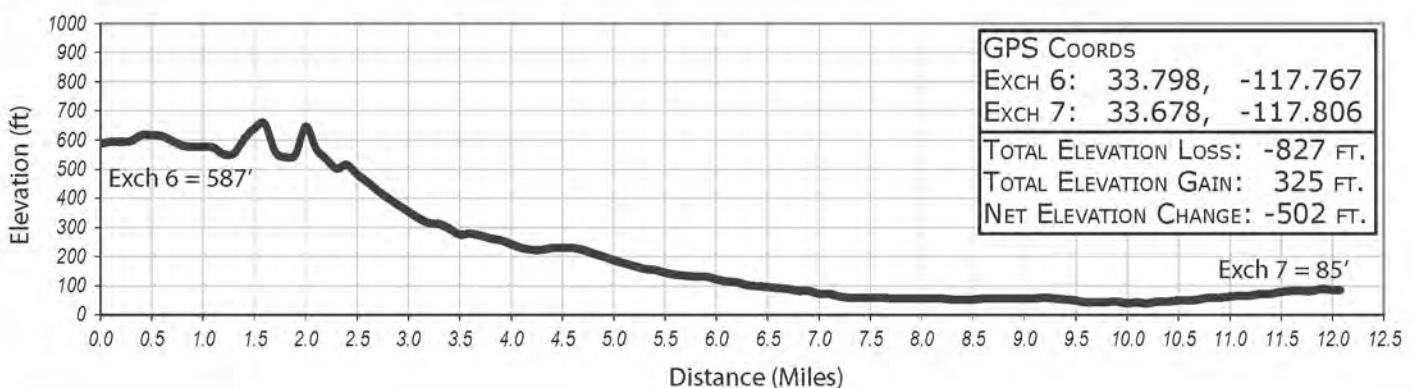
- | | |
|------|--|
| 0.0 | Depart Exchange 6 heading EAST on Santiago Canyon Road |
| 0.5 | Turn RIGHT onto Jamboree Rd running WITH TRAFFIC on the sidewalk |
| 4.3 | Using the signalized crosswalk turn LEFT onto Portola Parkway running WITH TRAFFIC on the sidewalk |
| 4.7 | Turn RIGHT onto the Peters Canyon Trail |
| 8.21 | Turn RIGHT onto Harvard Ave running WITH TRAFFIC on the sidewalk |
| 9.3 | Turn RIGHT onto Warner Side path |
| 9.6 | Turn LEFT to rejoin Peters Canyon Trail |
| 10.3 | Turn LEFT onto the San Diego Creek Trail |
| 11.9 | Turn RIGHT onto Lake Rd running WITH TRAFFIC on the sidewalk |
| 12.0 | Turn RIGHT onto Greg Cops Place |
| 12.2 | Arrive at Exchange 7 |

Exchange 7

Woodbridge High School
2 Meadowbrook
Irvine, CA 92604
GPS: 33.67867°N, 117.80556°W

Van Directions to Exchange 7:

- | | |
|------|---|
| 0.0 | Depart Exchange 6 heading NORTH on N Newport BLVD |
| 0.1 | Turn RIGHT onto Santiago Canyon Road |
| 0.6 | Turn RIGHT onto Jamboree Road |
| 4.4 | Turn LEFT onto Portola Pkwy |
| 5.5 | Turn RIGHT onto Culver Drive |
| 9.8 | Turn LEFT onto Barranca Pkwy |
| 10.4 | Turn RIGHT onto Lake Road |
| 10.6 | Turn RIGHT toward Meadowbrook |
| 10.7 | Arrive at Exchange 7 |



LEG 8 -- 9.4 MILES -- VERY HARD -- FULL SUPPORT



LEG 8 -- 9.4 MILES – VERY HARD

Leg 8 Notes:

Vans entering and exiting the Exchange 8 parking lot will cross the runner path. Please use caution.

Runner 8 will primarily be on the San Diego Creek Trail. Ragnar will provide 2 water stations on this leg. In an effort to be more sustainable these water stations will not have cups. Please plan accordingly and carry a water bottle.

Leg 8

0.0 Depart Exchange 7 running EAST on Greg Cops Place
0.2 Using the signalized crosswalk turn

- 0.3 LEFT to run WITH TRAFFIC on Lake Road
- 1.4 Turn RIGHT onto the San Diego Creek Trail
- 3.5 Run briefly AGAINST TRAFFIC on Jeffrey Rd, then turn LEFT to rejoin the San Diego Creek Trail
- 3.6 Exit the trail and run WITH TRAFFIC on Alton Pkwy
- 5.2 Turn RIGHT to rejoin the San Diego Creek Trail
- 5.5 Turn LEFT onto Antivo running WITH TRAFFIC on the sidewalk
- 5.6 Turn RIGHT onto Irvine Center Drive running AGAINST TRAFFIC
- 6.1 Turn RIGHT onto Bake Pkwy running

6.6

7.5

9.4

AGAINST TRAFFIC

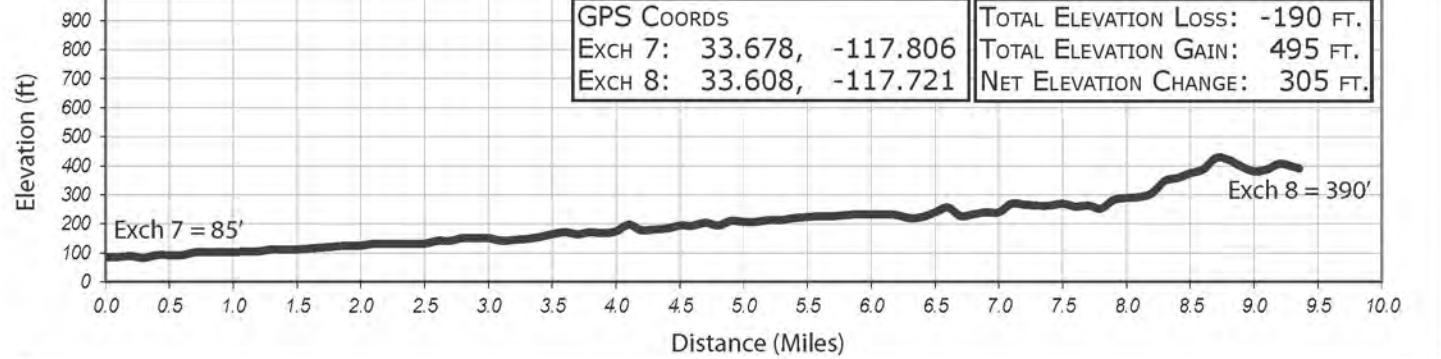
Using the signalized crosswalks, turn LEFT onto Lake Forest Dr running WITH TRAFFIC on the sidewalk

Turn RIGHT onto Moulton Pkwy running AGAINST TRAFFIC on the sidewalk

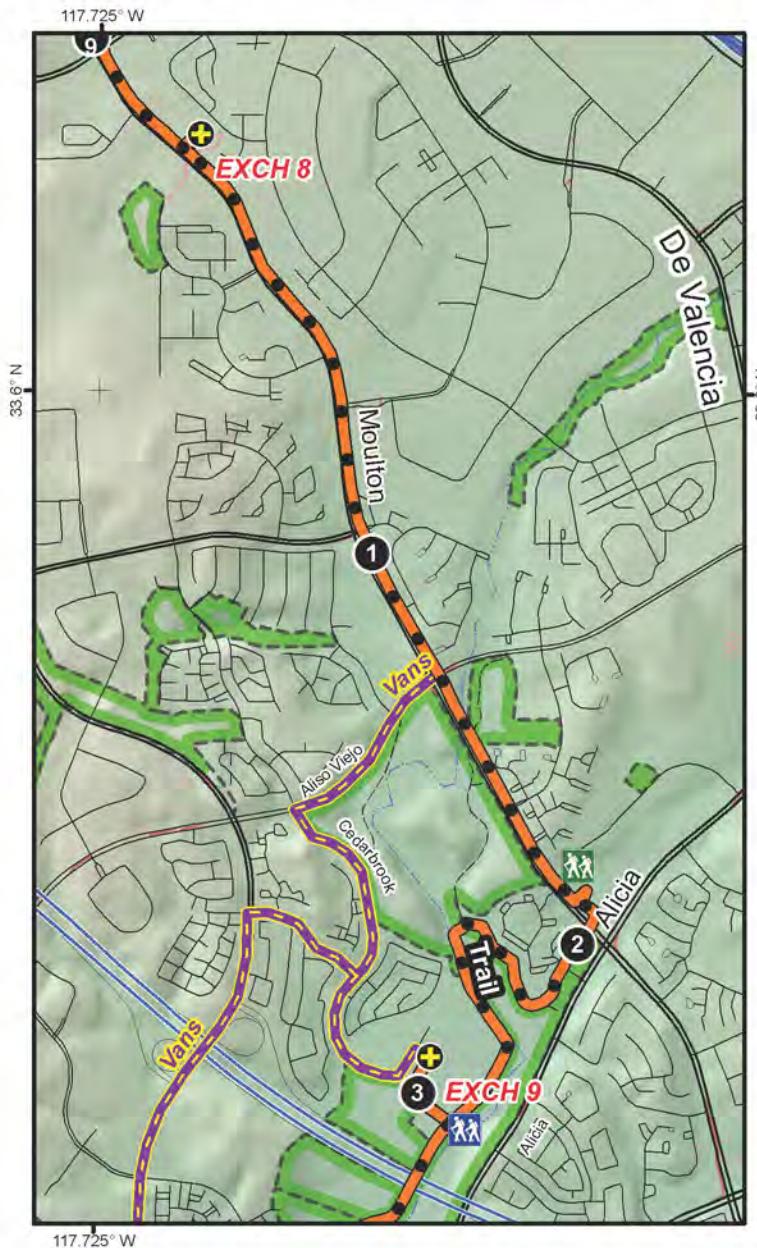
Arrive at Exchange 8

Exchange 8

Laguna Country United Methodist Church
24442 Moulton Pkwy
Laguna Woods, CA 92637
GPS: 33.60701°N, 117.72249°W



LEG 9 -- 3.1 MILES -- EASY -- PARTIAL NO VAN SUPPORT



LEG 9 -- 3.1 MILES -- EASY

Leg 9 Notes:

In an effort to relieve traffic congestion pulling into the exchange, please follow the van directions provided.

Leg 9

- 0.0 Depart Exchange 8 running south on Moulton Pkwy
- 1.8 Turn left onto the Aliso Creek Riding and Hiking Trail
- 2.9 Turn right to exit the trail
- 3.1 Arrive at Exchange 9

Exchange 9

Aliso Viejo Middle School

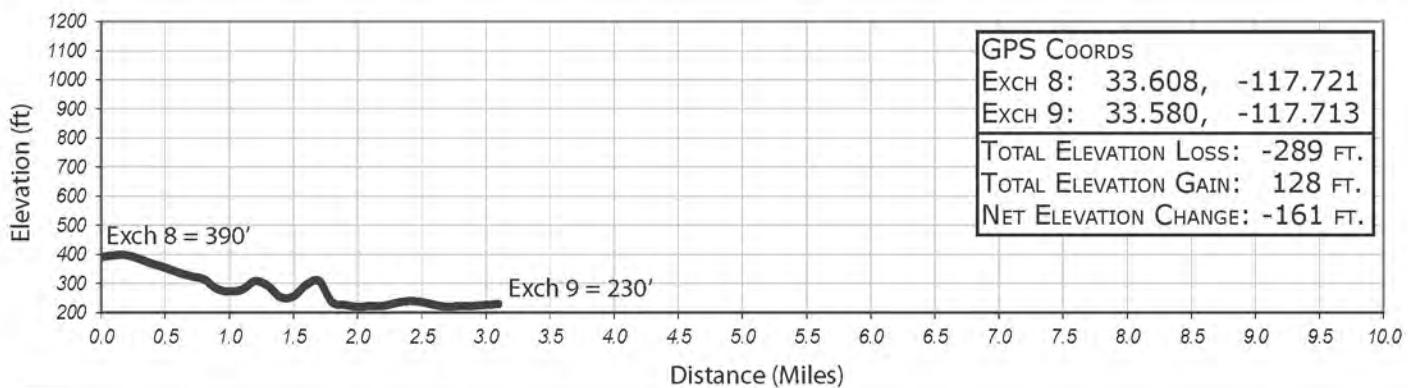
111 Park Ave

Aliso Viejo, CA 92656

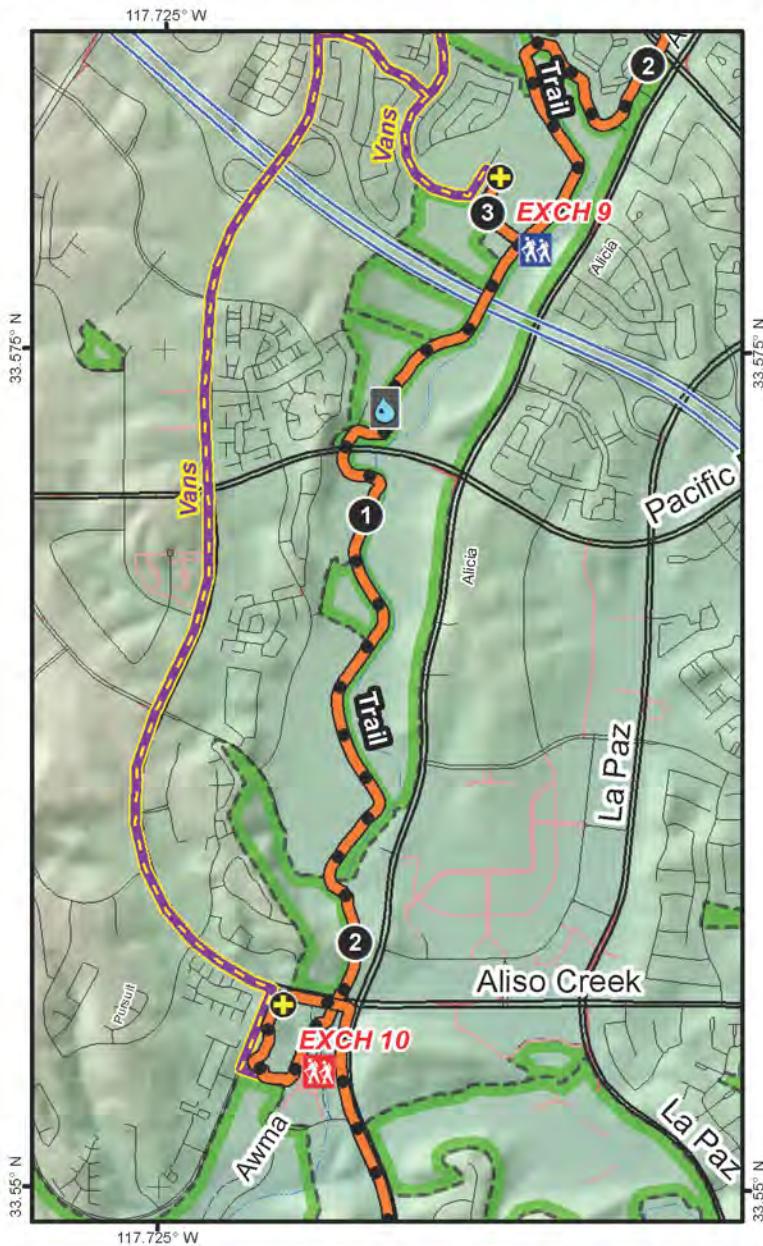
GPS: 33.580135°N, 117.712386°W

Van Directions to Exchange 9:

- 0.0 Depart Exchange 8 heading northwest on Moulton Pkwy
- 0.1 Make a U-turn
- 1.5 Turn right onto Aliso Viejo Pkwy
- 1.9 Turn left onto Cedarbrook
- 2.5 Continue onto Park Ave
- 2.7 Arrive at Exchange 9



LEG 10 -- 2.5 MILES -- EASY -- NO VAN SUPPORT



LEG 10 -- 2.5 MILES -- EASY

Leg 10 Notes:

Runners will be on the Aliso Creek Riding and Hiking Trail for most of this leg and are encouraged to carry their own water.

Leg 10

- 0.0 Depart Exchange 9 running on path
- 0.2 Turn right onto the Aliso Creek Riding and Hiking Trail
- 2.2 Turn right to exit the trail
- 2.3 Turn right onto Knollwood
- 2.4 Turn right toward exchange
- 2.5 Arrive at Exchange 10

Exchange 10

Wood Canyon Elementary School

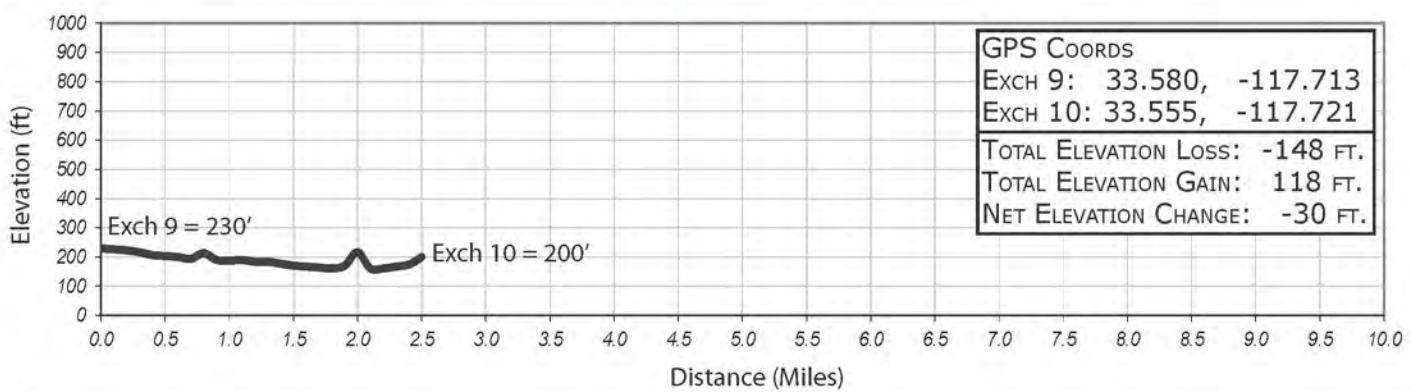
23431 Knollwood

Aliso Viejo, CA 92656

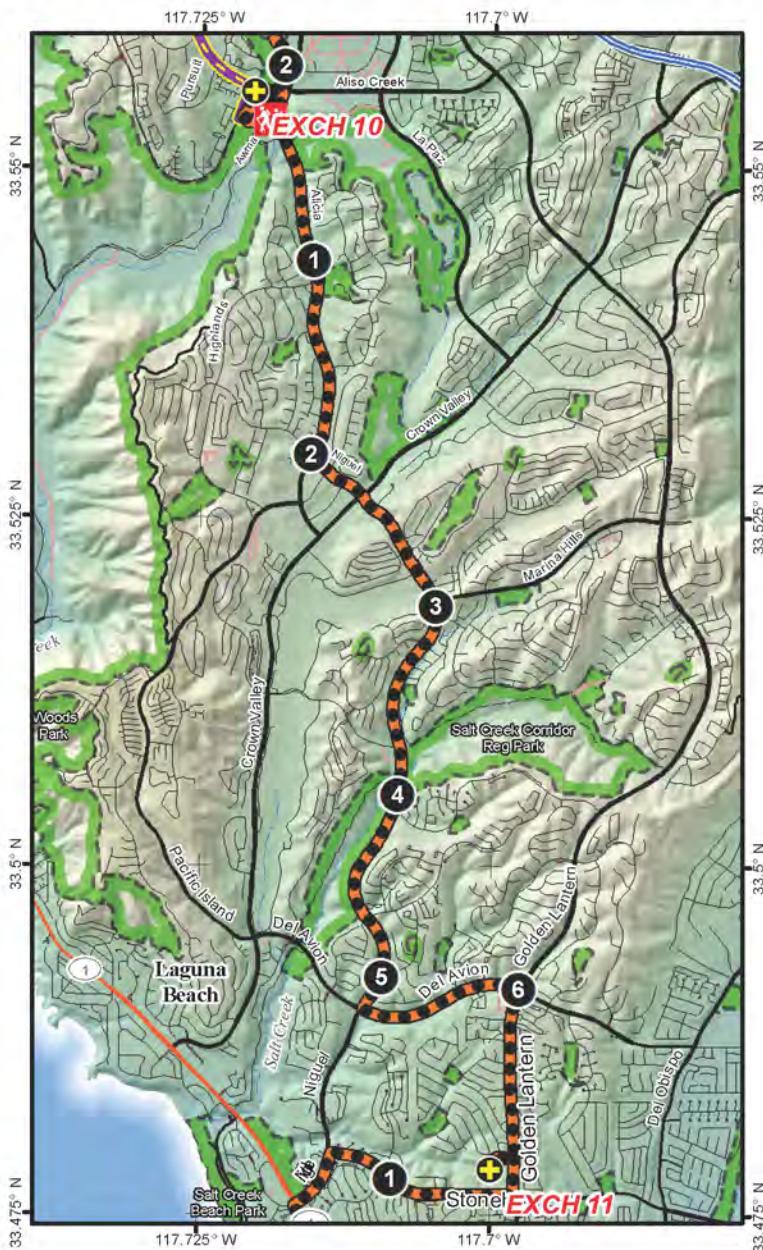
GPS: 33.554476°N, 117.720737°W

Van Directions to Exchange 10:

- 0.0 Depart Exchange 9 heading southwest on Park Ave
- 0.2 Continue onto Cedarbrook
- 0.4 Turn left onto Windsong
- 0.7 Turn left onto Aliso Creek Road
- 2.9 Turn right onto Wood Canyon Drive
- 3.1 Turn left onto Knollwood
- 3.2 Arrive at Exchange 10



LEG 11 -- 7.1 MILES -- HARD -- FULL SUPPORT



LEG 11 -- 7.1 MILES -- HARD

Leg 11

- 0.0 Depart Exchange 10 running with traffic on Aliso Creek Road
- 0.2 Turn right onto Alicia Pkwy running with traffic on the sidewalk
- 2.1 Using the signalized crosswalk turn left onto Niguel Road running against traffic on the sidewalk
- 5.3 Turn left onto Camino Del Avion
Running against traffic on the sidewalk
- 6.1 Turn right onto Golden Lantern Street running with traffic on the sidewalk
- 7.0 Turn right onto Acapulco Dr running against traffic on the sidewalk
- 7.1 Arrive at Exchange 11

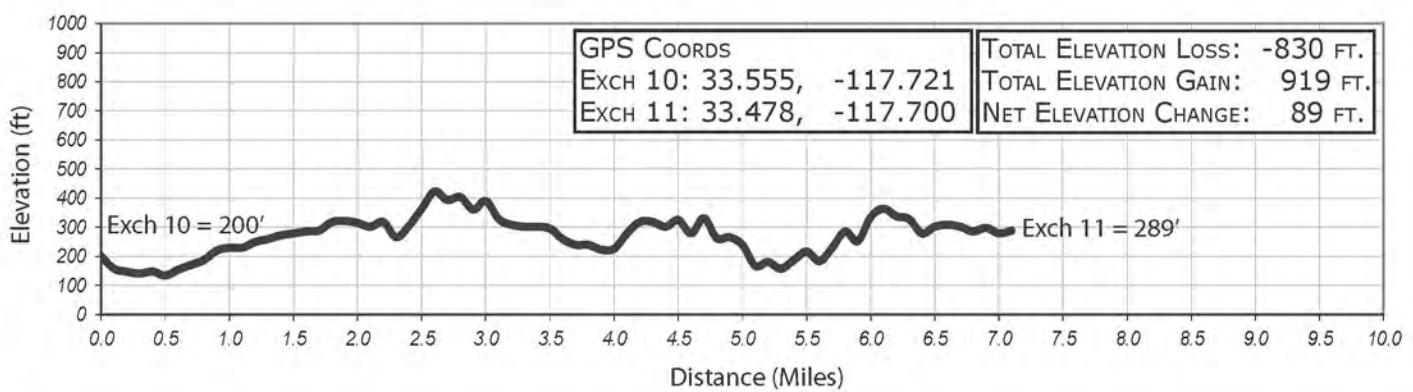
Exchange 11

Dana Hills High School

33333 Golden Lantern

Dana Point, CA 92629

GPS: 33.47828°N, 117.69991°W



LEG 12 -- 4.9 MILES -- MODERATE -- FULL SUPPORT



LEG 12 -- 4.9 MILES -- MODERATE

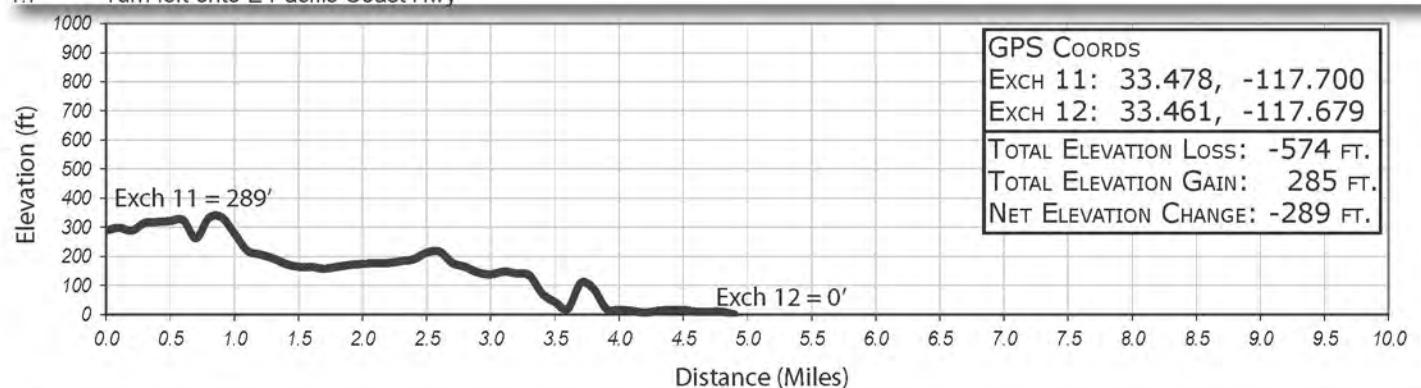
Leg 12

- 0.0 Depart Exchange 11 running north out of the school parking lot
- 0.1 Turn right onto Acapulco Drive running with traffic on the sidewalk
- 0.2 Turn right onto Golden Lantern Street running with traffic on the sidewalk
- 0.4 Turn right onto Stonehill Drive running with traffic on the sidewalk
- 1.3 Turn left onto Niguel Road running against traffic on the sidewalk
- 1.7 Turn left onto E Pacific Coast Hwy

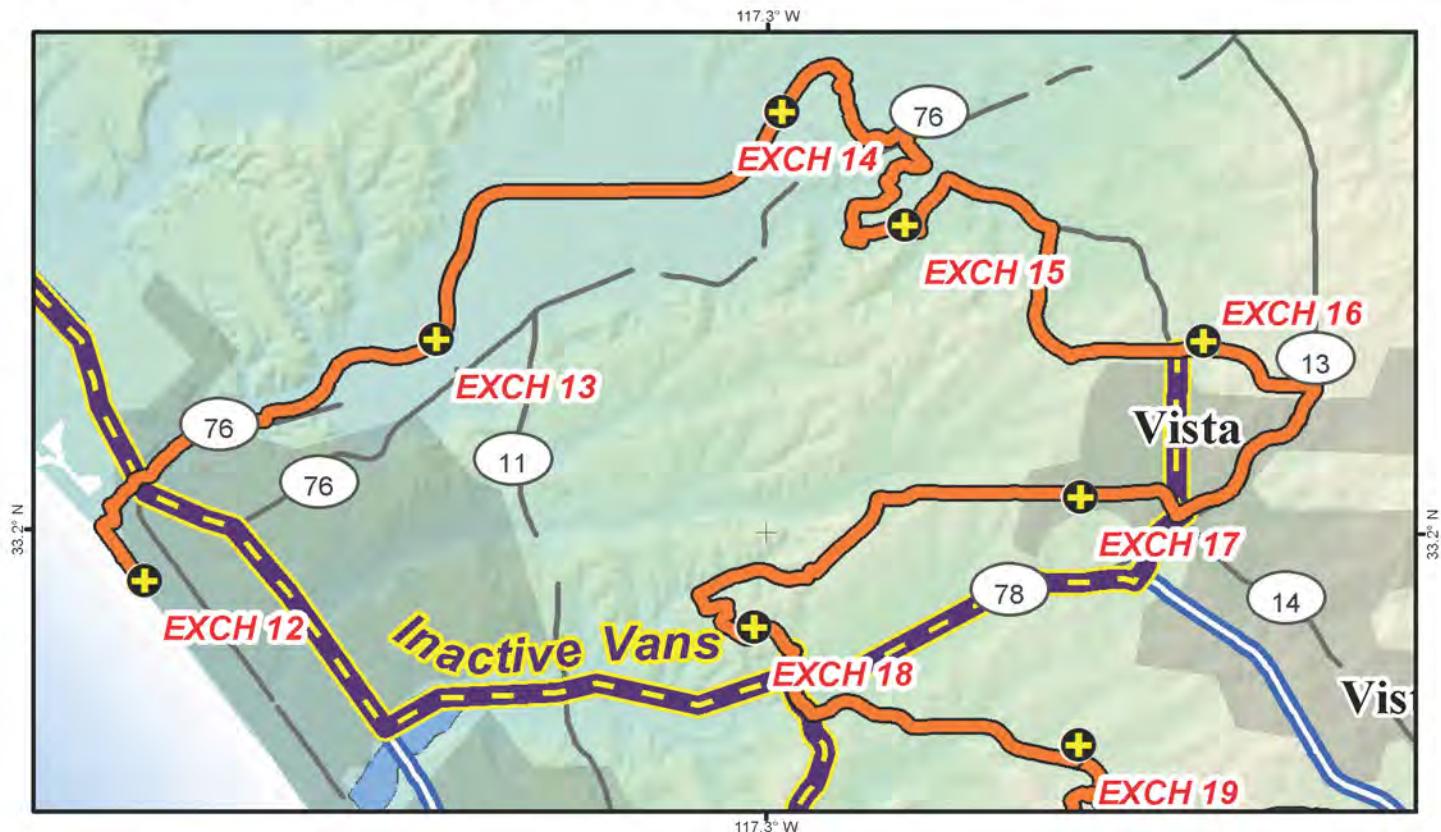
- 2.7 running with traffic on the sidewalk
Take a slight right onto Del Prado Ave running with traffic on the sidewalk
- 3.2 Turn right onto Golden Lantern Street running against traffic on the sidewalk
- 3.5 Turn left onto Dana Point Harbor Drive running with traffic on the sidewalk
- 3.8 Turn right onto the bike path into Doheny State Beach
- 4.9 Arrive at Exchange 12

Exchange 12 Address:
Doheny State Beach
25300 Dana Point Harbor Drive
Dana Point, CA 92629
GPS: 33.460948°N, 117.678042°W

Van Directions to Exchange 12:
Follow leg legend



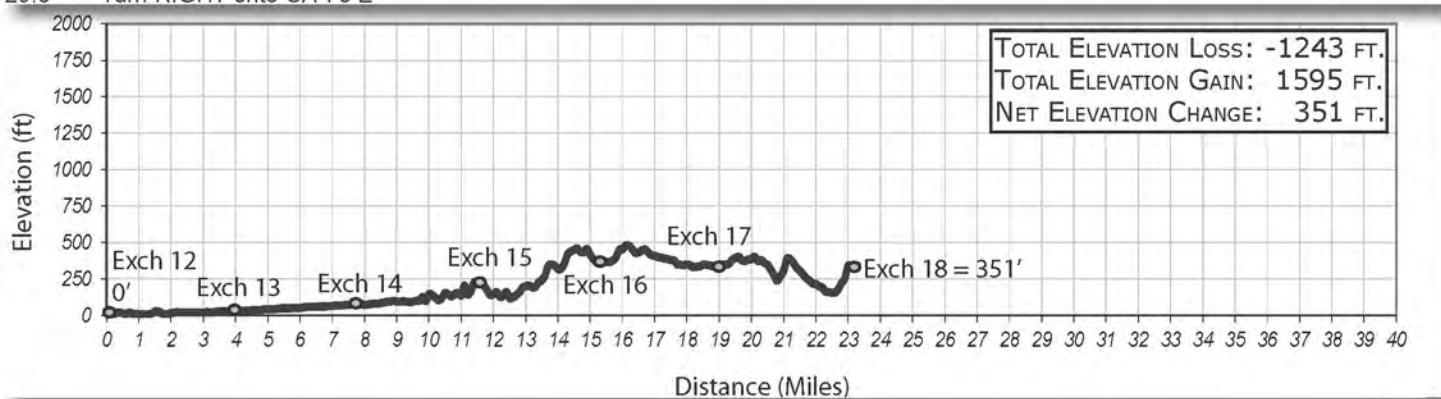
VAN 1 -- LEGS 13-18 -- 23.3 MILES



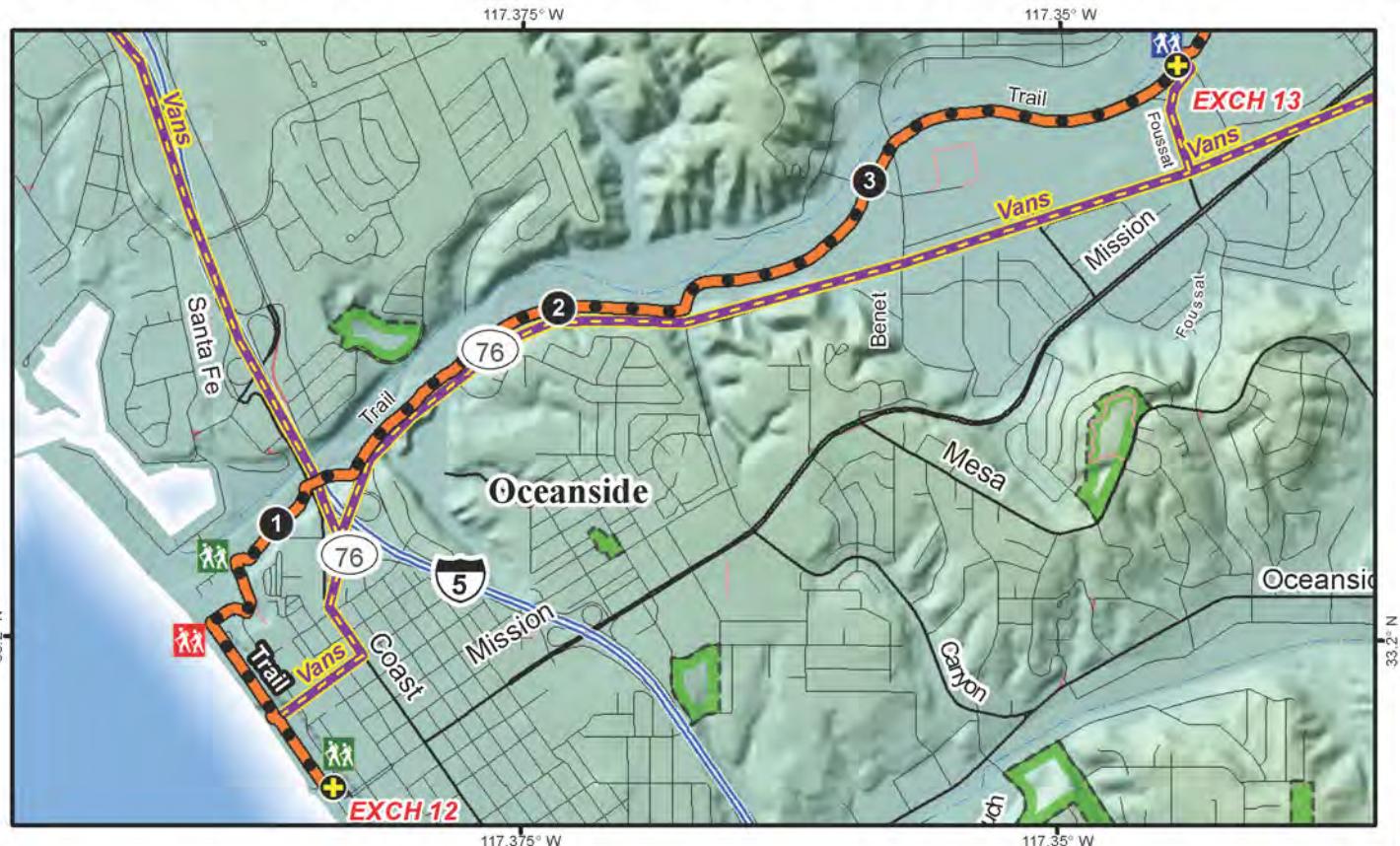
Van 2 Directions to Exchange 18
 0.0 Head NORTHWEST on Park Lantern toward Coast Hwy Side Path
 0.3 Sharp RIGHT onto Park Lantern
 0.4 Merge onto Coast Hwy
 0.5 Turn LEFT onto Doheny Park Road
 0.6 Slight right onto the California 1 S ramp to I-5
 0.8 Merge onto CA-1 S
 1.1 Take the ramp to I-5 S
 1.3 Merge onto I-5 S
 29.1 Take exit 51B for Vista Way/CA-78 toward Escondido
 29.3 Turn RIGHT onto CA-78 E

32.5 Take exit 3 for College Blvd
 32.7 Turn LEFT onto College Blvd
 33.0 Turn LEFT onto Barnard Drive
 33.2 Arrive at Exchange 18

 Exchange 18 Address:
 MiraCosta College
 1 Barnard Drive
 Oceanside, CA 92056
 GPS: 33.18896°N, 117.30174°W



LEG 13 -- 4.0 MILES -- EASY -- PARTIAL NO VAN SUPPORT



LEG 13 -- 4.0 MILES -- EASY

Leg 13 Notes:

Runners will be on the San Luis Rey River Trail for most of this leg and are encouraged to carry their own water.

The San Luis Rey River Trail is not well lit at night. Runners may utilize bike pacers, running pacers, and carry extra lights as needed.

Leg 13

- | | |
|-----|--|
| 0.0 | Depart Exchange 12 running northwest on bike path |
| 0.6 | Turn right onto Breakwater Way running against traffic on the sidewalk |

0.7 Turn left onto Pacific Street to run with traffic on sidewalk

0.8 Turn right onto bike path

4.0 Arrive at Exchange 13

0.7

Turn right onto San Luis Rey Mission Expy

Turn left onto Foussat Road

Arrive at Exchange 13

Exchange 13

Alex Road Skate Park

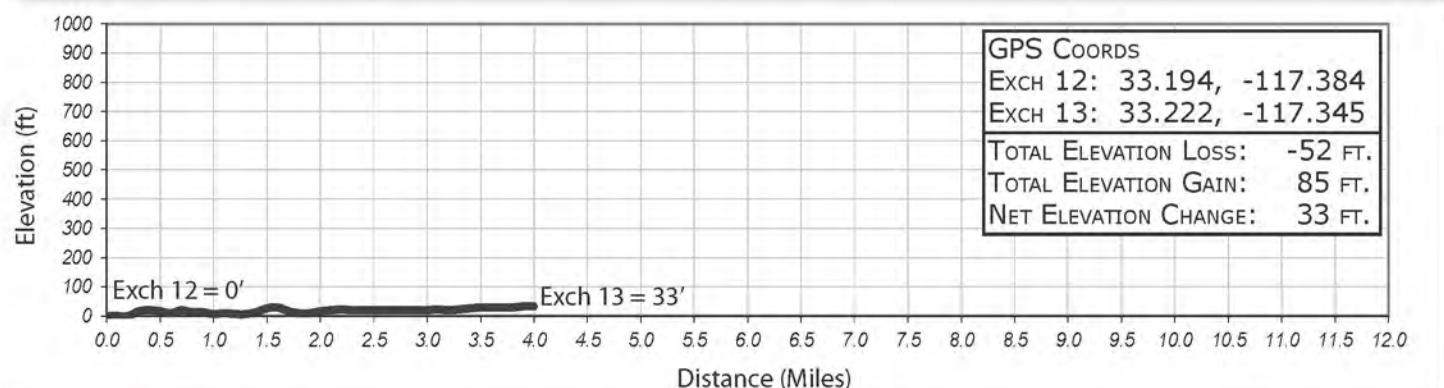
Alex Road & Foussat Road

Oceanside, CA 92054

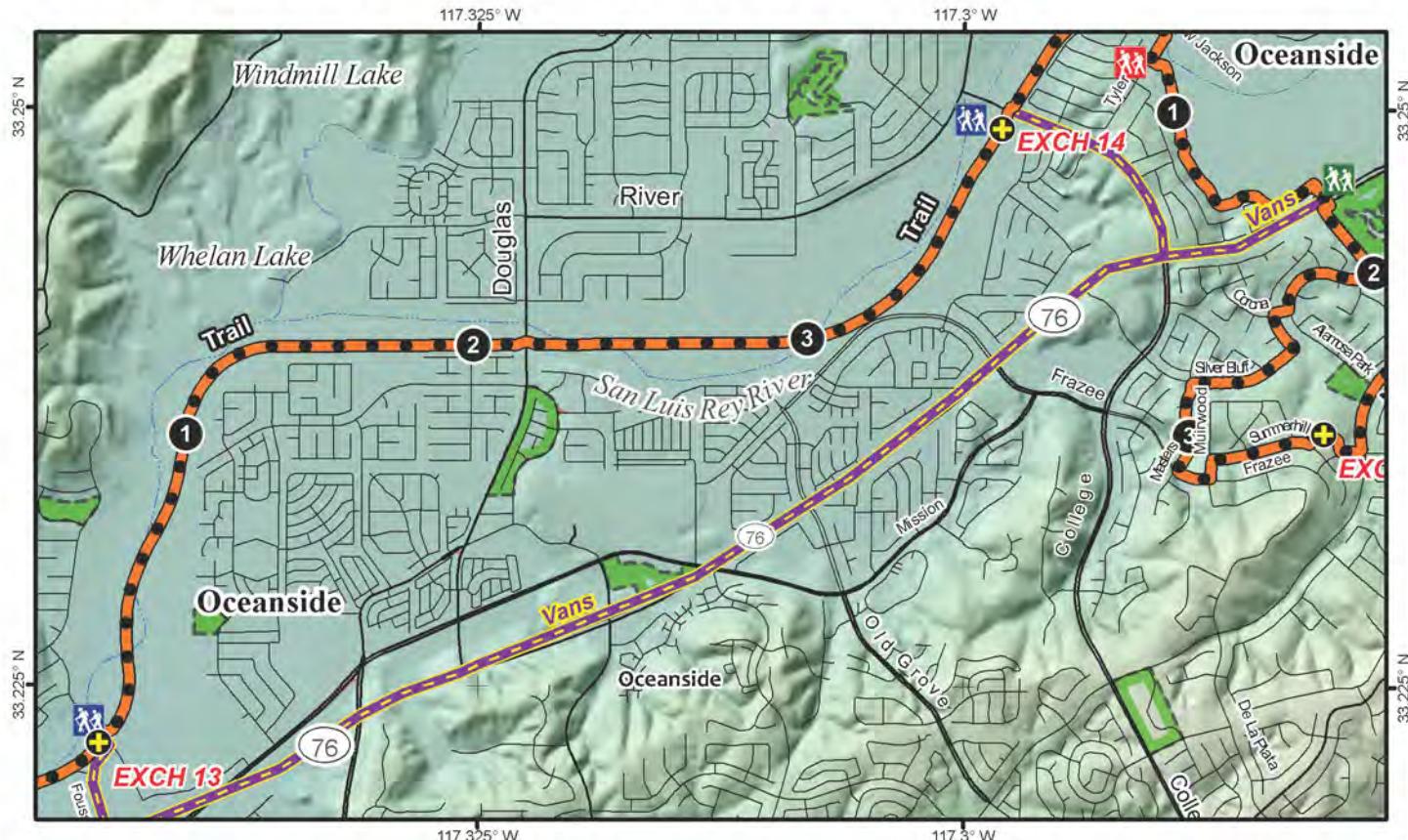
GPS: 33.222490°N, 117.344540°W

Van Directions to Exchange 13:

- | | |
|-----|--|
| 0.0 | Depart Exchange 12, Van 1 heading east toward The Strand N |
| 0.2 | Turn right onto Surfrider Way |
| 0.5 | Turn left onto County Hwy S21 |



LEG 14 -- 3.9 MILES -- EASY -- NO VAN SUPPORT



LEG 14 - 3.9 MILES - EASY

Leg 14 Notes:

Runners will be on a trail for this entire leg and are encouraged to carry water. The San Luis Rey River Trail is not well lit at night. Runners may utilize bike pacers, running pacers, and carry extra lights as needed.

Leg 14

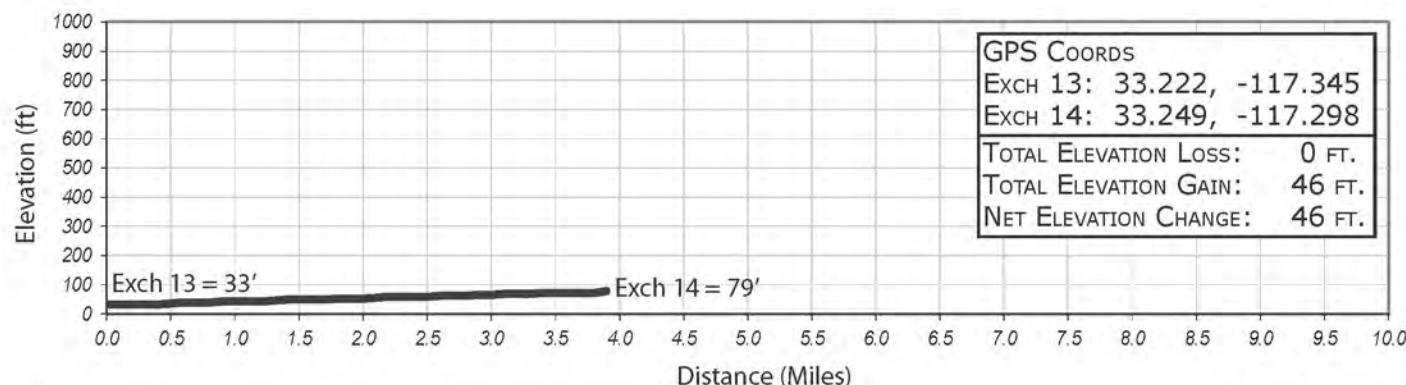
- 0.0 Depart Exchange 13 heading north on bike path
- 3.9 Arrive at Exchange 14

Exchange 14

Mance Buchanon Park
425 College Boulevard
Oceanside, CA 92057
GPS: 33.24918°N, 117.29811°W

Van Directions to Exchange 14:

- 0.0 Depart Exchange 13 heading southeast on Foussat Road
- 0.2 Turn left onto San Luis Rey Mission Expy
- 1.4 Turn left onto Douglas Drive
- 2.8 Turn right onto River Road
- 4.2 Turn right onto College Blvd
- 4.4 Arrive at Exchange 14



LEG 15 -- 3.6 MILES -- EASY -- PARTIAL NO VAN SUPPORT



LEG 15 -- 3.6 MILES -- EASY

Leg 15 Notes:

Runners will be on the San Luis Rey River Trail for most of this leg and are encouraged to carry their own water.

The San Luis Rey River Trail is not well lit at night. Runners may utilize bike pacers, running pacers, and carry extra lights as needed.

Leg 15

- | | |
|-----|--|
| 0.0 | Depart Exchange 14 heading northeast on bike path |
| 0.6 | Exit bike path and turn left to run against traffic on Andrew Jackson St |

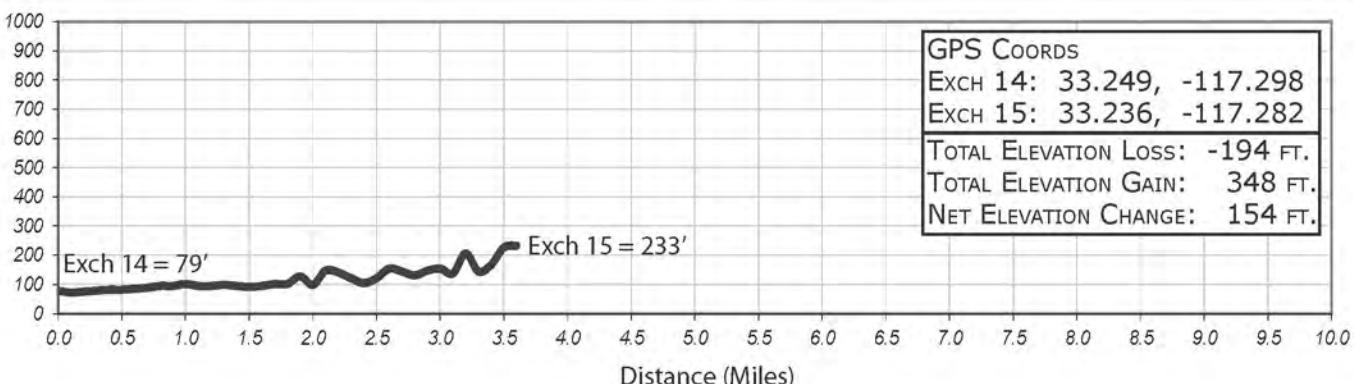
- | | |
|-----|--|
| 0.8 | Turn left to get back on bike path |
| 1.7 | Exit bike path |
| 2.0 | Turn right onto Alamosa Park Drive to run with traffic on the sidewalk |
| 2.3 | Turn right onto Corona Drive |
| 2.4 | Turn left onto Silver Bluff Drive to run against traffic on sidewalk |
| 2.8 | Turn left onto Masters Drive to run against traffic on the sidewalk |
| 3.1 | Turn left onto Frazee Road |
| 3.2 | Turn left onto Muirwood Drive |
| 3.3 | Turn right onto Summerhill Dr to run against traffic on the sidewalk |
| 3.6 | Arrive at Exchange 15 |

Exchange 15
Roosevelt Middle School
850 Sagewood Drive
Oceanside, CA 92057
GPS: 33.235410°N, 117.280660°W

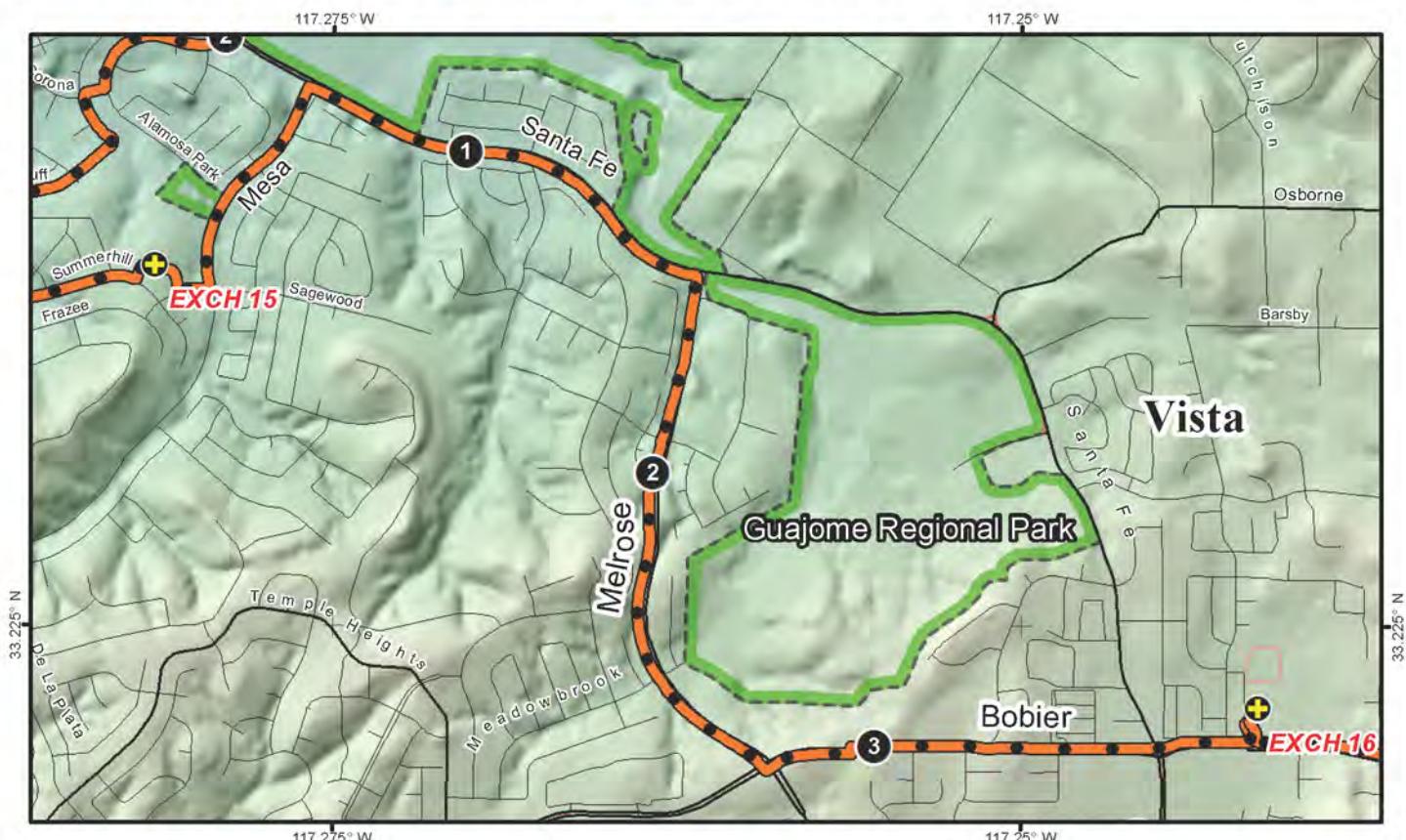
Van Directions to Exchange 15:

- | | |
|-----|---|
| 0.0 | Depart Exchange 14 heading east on College Blvd toward Adams Street |
| 0.6 | Turn left onto San Luis Rey Mission Expy |
| 1.1 | Turn right onto N Santa Fe Ave |
| 1.6 | Turn right onto Mesa Drive |
| 2.1 | Turn right onto Sagewood Drive |
| 2.1 | Arrive at Exchange 15 |

Elevation (ft)



LEG 16 -- 3.9 MILES -- EASY -- FULL SUPPORT



LEG 16 -- 3.9 MILES -- Easy

Exchange 16 Notes:

This is a QUIET EXCHANGE. Please be respectful of local residents and keep volume down.

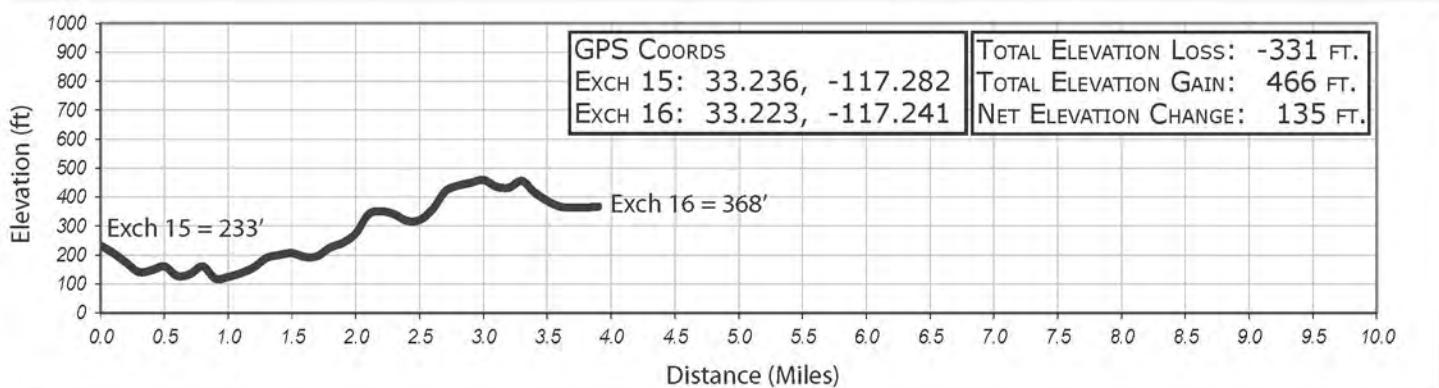
Leg 16

- 0.0 Depart Exchange 15 running against traffic on Sagewood
- 0.2 Turn left onto Mesa Drive to run against traffic on the sidewalk
- 0.6 Turn right onto N Santa Fe Ave to run with traffic on the sidewalk

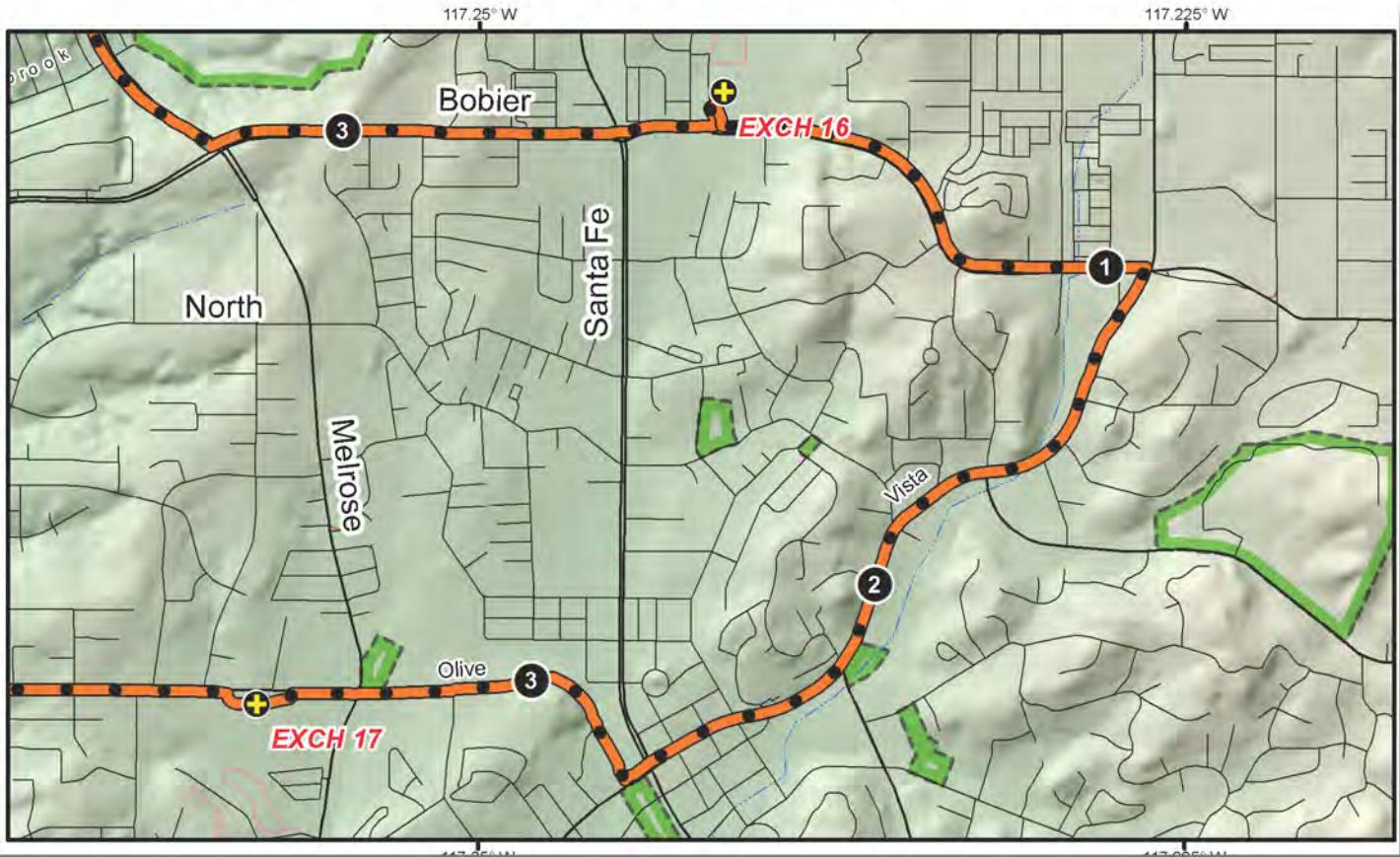
- 1.6 Turn right onto N Melrose Drive to run with traffic on the sidewalk
- 2.7 Turn left onto W Bobier Drive to run against traffic on the sidewalk
- 3.8 Turn left onto Panther Way
- 3.9 Arrive at Exchange 16

Van Directions to Exchange 16:
Follow leg legend

Exchange 16
Vista High School
1 Panther Way
Vista, CA 92084
GPS: 33.221760°N, 117.341230°W



LEG 17 -- 3.6 MILES -- EASY -- FULL SUPPORT



LEG 17 -- 3.6 MILES -- EASY

Exchange 17 Notes:

This is a QUIET EXCHANGE. Please be respectful of local residents and keep volume down.

Leg 17

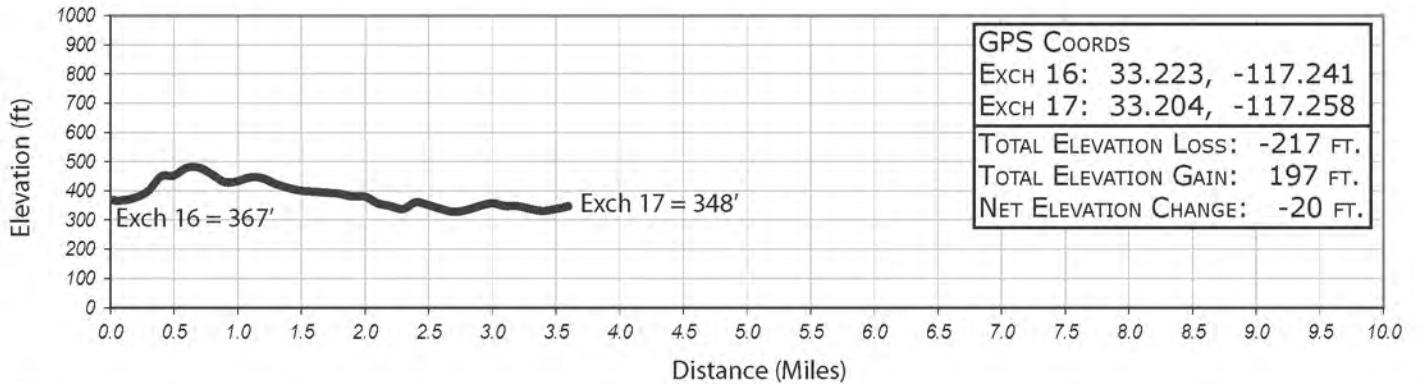
- 0.0 Depart Exchange 16 heading east on Bobier Dr running against traffic on the sidewalk
- 1.1 Turn right onto Vista Way running against traffic on the sidewalk
- 1.4 Use the cross walk to cross Vista

Way to run with traffic on the sidewalk

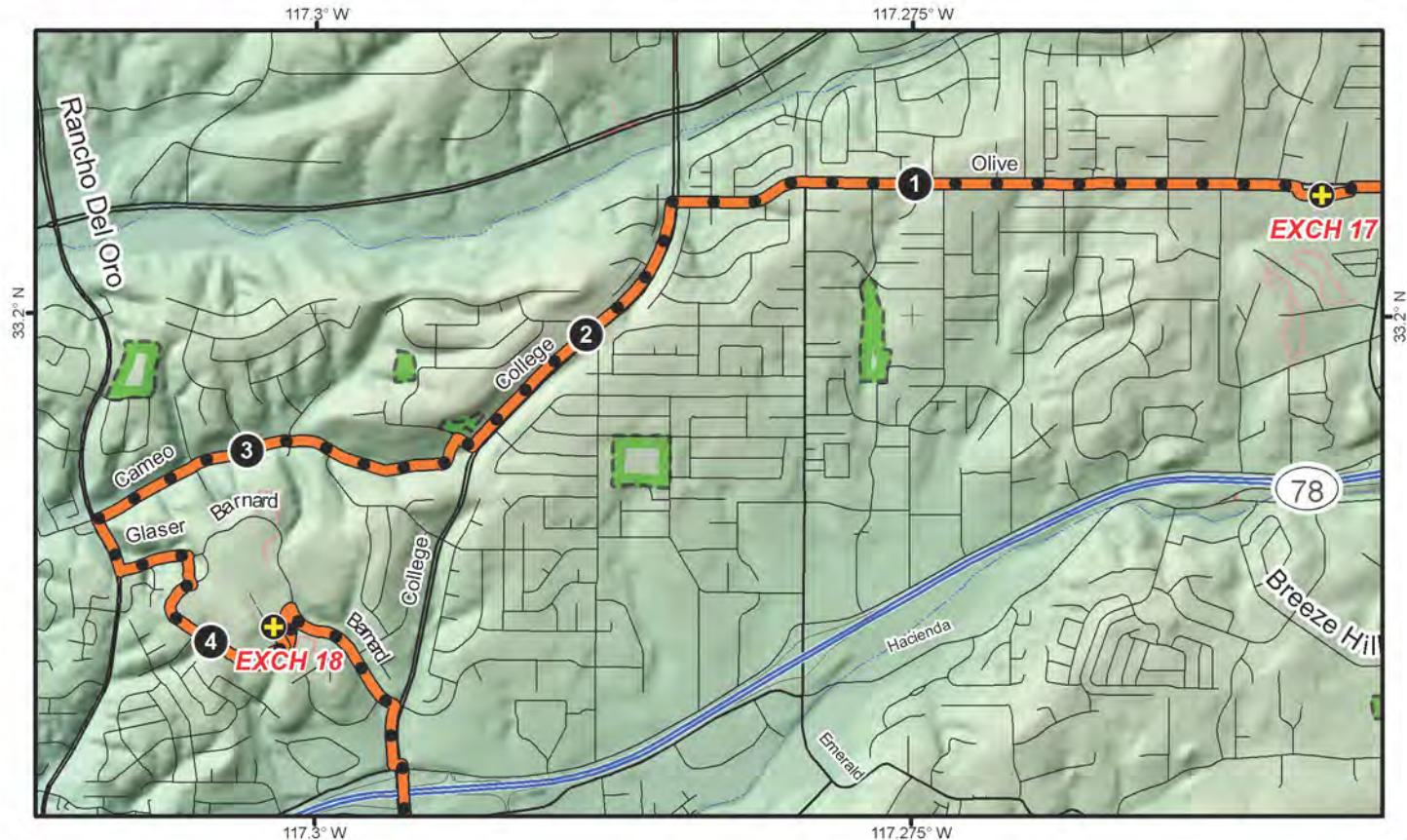
- 2.2 Continue onto Vista Village Drive
- 2.7 Turn right onto Olive Ave running against traffic on the sidewalk
- 3.6 Arrive at Exchange 17

Van Directions to Exchange 17:
Follow leg legend.

Exchange 17
Vista Innovation and Design Academy
740 Olive Ave
Vista, CA 92083
GPS: 33.204283°N, 117.258719°W



LEG 18 -- 4.3 MILES -- MODERATE -- FULL SUPPORT

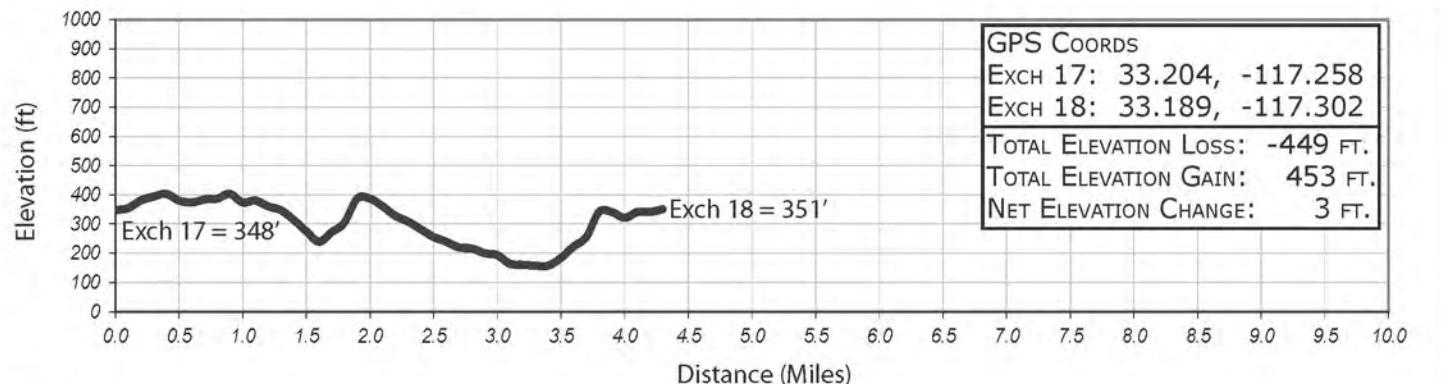


LEG 18 – 4.3 MILES – MODERATE

Leg 18

- 0.0 Depart Exchange 17 running against traffic on Olive Ave
 1.6 Turn left onto College Blvd to run with traffic on the sidewalk
 2.4 Turn right onto Marvin Street
 2.4 Turn left onto Cameo Drive to run against traffic
 3.4 Turn left onto Rancho Del Oro Drive to run against traffic on the sidewalk

- 3.5 Turn left onto Glaser Drive to run with traffic on the sidewalk
 3.7 Turn right onto Barnard Drive
 4.3 Arrive at Exchange 18
 Exchange 18
 MiraCosta College
 1 Barnard Drive
 Oceanside, CA 92056
 GPS: 33.18896°N, 117.30174°W
 Van Directions to Exchange 18:
 Follow leg legend.



VAN 2 -- LEGS 19-24 -- 27.4 MILES



Van 1 Directions to Exchange 24:

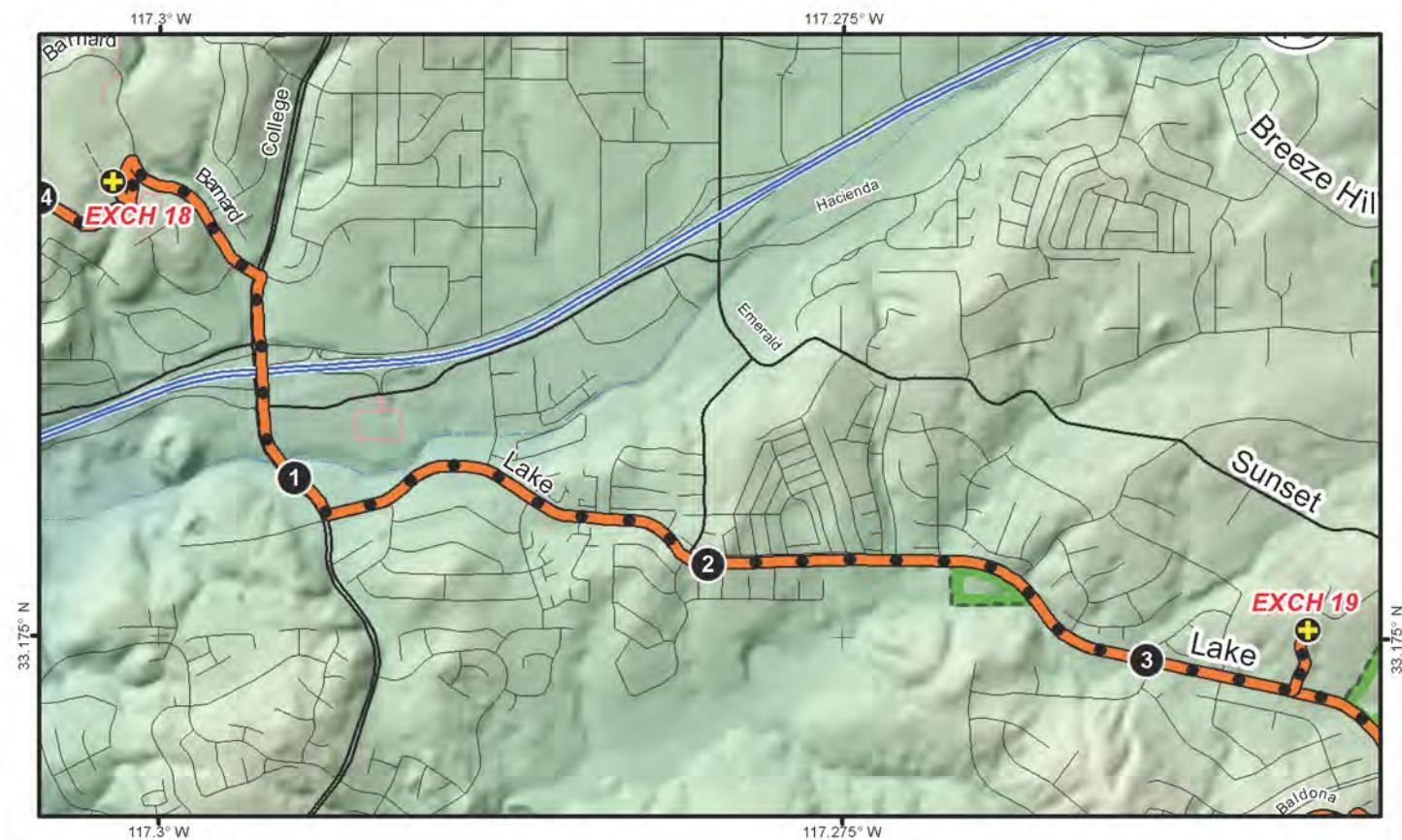
- 0.0 Depart Exchange 18 heading EAST on Barnard Drive toward Carr Drive
- 0.3 Turn RIGHT onto College Blvd
- 2.8 Turn RIGHT onto Cannon Road
- 3.5 Turn LEFT onto El Camino Real
- 4.4 Turn RIGHT onto College Blvd
- 4.7 Turn LEFT onto Salk Ave
- 4.9 Turn LEFT onto Fermi Court
- 5.0 Arrive at Exchange 24

Exchange 24 Address:

Taylormade Golf
5545 Fermi Court
Carlsbad, CA 92008
GPS: 33.13950°N, 117.28146°W



LEG 19 -- 3.5 MILES -- EASY -- NO VAN SUPPORT



LEG 19 – 3.5 MILES – EASY

Exchange 19 Notes:

This is a QUIET EXCHANGE. Please respect Residents and keep noise to a minimum.

This is a NO VAN SUPPORT LEG. All vans must drive directly to the exchange to wait for their runner.

Leg 19

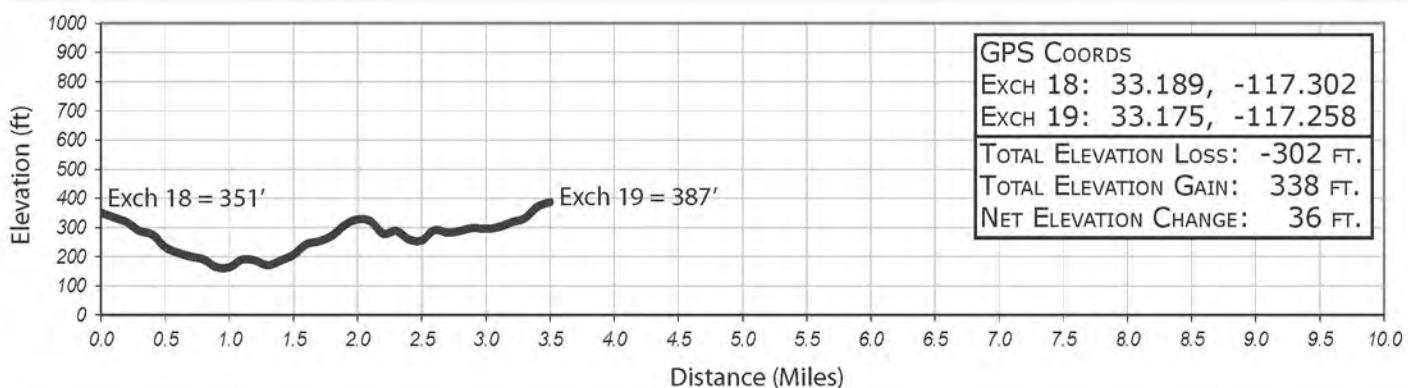
0.0 Depart Exchange 18 running NORTH on Barnard Drive

- 0.2 Turn RIGHT to continue running WITH TRAFFIC on Barnard Drive
- 0.5 Turn RIGHT onto College Blvd to run WITH TRAFFIC on sidewalk
- 0.7 Use the crosswalk to continue on College Blvd running AGAINST TRAFFIC on the sidewalk
- 1.1 Turn LEFT onto Lake Blvd to run AGAINST TRAFFIC on the sidewalk
- 3.5 Arrive at Exchange 19

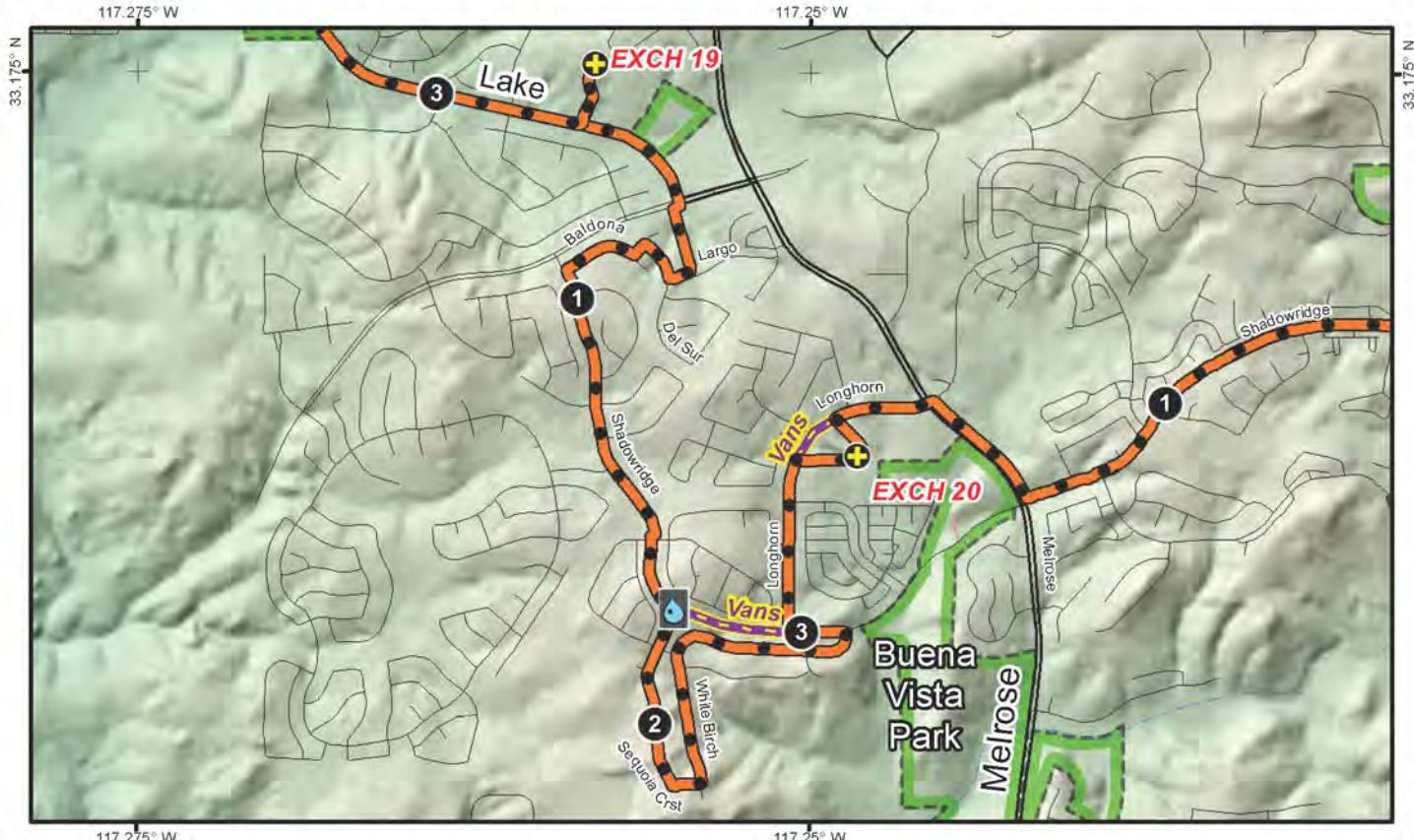
Exchange 19
Madison Middle School
4930 Lake Blvd
Oceanside, CA 92056
GPS: 33.17527°N, 117.25800°W

Van Directions to Exchange 19:

- 0.0 Depart Exchange 18 heading EAST on Barnard Drive
- 0.3 Turn RIGHT onto College Blvd
- 0.9 Turn LEFT onto Lake Blvd
- 3.2 Arrive at Exchange 19



LEG 20 -- 3.5 MILES -- EASY -- NO VAN SUPPORT



LEG 20 -- 3.5 MILES -- EASY

Leg 20 Notes:

This is a QUIET EXCHANGE. Please respect Residents and keep noise to a minimum. This is a NO VAN SUPPORT LEG. All vans must drive directly to the exchange to wait for their runner. Ragnar will provide 1 water station on this leg. In an effort to be more sustainable these water stations will not have cups. Please plan accordingly and carry a water bottle.

Leg 20

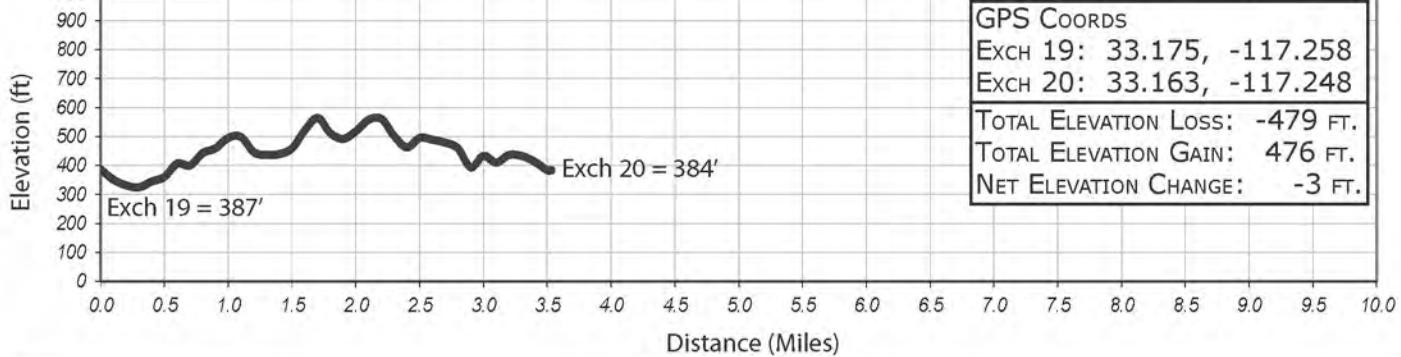
0.0	Depart Exchange 19 running WEST on Lake Blvd
0.4	Using the signalized crosswalk to run WITH

0.6	TRAFFIC on Lake Blvd on the sidewalk
0.6	Turn RIGHT onto Via Largo
0.7	Turn RIGHT onto Via Del Sur
0.8	Turn LEFT onto Via Colina
0.9	Turn RIGHT onto Via Baldana
1.7	Turn LEFT onto Shadowridge Drive running AGAINST TRAFFIC on the sidewalk
2.2	Turn RIGHT onto Sequoia Crest
2.9	Turn LEFT onto White Birch Drive
3.0	Turn LEFT onto Shadowridge Drive running AGAINST TRAFFIC on the sidewalk
3.4	Turn RIGHT onto Longhorn Drive running WITH TRAFFIC on the sidewalk
3.5	Turn right toward high school parking lot
	Arrive at Exchange 20

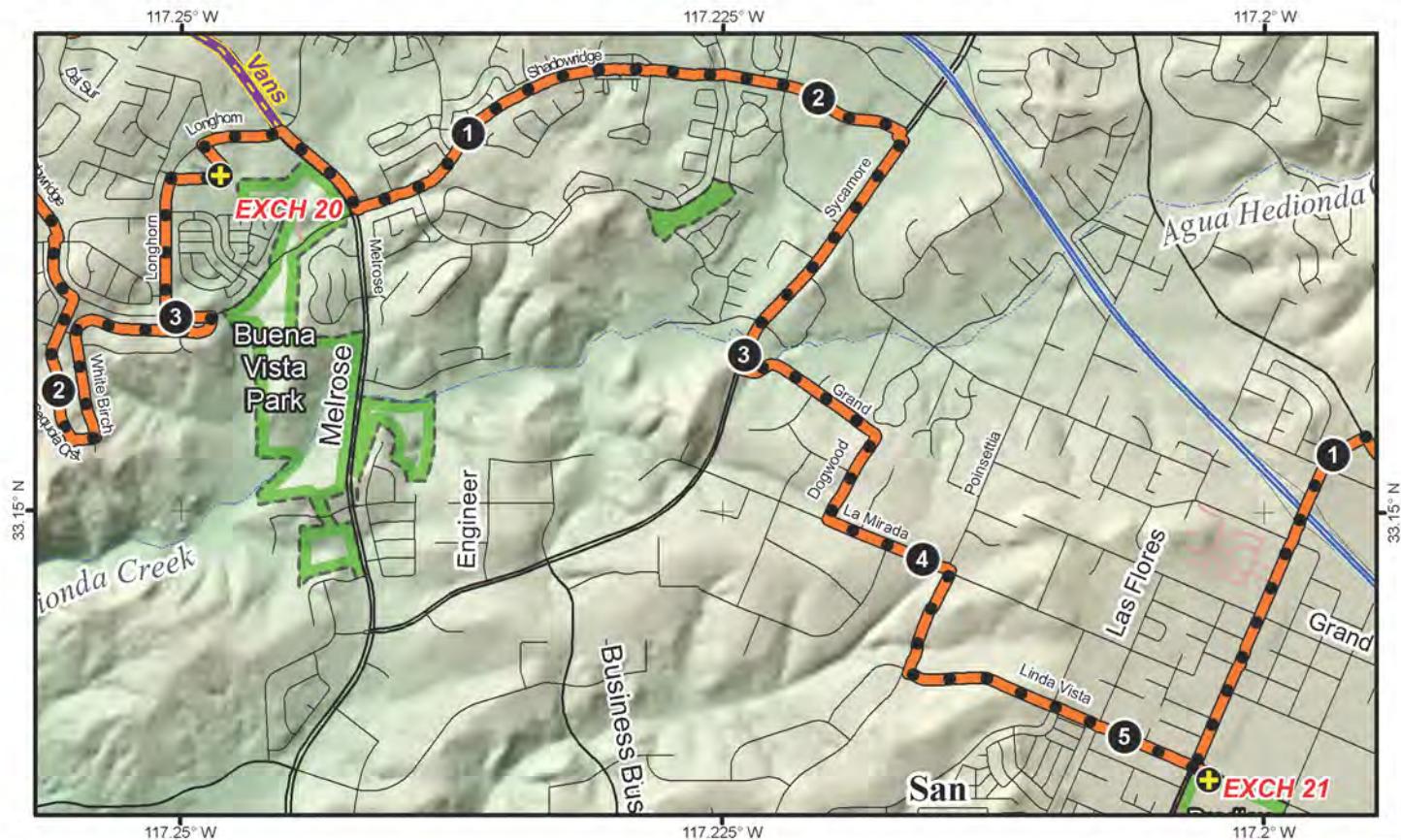
Exchange 20
Rancho Buena Vista High School
1601 Longhorn Drive
Vista, CA 92081
GPS: 33.16302°N, 117.24824°W

Van Directions to Exchange 20

0.0	Depart Exchange 19 heading SOUTHWEST on Lake Blvd
0.3	Turn LEFT onto Cannon Road
0.5	Turn RIGHT onto S Melrose Drive
1.1	Turn RIGHT onto Longhorn Drive
1.2	Arrive at Exchange 20



LEG 21 -- 5.3 MILES -- MODERATE -- FULL SUPPORT



LEG 21 -- 5.3 MILES -- MODERATE

Leg 21 Notes:

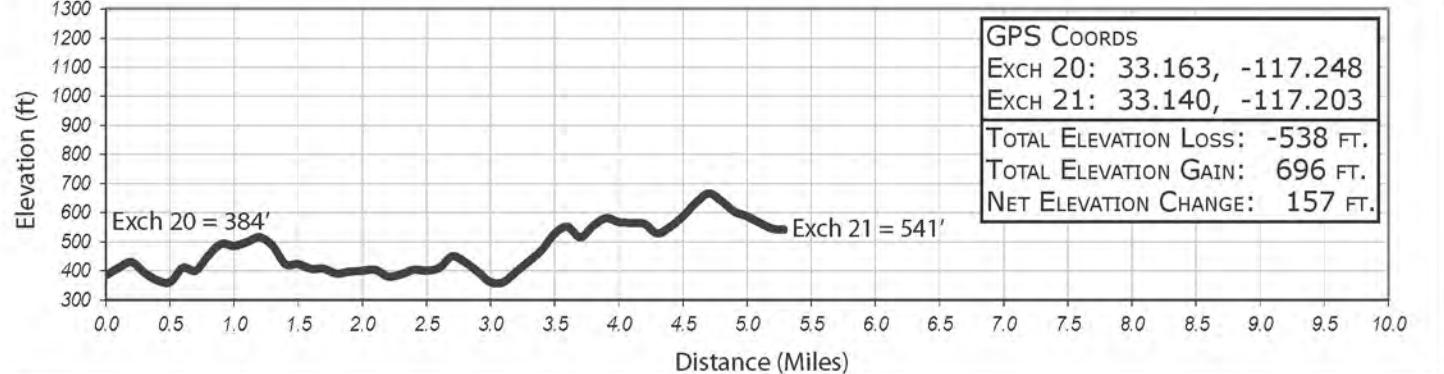
This is a QUIET EXCHANGE. Please respect Residents and keep noise to a minimum.

Leg 21

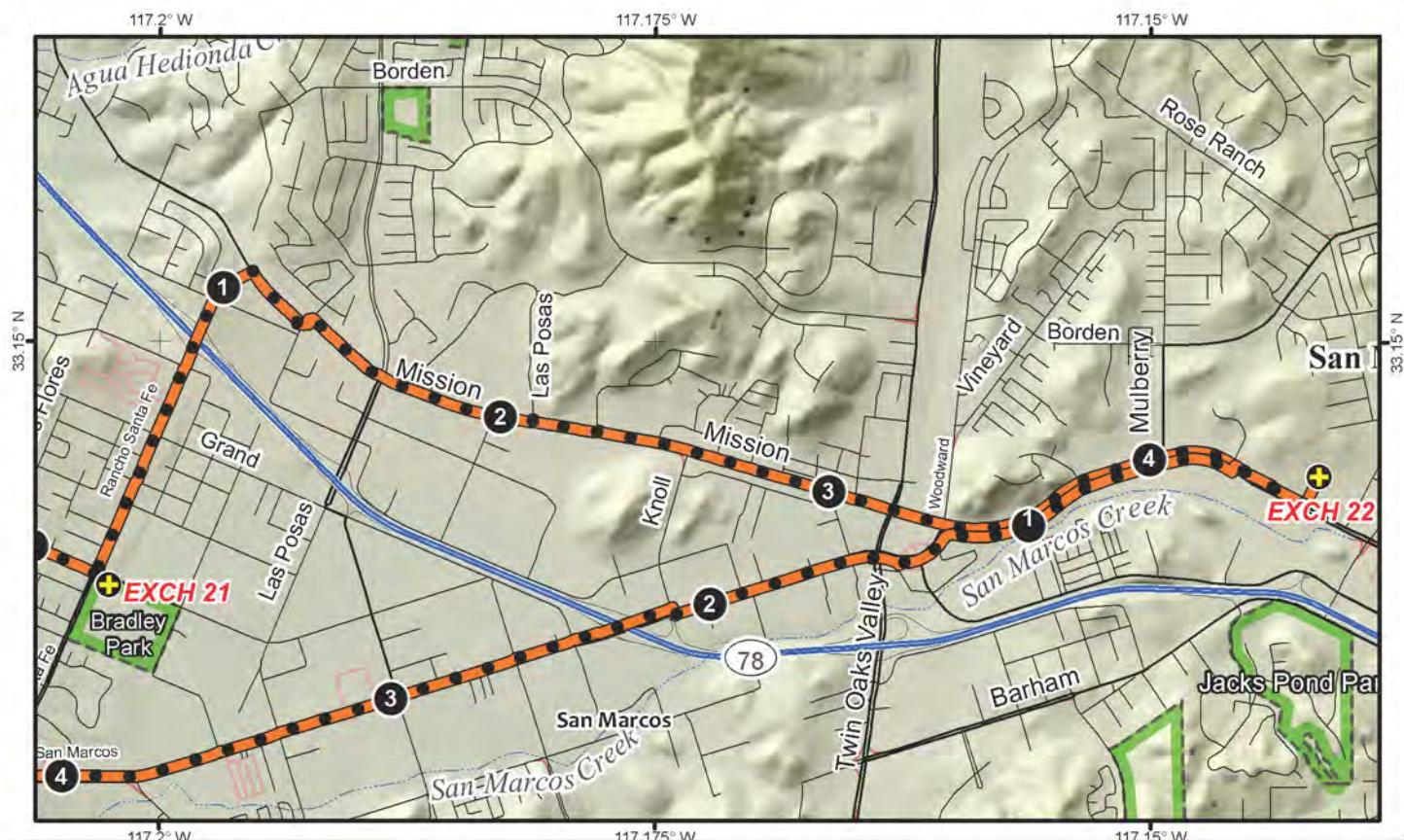
- | | |
|-----|--|
| 0.0 | Depart Exchange 20 running EAST on Longhorn Drive running WITH TRAFFIC on the sidewalk |
| 0.3 | Turn RIGHT onto S Melrose Drive running AGAINST TRAFFIC on the sidewalk |
| 0.6 | Turn LEFT onto Shadowridge Drive running AGAINST TRAFFIC on the sidewalk |
| 2.3 | Turn RIGHT onto Sycamore Avenue running AGAINST TRAFFIC on the |

- | | |
|-----|---|
| 3.0 | sidewalk
Turn LEFT onto Grand Avenue running AGAINST TRAFFIC on the sidewalk |
| 3.5 | Turn RIGHT onto Dogwood running with traffic in shoulder |
| 3.7 | Turn LEFT onto La Mirada Drive running AGAINST TRAFFIC on the shoulder |
| 4.1 | Turn RIGHT onto Poinsettia running AGAINST TRAFFIC on sidewalk/shoulder |
| 4.4 | Turn LEFT onto W Linda Vista Drive running WITH TRAFFIC on the sidewalk |
| 5.3 | Arrive at Exchange 21 |

Exchange 21
Bradley Park
1587 Linda Vista Drive
San Marcos, CA 92078
GPS: 33.13962°N, 117.20239°W



LEG 22 -- 4.6 MILES -- MODERATE -- FULL SUPPORT



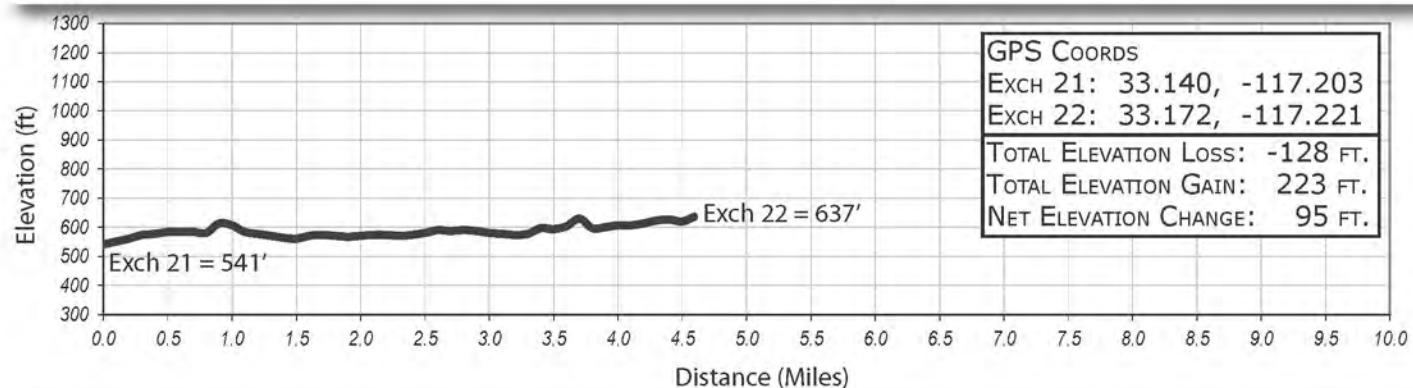
LEG 22 -- 4.6 MILES – MODERATE

Leg 22

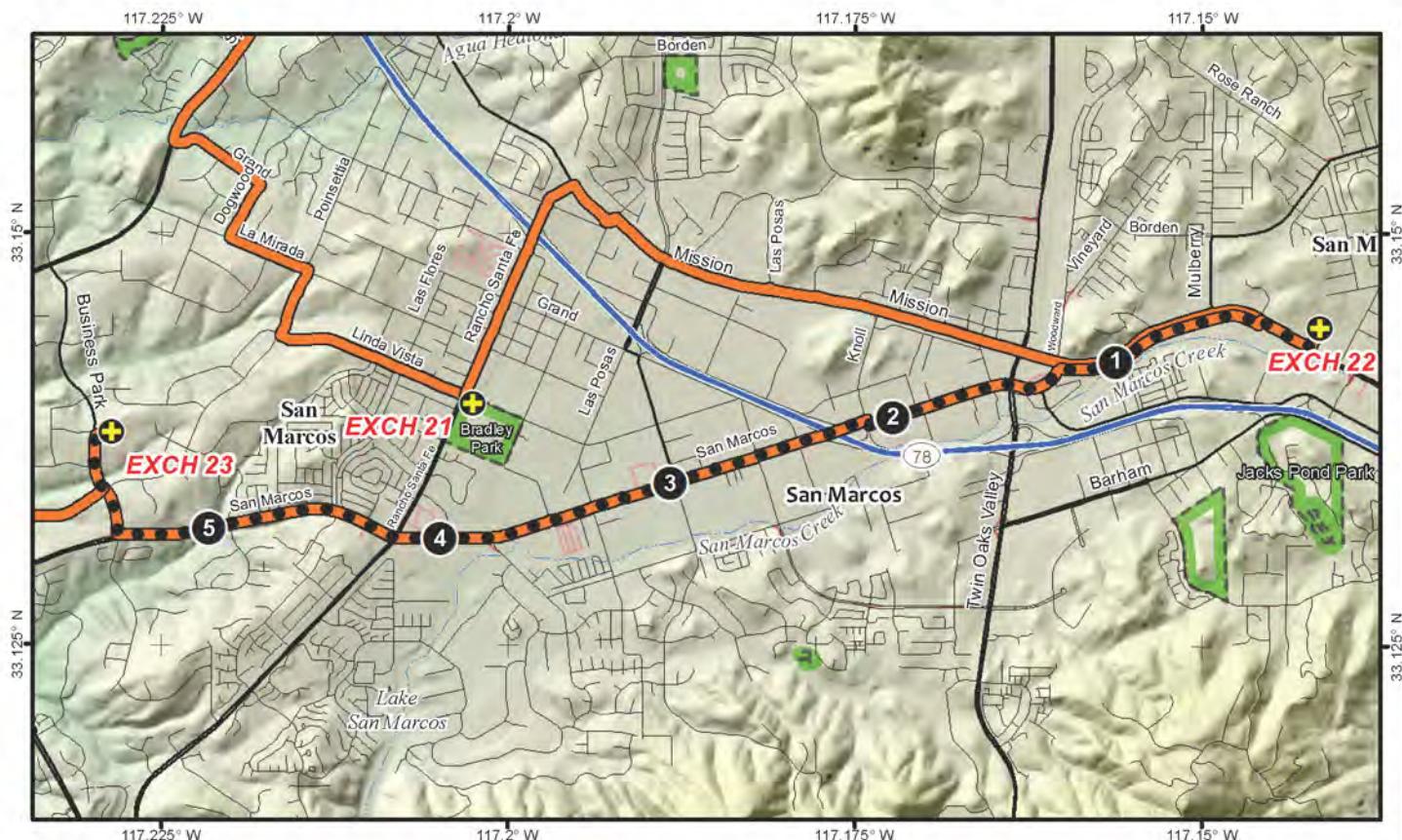
- 0.0 Depart Exchange 21 heading WEST on Linda Vista Drive
 - 0.1 Turn RIGHT onto S Rancho Santa Fe Rd running WITH TRAFFIC on the sidewalk
 - 1.1 Turn RIGHT onto W Mission Road running AGAINST TRAFFIC on the sidewalk
 - 4.6 Arrive at Exchange 22
- Van Directions to Exchange 22:
Follow leg legend.

Exchange 22
Mission Hills High School
1 Mission Hills Court
San Marcos, CA 92069

GPS: 33.14431°N, 117.14154°W



LEG 23 -- 5.9 MILES -- MODERATE -- FULL SUPPORT



LEG 23 -- 5.9 MILES -- MODERATE

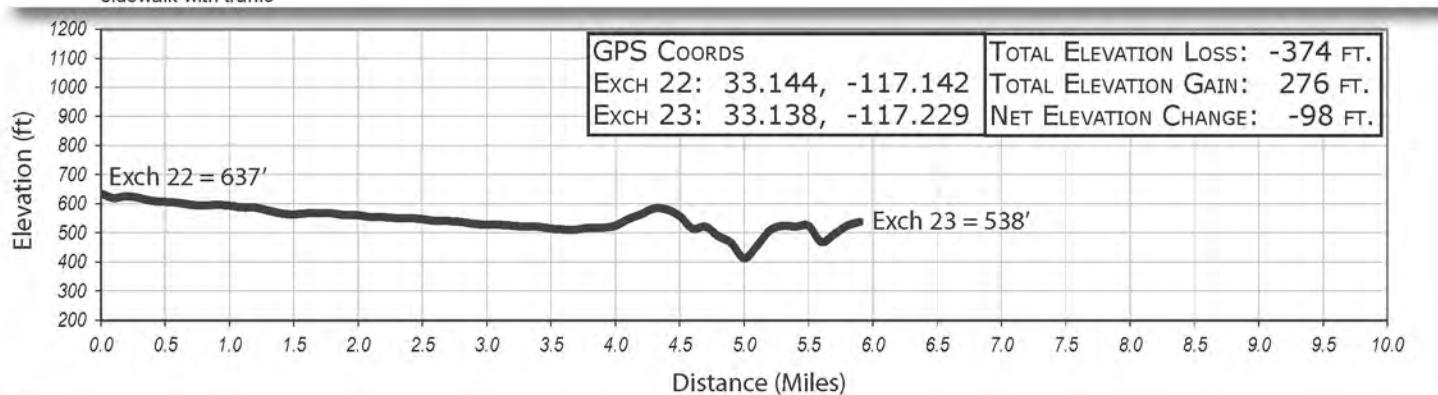
Leg 23

- 0.0 Depart Exchange 22 heading west on E Mission Road running with traffic on the sidewalk
0.3 Use the crosswalk to continue on E Mission Road running against traffic on the sidewalk
1.2 Turn left onto E San Marcos Blvd running against traffic on the sidewalk
1.5 Slight left to continue running against traffic on W San Marcos Blvd
2.1 Use crosswalk at Knoll Road to continue on San Marcos Blvd running on the sidewalk with traffic

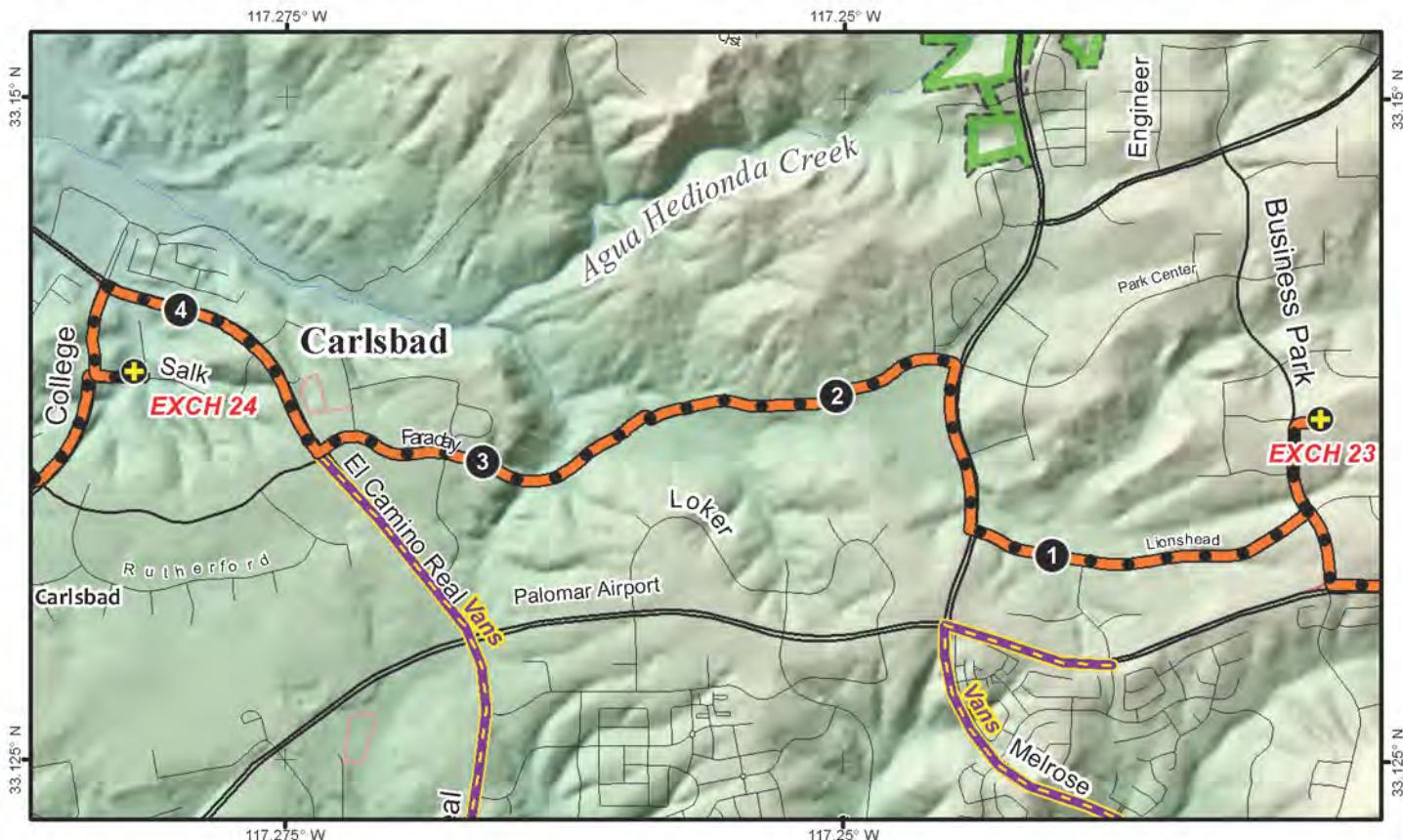
- 5.4 Turn right onto Business Park Drive
5.8 Turn right into Target parking lot
5.9 Arrive at Exchange 23

Exchange 23
Target
3150 Business Park Drive
Vista, CA 92081
GPS: 33.136026°N, 117.228861°W

Van Directions to Exchange 23:
Follow leg legend.



LEG 24 -- 4.6 MILES -- MODERATE -- FULL SUPPORT

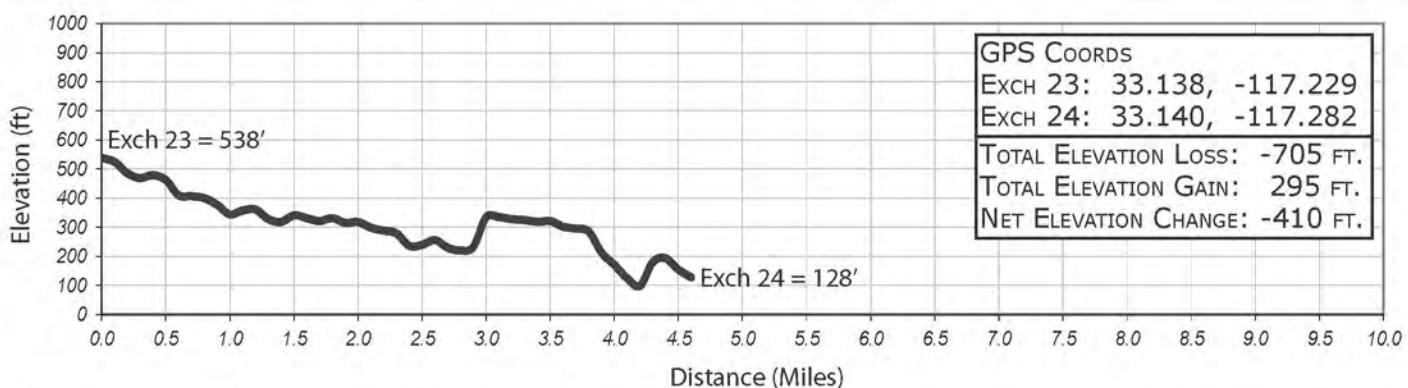


LEG 24 – 4.6 MILES – MODERATE

Leg 24		
0.0	Depart Exchange 23 running against traffic on Business Park Drive	2.5
0.3	Turn right onto Lionshead Avenue running with traffic on the sidewalk	3.5
1.2	Turn right onto Melrose Drive running against traffic on the sidewalk	4.2
1.7	Turn left onto Faraday Street	4.4
		4.6
	running against traffic on the sidewalk	
	Use the crosswalk to continue on Faraday Avenue running with traffic on the sidewalk	
	Turn right onto El Camino Real running against traffic on the sidewalk	
	Turn left onto College Blvd running against traffic on the sidewalk	
	Turn left onto Salk Avenue	
	Arrive at Exchange 24	

Exchange 24
Taylormade Golf
5545 Fermi Court
Carlsbad, CA 92008
GPS: 33.13950°N, 117.28146°W

Van Directions to Exchange 24:
Follow leg legend.



VAN I -- LEGS 25-30 -- 28.8 MILES



Exchange Notes:

In order to avoid congestion at Exchange 30, please drive to the back of the lot to park.

Van 2 Directions to Exchange 30

- 0.0 Depart Exchange 24 heading SOUTH on Fermi Ct toward Salk Ave
- 0.1 Turn RIGHT onto Salk Avenue
- 0.2 Turn LEFT onto College Blvd
- 1.8 Turn RIGHT onto Palomar Airport Road
- 2.0 Take the ramp onto I-5 S
- 2.2 Merge onto I-5 S
- 18.3 Keep right to stay on I-5
- 19.5 Take exit 29 for Genesee Avenue
- 19.7 Keep right following signs for Genesee Ave W
- 19.8 Merge onto Genesee Ave
- 20.5 Turn LEFT onto N Torrey Pines Road
- 20.9 Turn RIGHT onto Torrey Pines Scenic Drive
- 21.3 Arrive at Exchange 30

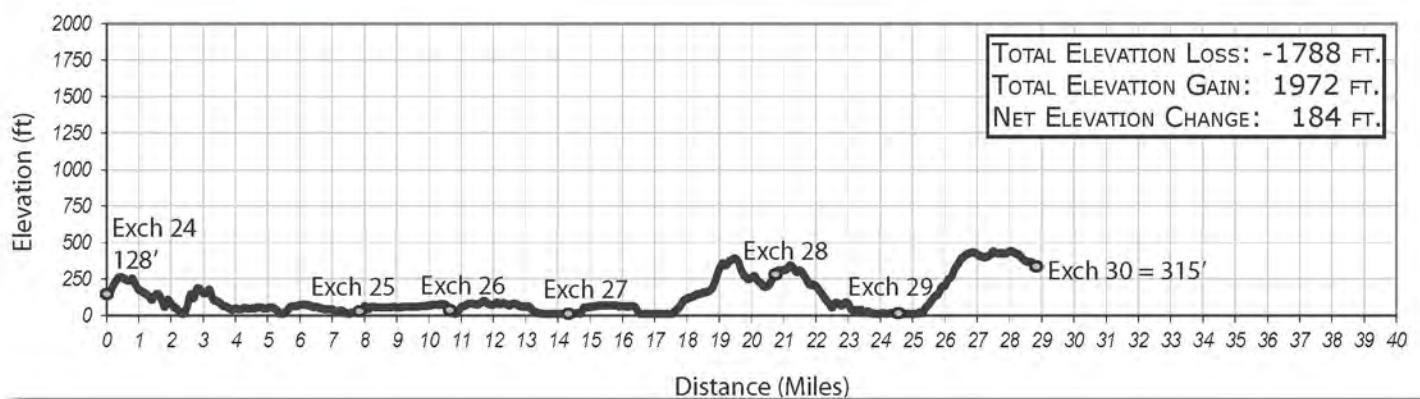
Exchange 30 Address:

Torrey Pines Gliderport

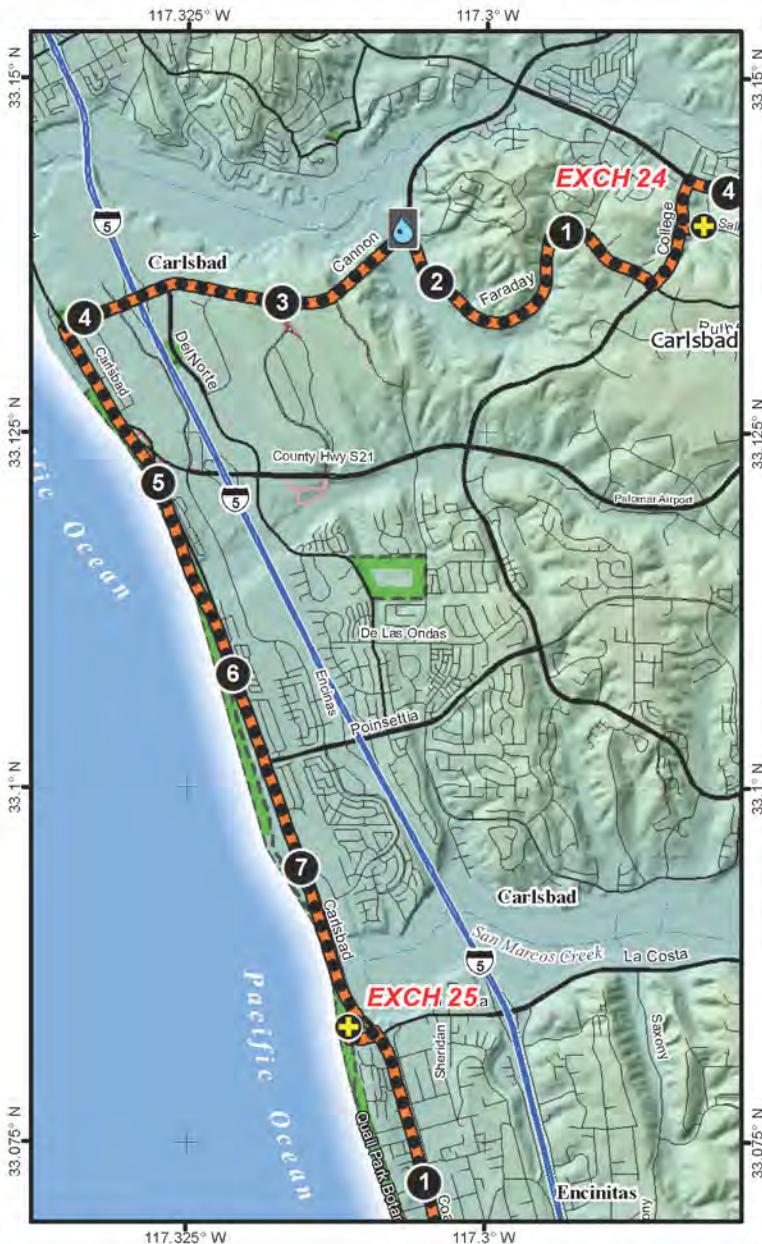
2800 Torrey Pines Scenic Drive

La Jolla, CA 92037

GPS: 32.88925°N, 117.25073°W



LEG 25 -- 7.9 MILES -- VERY HARD -- NO VAN SUPPORT



LEG 25 – 7.9 MILES – VERY HARD

Leg 25 Notes:

This is a QUIET LEG. Please respect residents and keep noise to a minimum.

This is a LIMITED VAN SUPPORT leg. There is no stopping or pulling over for the first 4.6 miles of this leg. Ragnar will provide 1 water station on this leg. In an effort to be more sustainable these water stations will not have cups. Please plan accordingly and carry a water bottle.

Leg 25

- 0.0 Depart Exchange 24 heading WEST on Salk Avenue
- 0.2 Turn LEFT onto College Blvd running WITH TRAFFIC on the sidewalk
- 0.5 Turn RIGHT onto Faraday Ave to run AGAINST TRAFFIC on the sidewalk
- 2.3 Turn LEFT onto Cannon Road to run AGAINST TRAFFIC on the sidewalk
- 4.1 Turn LEFT onto Carlsbad Blvd running WITH TRAFFIC on the shoulder
- 7.8 Turn RIGHT towards exchange
- 7.9 Arrive at Exchange 25

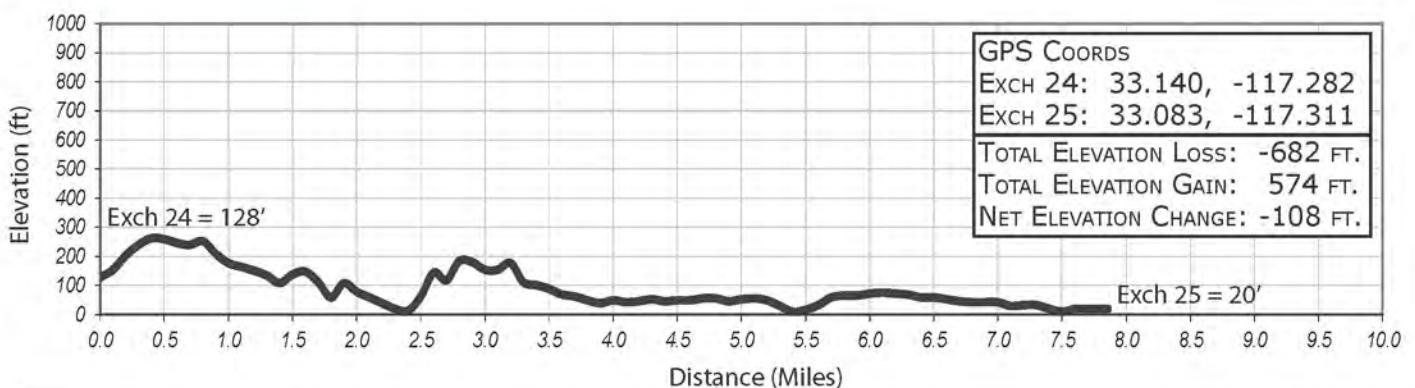
Exchange 25 Address:

South Ponto State Beach

Coast Hwy and La Costa Ave

Encinitas, CA 92024

GPS: 33.08312°N, 117.31139°W



LEG 26 -- 2.9 MILES -- EASY -- FULL SUPPORT



LEG 26 – 2.9 MILES – EASY

Leg 26 Notes:

This is a QUIET EXCHANGE. Please respect Residents and keep noise to a minimum.

Leg 26

- 0.0 Depart Exchange 25 running EAST out of the exchange
- 0.2 Turn RIGHT onto Coast Hwy 101 running WITH TRAFFIC
- 2.7 Turn RIGHT onto B Street running AGAINST TRAFFIC on the sidewalk
- 2.8 Turn LEFT onto 3rd Street running WITH TRAFFIC on the sidewalk
- 2.9 Turn RIGHT onto the Sidewalk path to Moonlight Beach
- 2.9 Arrive at Exchange 26

Exchange 26

Moonlight State Beach

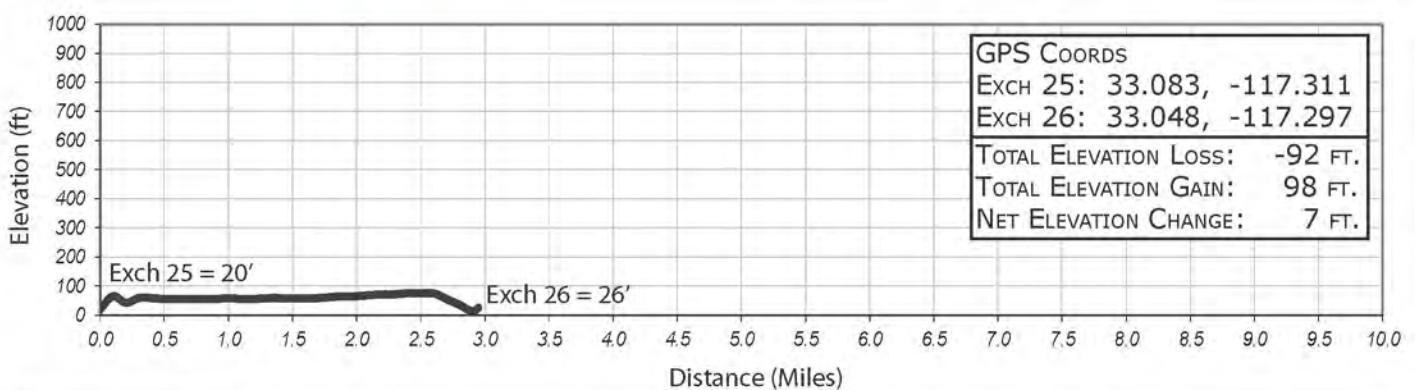
490 C Street

Encinitas, CA 92024

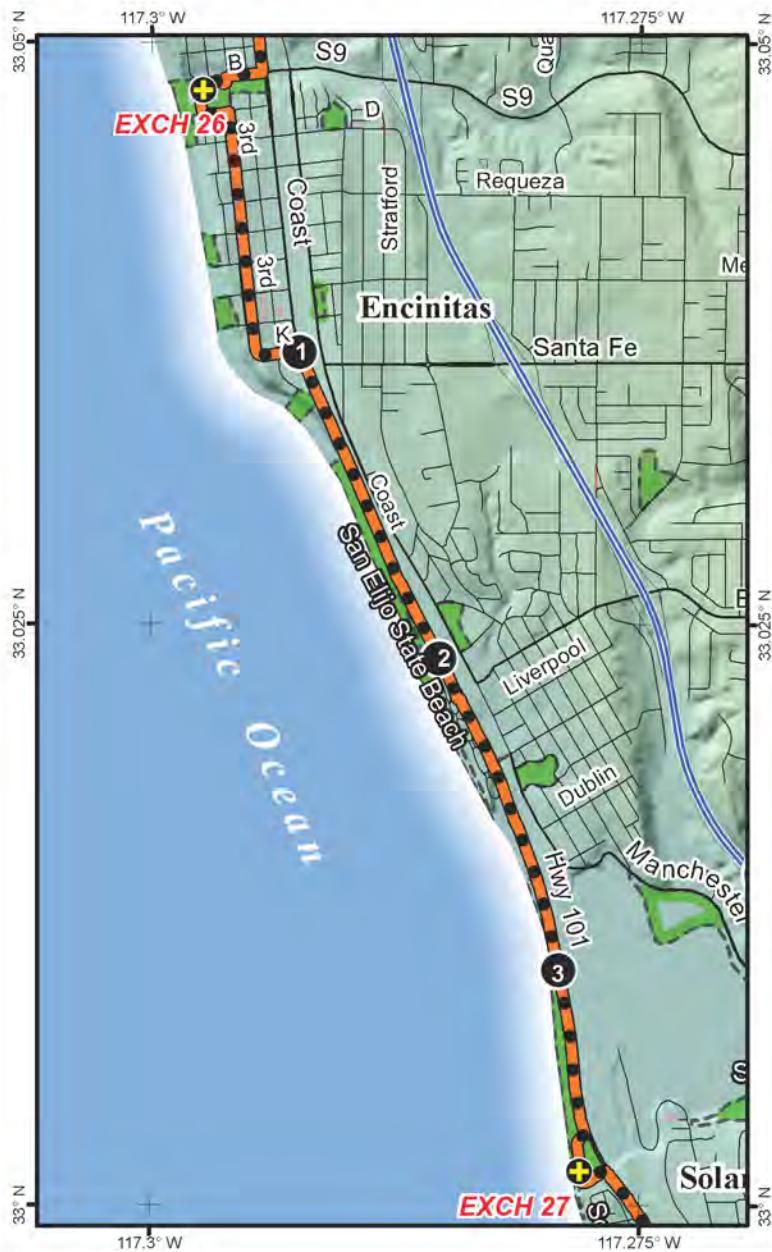
GPS: 32.61933°N, 117.10189°W

Van Directions to Exchange 26:

Follow leg legend.



LEG 27 -- 3.6 MILES -- EASY -- FULL SUPPORT



LEG 27 -- 3.6 MILES -- EASY

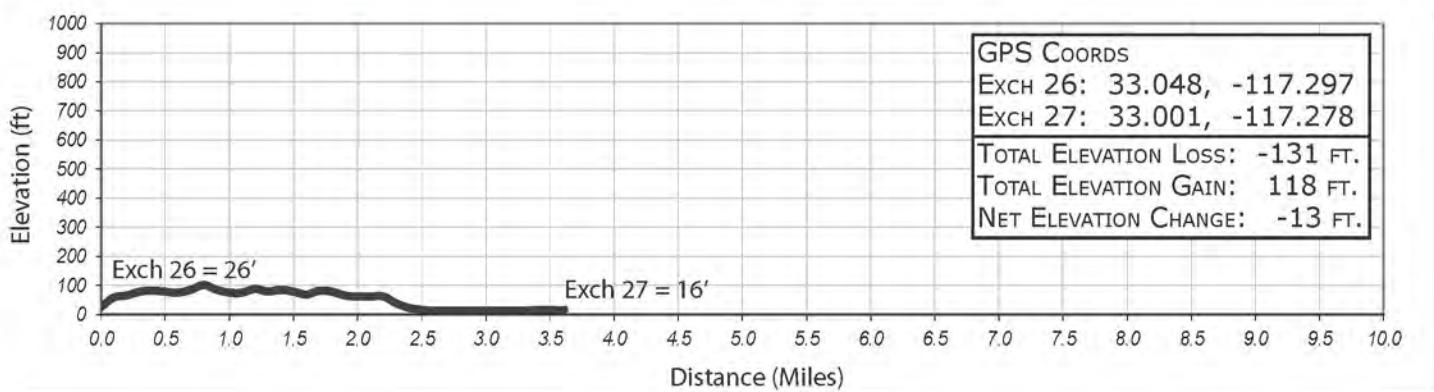
Leg 27

- 0.0 Depart Exchange 26 heading SOUTH on the path
- 0.1 Turn LEFT onto C Street running WITH TRAFFIC on shoulder
- 0.2 Turn RIGHT onto 3rd Street running WITH TRAFFIC on the sidewalk
- 0.9 Turn LEFT onto K Street running WITH TRAFFIC on the sidewalk
- 1.0 Turn RIGHT onto S Coast Hwy 101 to run WITH TRAFFIC on the sidewalk
- 3.6 Arrive at Exchange 27

Exchange 27

Cardiff State Beach
2526 S Coast Hwy 101
Solana Beach, CA 92075
GPS: 33.00147°N, 117.27804°W

Van Directions to Exchange 27:
Follow leg legend



LEG 28 -- 6.3 MILES -- HARD -- NO VAN SUPPORT



LEG 28 -- 6.3 MILES -- HARD

Leg 28 Notes:

VANS CANNOT FOLLOW THE RUNNER PATH AND MUST FOLLOW THE VAN DIRECTIONS PROVIDED. Any vans caught following the runner path will be automatically disqualified.

Ragnar will provide 1 water station on this leg. In an effort to be more sustainable these water stations will not have cups. Please plan accordingly and carry a water bottle.

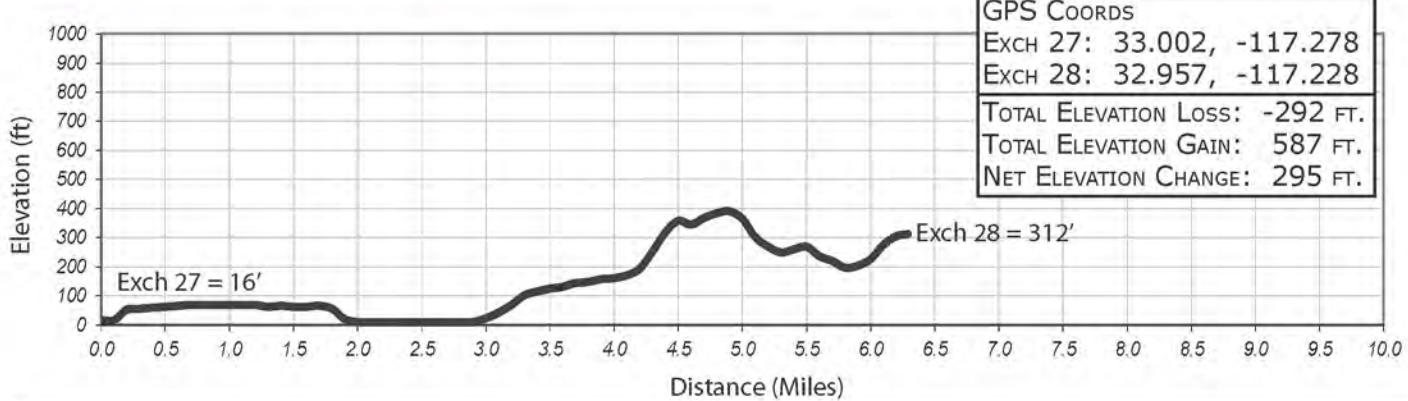
Leg 28

- 0.0 Depart Exchange 27 heading SOUTH on S Coast Highway 101 running WITH TRAFFIC
- 0.4 Use crosswalk at Solana Vista Drive to continue south on S Coast Highway using bike path
- 1.7 Use crosswalk at Via De La Valle to continue south on S Coast High running WITH TRAFFIC in shoulder
- 3.2 Turn LEFT on 15th Street to run WITH TRAFFIC
- 3.3 Turn RIGHT onto Camino Del Mar running WITH TRAFFIC on sidewalk
- 4.2 Turn LEFT onto Del Mar Heights Rd running WITH TRAFFIC on the sidewalk
- 4.5 Use crosswalk to continue on Del Mar Heights Rd running AGAINST TRAFFIC on the sidewalk
- 6.3 Arrive at Exchange 28

Exchange 28 Address:
Torrey Pines High School
3710 Del Mar Heights Road
San Diego, CA 92130
GPS: 32.95660°N, 117.22767°W

Van Directions to Exchange 28:

- 0.0 Depart Exchange 27 heading southeast on Hwy 101/S Coast Hwy 101
- 0.8 Turn LEFT onto Lomas Santa Fe Drive
- 1.7 Turn RIGHT to merge onto I-5 S toward San Diego
- 2.0 Merge onto I-5 S
- 5.0 Take Exit 34 for Del Mar Heights Road
- 5.3 Turn LEFT onto Del Mar Heights Road
- 6.3 Arrive at Exchange 28



LEG 29 -- 3.8 MILES -- EASY -- FULL SUPPORT



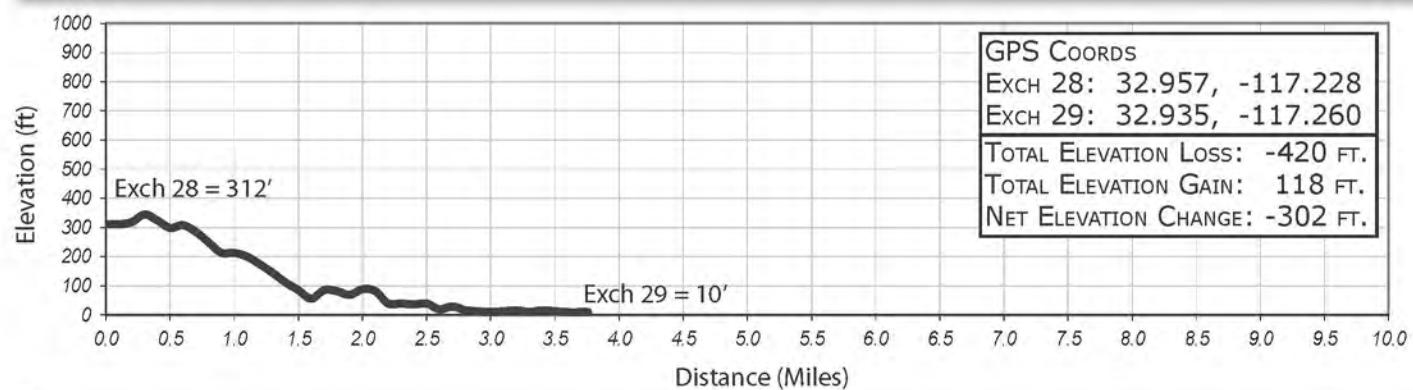
LEG 29 -- 3.8 MILES -- EASY

Leg 29

- 0.0 Depart Exchange 28 heading EAST on Del Mar Heights Road
 0.1 Turn RIGHT onto Torrey Ridge Drive running AGAINST TRAFFIC on the sidewalk
 0.2 Turn RIGHT onto Torrey Bluff Drive/ Carmel Creek Road running AGAINST TRAFFIC on the sidewalk
 1.5 Turn RIGHT onto Valley Centre Drive running WITH TRAFFIC on sidewalk
 2.1 Turn LEFT onto El Camino Real running WITH TRAFFIC on the sidewalk
 2.2 Turn RIGHT onto Carmel Valley Road

running WITH TRAFFIC on the sidewalk
 Turn LEFT onto McGonigle Road
 Arrive at Exchange 29

Exchange 29
 Torrey Pines North
 12600 North Torrey Pines Road
 La Jolla, CA 92037
 GPS: 32.93477°N, 117.26023°W
 Van Direction to Exchange 29:
 Follow leg legend



LEG 30 -- 4.3 MILES -- MODERATE -- NO VAN SUPPORT



LEG 30 – 4.3 MILES – MODERATE

Leg 30

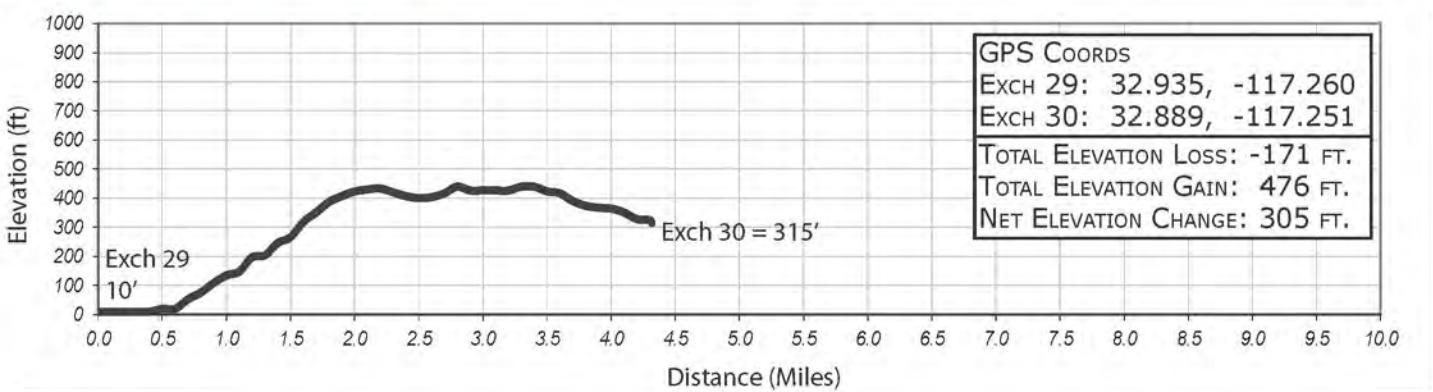
- 0.0 Depart Exchange 29 running up the ramp towards N Torrey Pines Road
- 0.1 Turn LEFT onto N Torrey Pines Road running AGAINST TRAFFIC on the shoulder
- 2.1 Cross at NU System Driveway/Torrey Pines Park road and then continue south on N Torrey Pines Road running WITH TRAFFIC on the sidewalk
- 3.5 Turn RIGHT to stay on N Torrey Pines Road running WITH TRAFFIC on the sidewalk
- 3.8 Turn RIGHT onto Torrey Pines Scenic Drive running AGAINST TRAFFIC on the sidewalk
- 4.3 Arrive at Exchange 30

Exchange 30

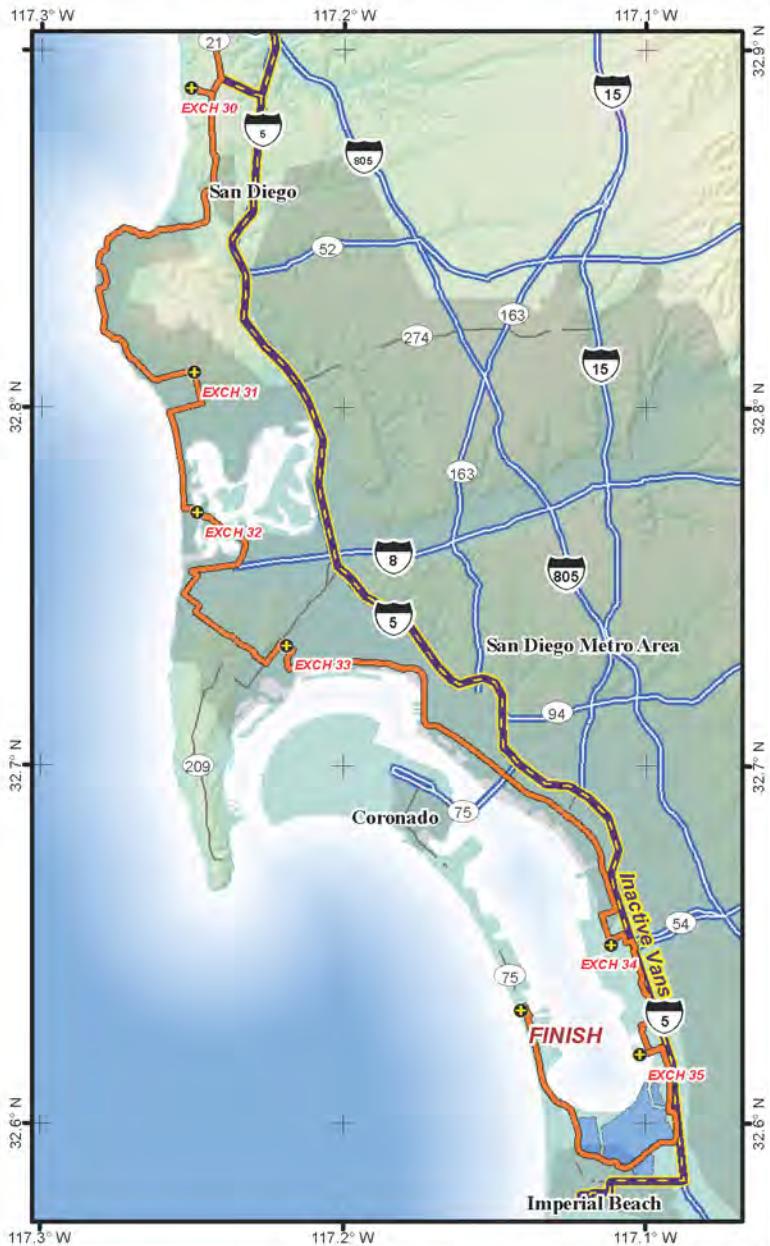
Torrey Pines Gliderport
2800 Torrey Pines Scenic Drive
La Jolla, CA 92037
GPS: 32.88925°N, 117.25073°W

Van Directions to Exchange 30:

This is a no van support leg. Ragnar will provide 1 water station on this leg. In an effort to be more sustainable these water stations will not have cups. Please plan accordingly and carry a water bottle.



VAN 2 -- LEGS 31-36 -- 41.2 MILES



Exchange Notes:

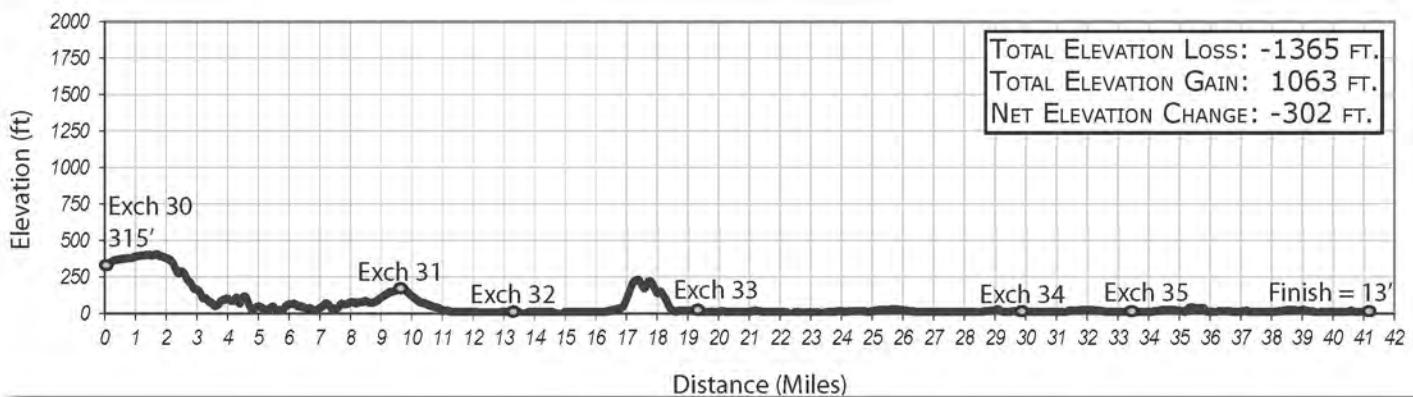
ALL VAN 1 AND SPECTATOR VEHICLES ARE REQUIRED TO PARK AT THE SHUTTLE LOT. Only vehicles with Van 2 stickers will be allowed to park at the finish line. Please allow at least 45 minutes to get from the shuttle lot to the finish line.

Van Directions to Shuttle Lot:

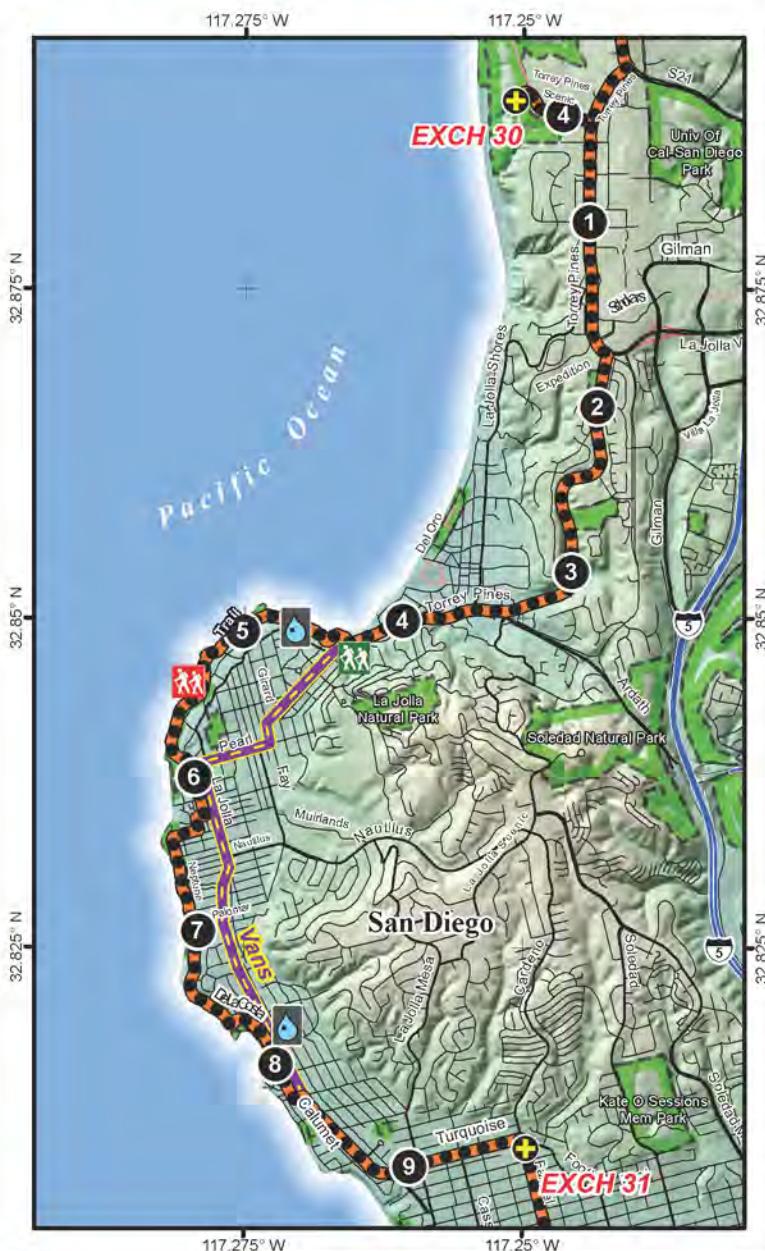
- 0.0 Depart Exchange 30 heading south on Torrey Pines Scenic Drive
- 0.4 Turn left onto N Torrey Pines Road
- 0.8 Turn right onto Genesee Avenue
- 1.6 Take the ramp onto I-5 S
- 1.9 Merge onto I-5 S
- 26.2 Take exit 5A for Palm Avenue
- 26.5 Turn right onto Palm Avenue
- 27.8 Turn left onto 10th Street
- 28.1 Turn right onto Elm Avenue
- 28.5 Turn left onto 7th Street/Elm Avenue
- 28.6 Turn right onto Elm Avenue
- 28.8 Arrive at Shuttle Lot

Shuttle Lot Address:

Mar Vista High School
505 Elm Avenue
Imperial Beach, CA 91932
32.579876, -117.123037



LEG 31 -- 9.7 MILES -- VERY HARD -- FULL SUPPORT



LEG 31 -- 9.7 MILES -- VERY HARD

Leg 31 Notes:

Runners will be on a coastal trail for most of this leg. Ragnar will provide 2 water stations. In an effort to be more sustainable these water stations will not have cups. Please plan accordingly and carry a water bottle.

Leg 31

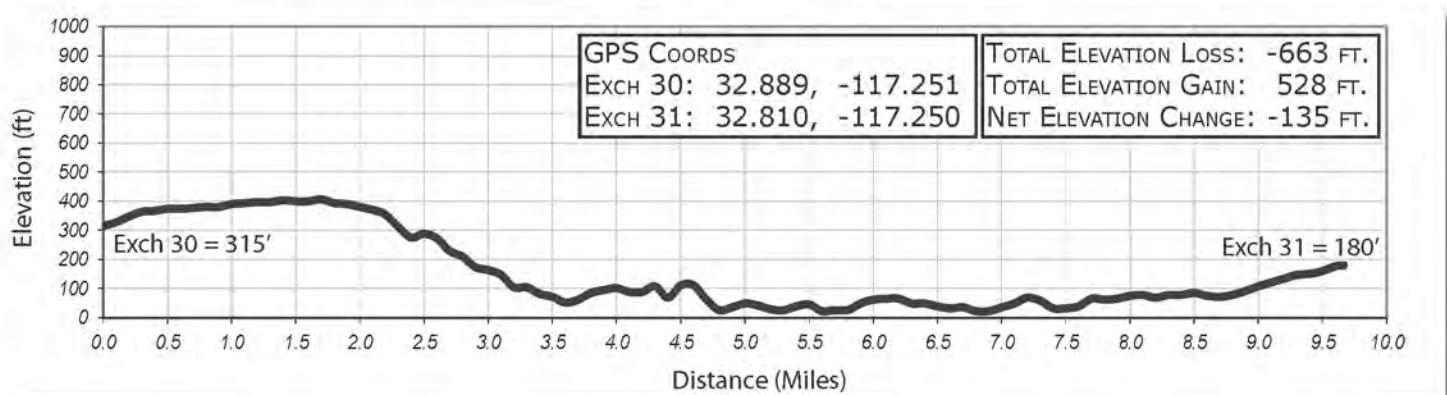
- 0.0 Depart Exchange 30 running with traffic on Torrey Pines Scenic Drive
- 0.5 Turn right onto N Torrey Pines Road running with traffic on the sidewalk
- 1.7 Turn right onto Torrey Pines Road running with traffic on the sidewalk
- 4.3 Turn right onto Coast Walk Trail
- 4.7 Turn right onto Coast Blvd to run with traffic on path
- 5.0 Turn right to stay on Coast Blvd
- 5.9 Turn right onto Oliveta Ave running with traffic on the sidewalk
- 6.2 Turn right onto Arenas Street running with traffic on the sidewalk
- 6.3 Turn left onto Monte Vista Ave
- 6.3 Turn right onto Fern Glen
- 7.0 Turn left onto Palomar Avenue
- 7.0 Turn right onto Camino De La Costa running with traffic on the sidewalk
- 7.9 Turn right onto Chelsea Ave running with traffic on the sidewalk
- 8.2 Turn left onto Forward Street running with traffic on the sidewalk
- 8.3 Turn right onto La Jolla Blvd running with traffic on sidewalk
- 8.9 Turn left onto Turquoise Street running with traffic on sidewalk
- 9.6 Turn right onto Fanuel Street running against traffic on the sidewalk
- 9.7 Arrive at Exchange 31

Exchange 31 Address:

Church of Jesus Christ of Latter-day Saints
5151 Fanuel Street
San Diego, CA 92109
GPS: 32.80974°N, 117.24962°W

Van Directions to Exchange 31:

Follow leg legend.



LEG 32 -- 3.5 MILES -- EASY -- FULL SUPPORT



LEG 32 -- 3.5 MILES -- EASY

Leg 32

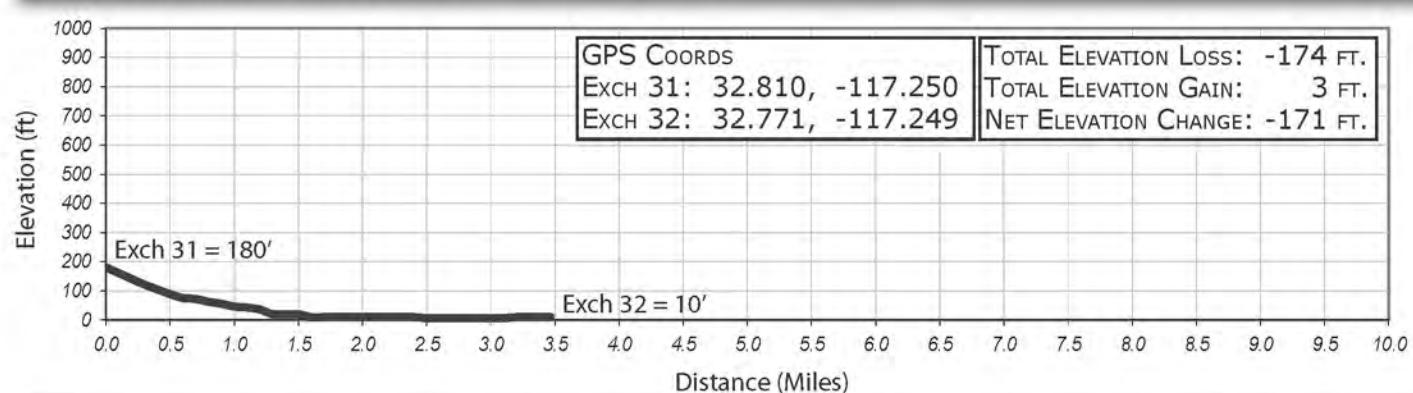
- 0.0 Depart Exchange 31 heading SOUTH on Fanuel Street running AGAINST TRAFFIC on the sidewalk
- 0.6 Turn RIGHT onto Diamond Street running AGAINST TRAFFIC on sidewalk
- 1.3 Turn LEFT onto bike path
- 3.2 Turn LEFT onto Venetura Pl running WITH TRAFFIC on sidewalk
- 3.3 Turn RIGHT onto sidewalk leading

- 3.5 to exchange
Arrive at Exchange 32

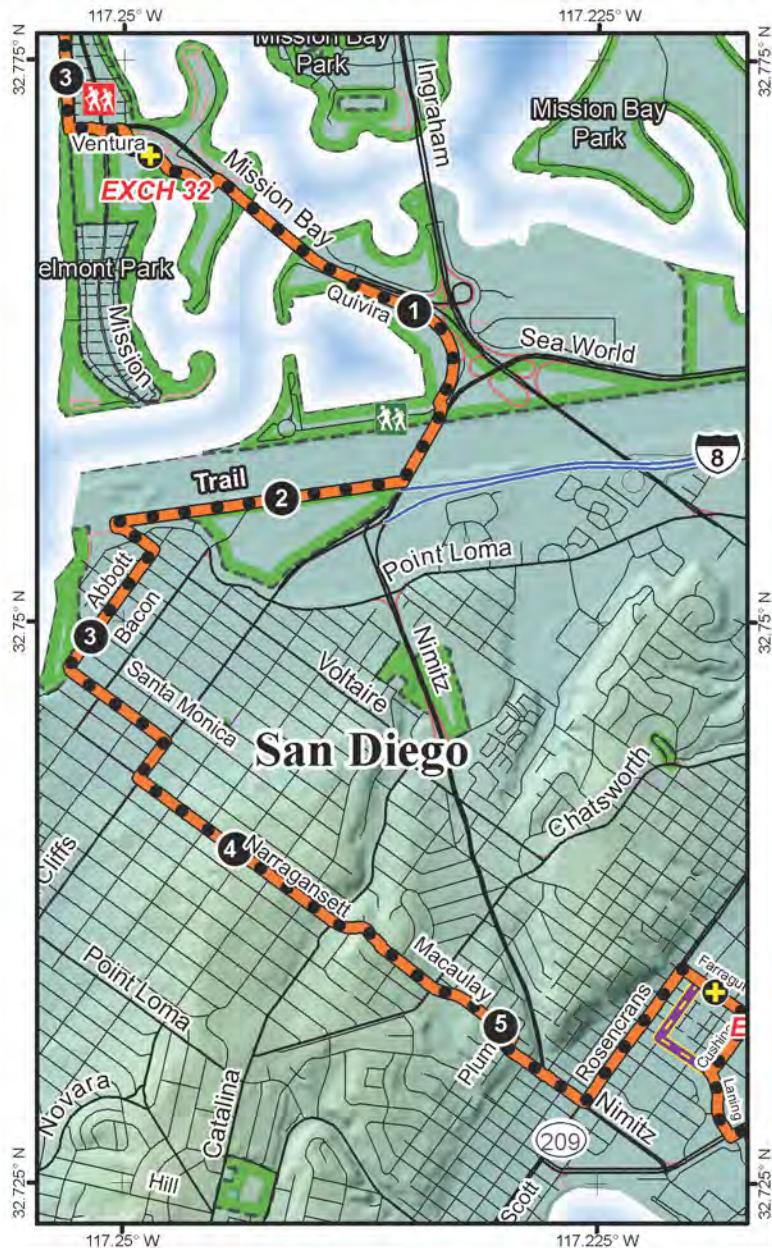
- 3.1 Turn left onto W Mission Bay Dr
Arrive at Exchange 32
- 3.2

Exchange 32 Address:
Bonita Cove
1100 W Mission Bay Drive
San Diego, CA 92109
GPS: 32.77076°N, 117.24864°W

Van Directions to Exchange 32:
0.0 Depart Exchange 31 heading south on Fanuel St
0.2 Turn right onto Loring St
0.7 Turn left onto Mission Blvd



LEG 33 -- 6.0 MILES -- HARD -- FULL SUPPORT



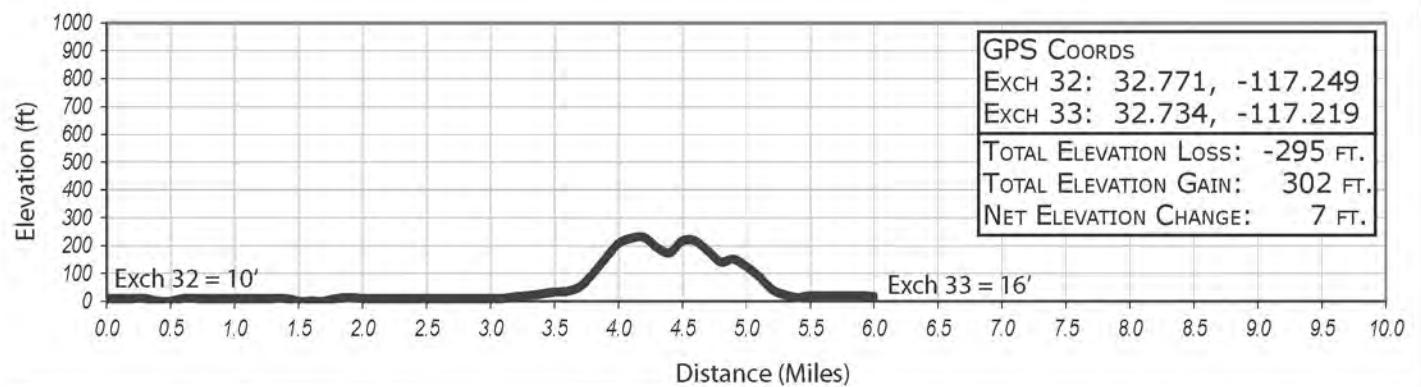
LEG 33 -- 6.0 MILES -- HARD

Leg 33

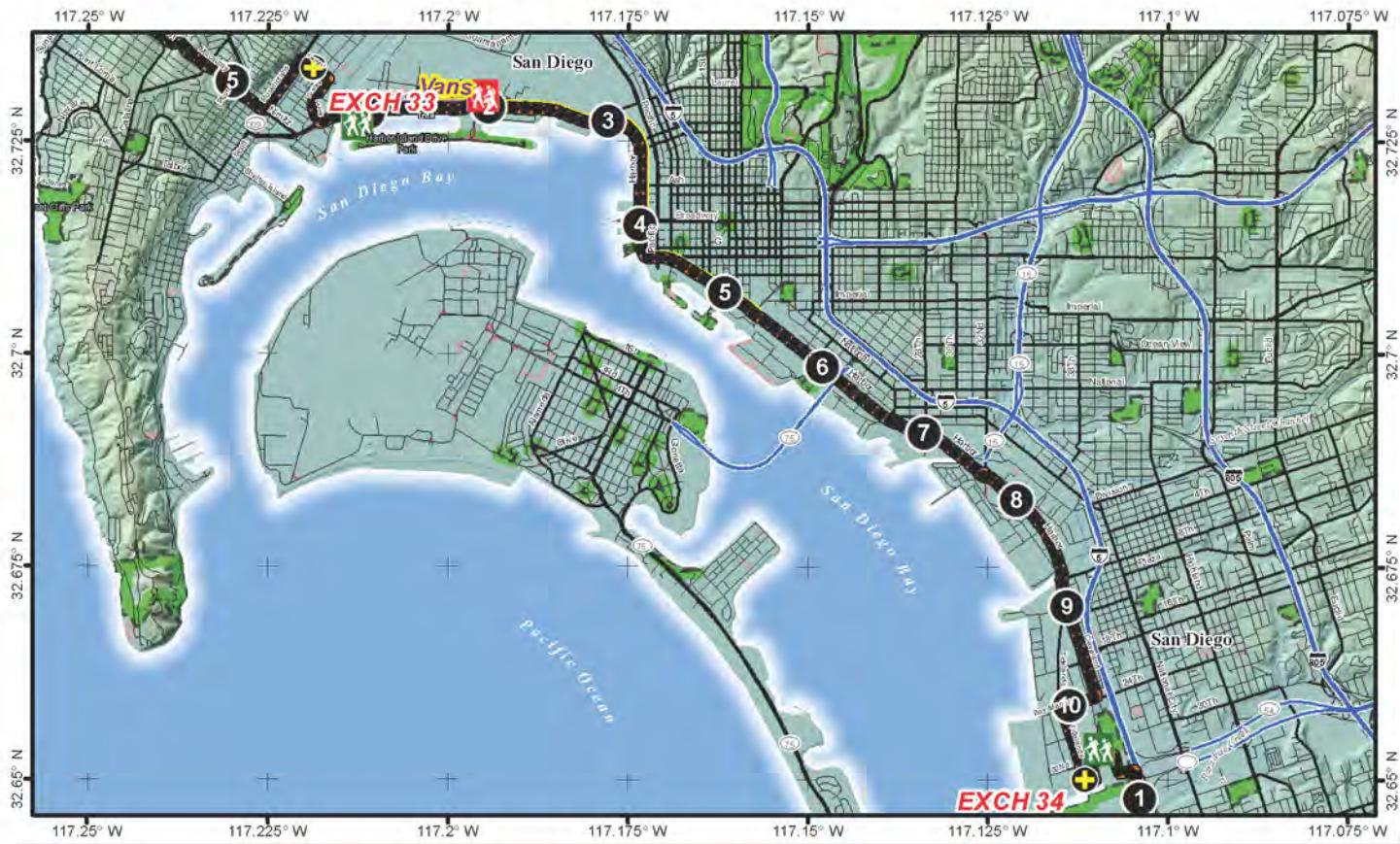
- 0.0 Depart Exchange 32 heading southeast on sidewalk through park
- 0.3 Continue south onto W Mission Bay Drive running WITH TRAFFIC
- 0.7 Turn RIGHT onto Quivira Road
- 0.8 Turn LEFT onto Quivira Way running AGAINST TRAFFIC
- 1.4 Turn LEFT onto the trail
- 1.6 Turn RIGHT onto Ocean Beach Bike Path
- 2.5 Turn LEFT onto Voltaire Street running AGAINST TRAFFIC
- 2.7 Turn RIGHT onto Abbott Street running WITH TRAFFIC on the sidewalk
- 3.1 Turn LEFT onto Newport Avenue running WITH TRAFFIC on sidewalk
- 3.5 Turn RIGHT onto Sunset Cliffs Blvd running WITH TRAFFIC on sidewalk
- 3.6 Turn LEFT onto Narragansett Avenue running WITH TRAFFIC on sidewalk
- 5.0 Turn RIGHT onto Plum Street
- 5.1 Turn LEFT onto Lowell Street running AGAINST TRAFFIC
- 5.2 Continue STRAIGHT onto Nimitz Blvd
- 5.4 Turn LEFT onto Rosecrans Street running WITH TRAFFIC on the sidewalk
- 5.9 Turn RIGHT onto Farragut Road
- 6.0 Arrive at Exchange 33

Exchange 33 Address:

Liberty Station Community Association
2855 Farragut Road
San Diego, CA 92106
GPS: 32.73357°N 117.21878°W



LEG 34 -- 10.7 MILES -- VERY HARD -- FULL SUPPORT



LEG 34 -- 10.7 MILES -- VERY HARD

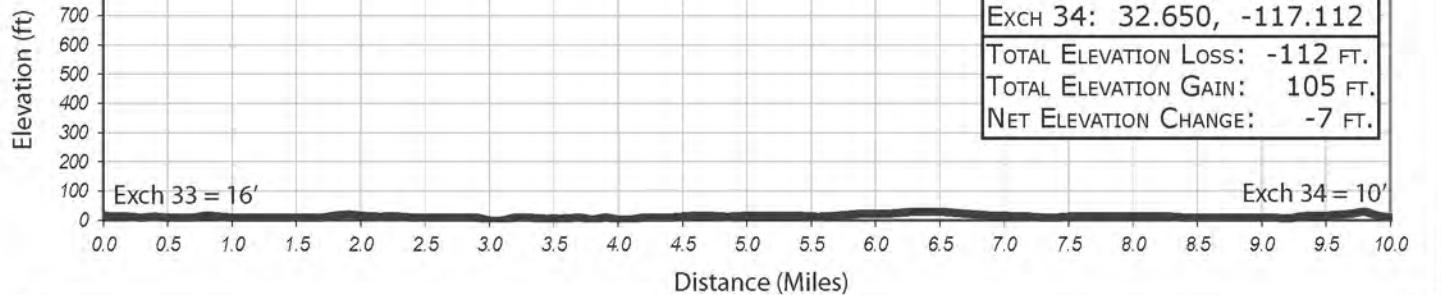
Leg 34

- 0.0 Depart Exchange 33 heading east on Farragut Road
 0.1 Turn right onto Cushing Road
 0.3 Turn left onto Lanning Road
 0.6 Turn left onto Harbor Drive to run with traffic on the sidewalk
 0.9 Turn right onto Spanish Landing Park sidewalk trail
 1.9 Continue straight onto N Harbor Drive running with traffic on sidewalk
 7.6 Use pedestrian overpass to cross Harbor Drive and continue running

8.8

south against traffic
 Use crosswalk to cross Harbor Drive and continue running with traffic on sidewalk
 9.1 Slight right onto Cleveland Avenue
 9.8 Turn right to run with traffic on Bay Marina Drive
 10.0 Turn left to run against traffic on Tidelands Avenue
 10.7 Arrive at Exchange 34
 Exchange 34 Address:
 Pepper Park
 3283 Tidelands Ave
 National City, CA 91950
 GPS: 32.649757°N 117.111578°W

Van Directions to Exchange 34:
 Follow leg legend.



LEG 35 -- 3.5 MILES -- EASY -- FULL SUPPORT



LEG 35 -- 3.5 MILES – EASY

Leg 35 Notes:

Runners will be on a trail and separated from vehicles for part of this leg.

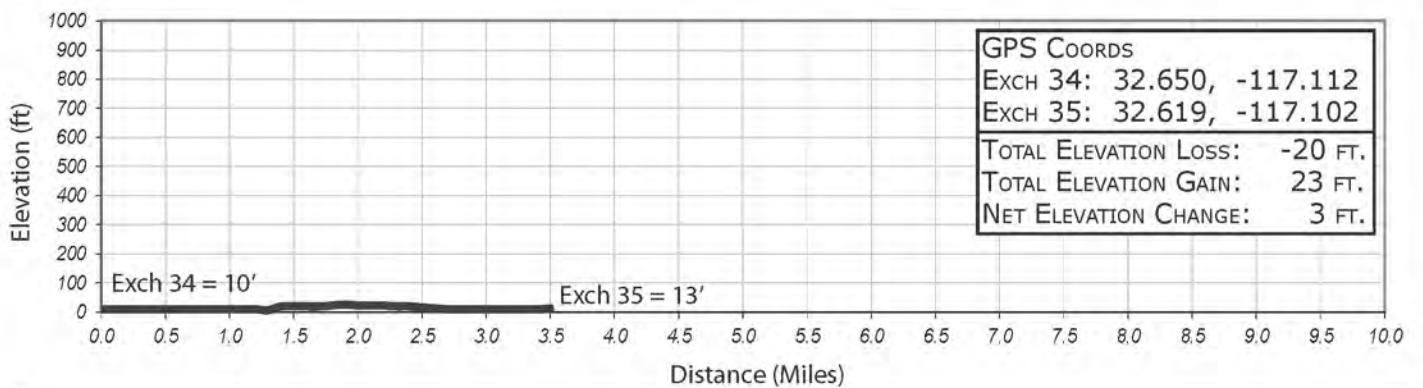
Leg 35

- | | |
|-----|--|
| 0.0 | Depart Exchange 34 following signs through parking lot |
| 0.3 | Turn right to run with traffic on W 32nd Street |
| 0.4 | Continue straight onto bike path |
| 1.6 | Exit bike path and continue straight running against traffic on the sidewalk |
| 2.4 | Turn right to run with traffic on H Street |
| 2.7 | Turn left to run with traffic on Marina Parkway |
| 3.2 | Turn right toward exchange |
| 3.5 | Arrive at Exchange 35 |

Exchange 35 Address:
Chula Vista Bayfront Park
980 Marina Way
Chula Vista, CA 91910
GPS: 32.61933°N 117.10189°W

Van Directions to Exchange 35:

- | | |
|-----|--|
| 0.0 | Depart Exchange 34 heading north toward Marina Way |
| 0.1 | Turn left onto Marina Way |
| 0.2 | Turn right onto W 32nd Street |
| 0.3 | Continue onto Marina Way |
| 0.8 | Turn right onto Bay Marina Drive |
| 0.9 | Turn right to merge onto I-5 S |
| 1.1 | Merge onto I-5 S |
| 3.5 | Take exit 7B toward Marina Pkwy |
| 3.7 | Turn right onto J Street |
| 3.8 | Continue straight onto Marina Pkwy |
| 4.0 | Turn left onto Marina Way |
| 4.2 | Arrive at Exchange 35 |



LEG 36 -- 7.8 MILES -- HARD -- FULL SUPPORT



LEG 36 -- 7.8 MILES -- HARD

Leg 36 Notes:

Runners will be on a trail for most of this leg. Ragnar will provide 2 water stations. In an effort to be more sustainable these water stations will not have cups. Please plan accordingly and carry a water bottle.

Vans are encouraged to head directly to the finish line in order to have time to park and meet their runner at the finish.

ONLY VEHICLES WITH VAN 2 STICKERS WILL BE ALLOWED TO PARK AT THE FINISH LINE. ALL VAN 1 AND SPECTATOR VEHICLES SHOULD PROCEED TO THE SHUTTLE LOT. PLEASE ALLOW 45 MINUTES TO GET TO THE FINISH LINE FROM THE SHUTTLE LOT.

Leg 36

- | | |
|-----|---|
| 0.0 | Depart Exchange 35 running east on Marina Way |
| 0.5 | Turn right onto the Bayshore Bikeway |
| 1.6 | Bikeway ends, continue south on Bay Blvd running with traffic |
| 1.7 | Turn left onto Stella Street running with in the bike lane |
| 1.8 | Continue straight onto W Frontage Road running with traffic |
| 2.4 | Turn right onto Bayshore Bikeway |
| 7.4 | Turn right to exit trail |
| 7.5 | Turn left |
| 7.5 | Continue straight on bike path |
| 7.7 | Turn left to run through tunnel |
| 7.8 | Arrive at the Finish Line |

Exchange 36 Address:
Silver Strand State Beach
5000 Silver Strand Blvd
Coronado, CA 92118
GPS: 32.62992°N 117.14000°W

- | | |
|---|---|
| Van Directions to the Finish Line: | |
| 0.0 | Depart Exchange 35 heading east on Marina Way |
| 0.2 | Turn RIGHT onto Marina Parkway |
| 0.4 | Turn RIGHT onto Bay Boulevard |
| 2.1 | Turn RIGHT onto W Frontage Road |
| 2.4 | Turn LEFT onto Main Street |
| 2.5 | Turn LEFT onto The 5 South ramp |
| 3.2 | Take the Palm Avenue Exit |
| 3.5 | Turn RIGHT onto Palm Avenue |
| 11.6 | Arrive at the finish line |

