

FREESTONE BREAD RUN 220KM PERMANENT

AT	ACTION	DESCRIPTION	GO
		START: Cole St and Parnassus St, San Francisco	
		Open control.	
0.0	START	Starting at 0600: Sunny Country Foods at Stanyan/Parnassus, 2 blocks west.	0.00
		Starting at 0700: Several great cafes in a 2-block radius.	
0.0	STRAIGHT	Go north (downhill) on Cole St	0.10
0.1	LEFT	Frederick St	0.20
0.3	RIGHT	Stanyan St	0.80
1.1	LEFT	Turk St	0.20
1.3	RIGHT	Arguello Blvd	0.80
2.1	RIGHT	Continue on Arguello Blvd through Arguello Gate	0.40
2.5	LEFT	Washington Blvd	0.60
3.1	BEAR LEFT	Washington Blvd	0.70
3.8	BEAR LEFT	Washington Blvd	0.20
4.0	RIGHT	Lincoln Blvd	0.30
4.3	LEFT	Merchant Rd	0.20
4.5	LEFT	Cranston Rd (straight is Golden Gate Toll Plaza, restricted access)	0.05
4.6	RIGHT	Toll Plaza underpass	0.05
4.6	LEFT	Coastal Trail (mixed-use pedestrian path on left immediately after underpass); follow signs for Golden Gate Bridge west sidewalk; cross bridge on west sidewalk	2.15
6.8	RIGHT	Conzelman Rd	0.05
6.8	LEFT	Alexander Ave; follow centerline to continue on 2nd St	1.50
8.3	RIGHT	Richardson St	0.04
8.3	LEFT	Bridgeway; go through Sausalito	2.40
10.7	STRAIGHT	Bike path	0.70
11.4	BEAR LEFT	Pohono St: bear left off bike path onto Hwy 1, to US-101 overpass	0.70
12.1	LEFT	Tam Junction: continue on Hwy 1	1.20
13.3	BEAR LEFT	Stay on Hwy 1 (Loring Ave bears right)	1.40
14.7	BEAR LEFT	Stay on Hwy 1 (Panoramic Hwy bears right)	2.70
17.4	BEAR LEFT	Continue on Hwy 1 (Muir Woods Rd bears right)	20.00
37.4	STRAIGHT	Stay on Hwy 1 (Olema Center; Sir Francis Drake Blvd on right)	2.30
39.7	STOP	CONTROL #1: Bovine Bakery 11315 Hwy 1, Point Reyes Station Open: +02:08. Close: +04:16	0.00
39.7	STRAIGHT	Continue on Hwy 1	0.10
39.8	RIGHT	Continue on Hwy 1	0.40
40.2	BEAR LEFT	Continue on Hwy 1 (Point Reyes - Petaluma Rd on right)	16.40
56.6	LEFT	Dillon Beach Rd (Tomales Bakery at corner on right)	1.10
57.7	RIGHT	Middle Rd	1.90
59.6	LEFT	Whitaker Bluff Rd	0.20
59.8	RIGHT	Middle Rd	3.50
63.3	LEFT	Hwy 1	0.70
64.0	RIGHT	Freestone - Valley Ford Rd	2.60
66.6	RIGHT	Bodega Hwy	1.30
67.9	LEFT	Bohemian Hwy	0.10
68.0	STOP	CONTROL #2: Wild Flour Bakery 140 Bohemian Hwy, Freestone Open: +03:38. Close: +07:16.	0.00
68.0	U-TURN	Bohemian Hwy	0.10
68.1	LEFT	Bodega Hwy	0.80

68.9	RIGHT	Barnett Valley Rd	2.10
71.0	RIGHT	Burnside Rd. DO NOT MISS THIS TURN.	1.30
72.3	STOP	INFO CONTROL #3: Top of Burnside Rd. Big barn on left. Answer question on brevet card.	0.00
72.3	STRAIGHT	Continue on Burnside Rd	2.00
74.3	RIGHT	Bloomfield Rd	2.70
77.0	LEFT	Valley Ford Rd	1.10
78.1	RIGHT	Carmody Rd	2.60
80.7	LEFT	Fallon - Two Rock Rd	0.40
81.1	RIGHT	Alexander Ave	0.80
81.9	LEFT	Tomales - Petaluma Rd	1.30
83.2	RIGHT	Chileno Valley Rd	9.60
92.8	RIGHT	Wilson Hill Rd	2.50
95.3	LEFT	Hicks Valley Rd	2.70
98.0	RIGHT	Point Reyes-Petaluma Rd	4.20
102.2	LEFT	Nicasio Valley Rd	3.20
		CONTROL #4: Nicasio. Open control. Suggested options:	
105.4	STOP	- Rancho Nicasio general store on left in town square. - Nicasio Valley Cheese Company, 5300 Nicasio Valley Road (0.2 miles before town square, mile 105.2) Open: +05:40. Close: +11:20	0.00
105.4	STRAIGHT	Continue on Nicasio Valley Rd	4.50
109.9	LEFT	Sir Francis Drake Blvd	5.10
115.0	RIGHT	Claus Dr	0.00
115.0	LEFT	Broadway becomes Center	0.40
115.4	RIGHT	Pastori Ave	0.00
115.4	LEFT	Lansdale Ave	0.40
115.8	STRAIGHT	San Anselmo Ave. Follow bike route signs	0.60
116.4	LEFT	Continue on San Anselmo Ave	0.30
116.7	RIGHT	Continue on San Anselmo Ave	0.60
117.3	RIGHT	Bolinas Ave	0.10
117.4	LEFT	Shady Ln	0.50
117.9	LEFT	Lagunitas Rd	0.10
118.0	RIGHT	Ross Common. Becomes Poplar, then Kent Ave (Kentfield)	0.90
118.9	BEAR RIGHT	Magnolia Ave;becomes Corte Madera;then Camino Alto	4.60
123.5	LEFT	E Blithedale Ave	0.10
123.6	RIGHT	Mill Valley-Sausalito bike path	2.40
126.0	RIGHT	Gate 6 Rd (at path end)	0.00
126.0	LEFT	Bridgeway	2.40
128.4	RIGHT	Richardson St	0.00
128.4	LEFT	2nd St, becomes South St, then Alexander Ave	1.30
129.7	--	101 off-ramp:left or straight depending on time of day * DAYTIME - WEST SIDE OF BRIDGE *	
		US-101 underpass.	
129.7	STRAIGHT	Caution: Narrow	0.2
129.9	RIGHT	Conzelman Rd	0.05
130.0	LEFT	Parking area, enter Golden Gate Bridge west sidewalk (bike path).	2.1
132.1	BEAR RIGHT	Coastal Trail (mixed-use pedestrian path uphill; retrace outbound path to Golden Gate Bridge plaza)	0.05
132.1	RIGHT	Toll Plaza underpass	0.05
132.2	LEFT	Cranston Rd	0.05
132.2	RIGHT	Merchant Rd	0.2
132.4	RIGHT	Lincoln Blvd	0.05

	LEFT, IMMEDIATE		
132.5	RIGHT	Ralston Ave (former Presidio barracks on left)	0.3
132.8	RIGHT	Greenough Ave	0.05
132.8	RIGHT	Kobbe Ave	0.05
132.9	LEFT	Harrison Blvd	0.1
133.0	STRAIGHT	Washington Blvd	0.7
133.7	STRAIGHT	Washington Blvd (at stop)	0.6
134.3	STRAIGHT	Arguello Blvd	0.4
134.7	STRAIGHT	Arguello Blvd (at Arguello Gate)	0.8
135.5	LEFT	Turk St	0.2
135.7	RIGHT	Stanyan St	0.8
136.5	LEFT	Frederick St	0.2
136.7	RIGHT	Cole St	0.1
		FINISH: Cole St and Parnassus St, San Francisco	
		Open control.	
		Several great cafes & restaurants in a 2-block radius.	
136.8	STOP	Open: +07:20. Close: +14:40	
		* NIGHTTIME - EAST SIDE OF BRIDGE *	
		Sidewalk before Hwy 101 off-ramp. Follow sidewalk to Golden	
129.7	LEFT	Gate Bridge east sidewalk	0.4
130.1	STRAIGHT	Push red button to open gate; do not be alarmed by loud buzzer	1.8
131.9	RIGHT	Toll Plaza underpass	0.05
132.0	LEFT	Cranston Rd	0.05
132.0	RIGHT	Merchant Rd	0.2
132.2	RIGHT	Lincoln Blvd	0.05
	LEFT, IMMEDIATE		
132.3	RIGHT	Ralston Ave (former Presidio barracks on left)	0.3
132.6	RIGHT	Greenough Ave	0.05
132.6	RIGHT	Kobbe Ave	0.05
132.7	LEFT	Harrison Blvd	0.1
132.8	STRAIGHT	Washington Blvd	0.7
133.5	STRAIGHT	Washington Blvd (at stop)	0.6
134.1	STRAIGHT	Arguello Blvd	0.4
134.5	STRAIGHT	Arguello Blvd (at Arguello Gate)	0.8
135.3	LEFT	Turk St	0.2
135.5	RIGHT	Stanyan St	0.8
136.3	LEFT	Frederick St	0.2
136.5	RIGHT	Cole St	0.1
		FINISH: Cole St and Parnassus St, San Francisco	
		Open control.	
		Several great cafes & restaurants in a 2-block radius.	
136.6	STOP	Open: +07:20. Close: +14:40	