

RUN/BIKE DATABASE: DISTANCE/ASCENT/DURATION

RUN COURSES	Distance (miles)	Ascent (feet)	Duration (hr:min) / Pace		
			7:00 min/mile	8:00 min/mile	9:00 min/mile
Huddart/Lollipop loop: Richards-Miramontes-Redondo-Raymundo	10.9	1,210	1:16	1:27	1:38
Huddart/Lonely Trail loop: half Lollipop-up Lonely-down Crystal Springs					
Huddart: up Dean to top-Skyline-down Crystal Springs					
Huddart: up Dean-down Toyon					
Wunderlich: up Bear Gulch-down Alambique	4.7		0:33	0:38	0:42
Wunderlich: up Alambique all-the-way to top	4.8		0:34	0:38	0:43
Wunderlich: up Alambique-Skyline to top	5.3		0:37	0:42	0:47
Wunderlich: up Bear-Alamb-Sky-down Alamb	10.2		1:12	1:22	1:32
Windy Hill: Hamms-Lost-Razorback-Alpine	10.0		1:10	1:20	1:30
Windy Hill: add loop Lost trail to summit	11.0		1:17	1:28	1:39
Ultimate Run: up Wunderlich/Alambique-Ridge-down Huddart/Crystal Springs	19.0	2,600	2:13	2:32	2:51
Alpine loop: Alpine-Sweet Springs-Deer path-Arroyo-Toyon-Alpine					
Alpine/Portola loop: Alpine-Portola-Sand Hill-Alpine					
Bay-to-Breakers: Bayfront Park-up Crystal Springs-down Purissima-Higgins-Half Moon	25.0		2:55	3:20	3:45
Canada: to Edgewood	7.0	340	0:49	0:56	1:03
Canada: to top of Water Temple hill					
Canada: to 92	15.0	640	1:44	2:00	2:16
Bay Trail: to San Mateo Bridge	8.8	flat	1:02	1:10	1:20
Bay Trail: to start road and trail bridge	13.1	flat	1:32	1:44	1:58
Bay Trail: to Iron Anchor Coyote Pt	17.4	flat	2:02	2:20	2:36
Bear Island loop	2.9	flat	0:20	0:23	0:26
Bayfront Park loop	2.3	flat	0:16	0:18	0:21
Stanford Chip trail loop (includes inside loop)	1.0	flat	7:00	8:00	9:00
Stanford Dish loop	3.3	flat	0:23	0:26	0:30
Bayshore loop: Geng-Harbor-Shoreline Lake		flat			

Legend:

Huddart: Woodside School parking lot
 Wunderlich: Park/Horse stables parking lot
 Windy Hill: Portola parking lot
 Alpine-Alpine Portola loop: Alpine-Rossatti parking lot
 Canada: Pioneer Inn parking lot
 Bay Trail: Oracle parking lot closest to 101
 Bear Island: Parking lot at the end of Bair Island road, before housing complex
 Bayfront: Parking lot inside the Park at the end of March road
 Bayshore: Parking lot at the end of Geng road

BIKE RIDES	Distance (miles)	Ascent (feet)	Duration (hr:min) / Pace		
			18 mile/hr	15 mile/hr	12 mile/hr
OLH-Sky-Kings	33	2,800	1:50	2:10	2:45
OLH-84-WestAlp-Sky-84	46	4,100	2:33	3:04	3:50
OLH-84-WestAlp-Sky-Kings	53	5,020	2:57	3:33	4:25
OLH-84-Stage-Tunitas	52	4,200	2:53	3:25	5:12
OLH-84-Stage-Lob-Tunitas	54	4,550	3:00	3:33	4:20
OLH-84-Stage-H1-Higgins-Lob-Tunitas	70	5,330	3:53	4:40	5:50
OLH-84-Pesc-Stage-84	66	4,800	3:40	4:24	5:30
OLH-84-Pesc-Stage-Tunitas	64	5,660	3:33	4:16	5:20
OLH-84-Pesc-Stage-Verde-Lob-Tunitas	66	5,970	3:40	4:24	5:30
OLH-84-Pesc-Stage-H1-Higg-Lob-Tunitas	82	6,830	4:33	5:30	6:50
OLH-Sky-H9-Boulder-BBasin-H9-Sky-84	83	6,850	4:37	5:33	6:55
Kings-84-WestAlp-84	56	4,770	3:07	3:44	4:40
Kings-84-WestAlp-Sky-Kings	62	5,600	3:27	4:08	5:10
Kings-84-Stage-Tunitas	60	4,820	3:20	4:00	5:00
Kings-84-Stage-Verde-Lobitos-Tunitas	62	5,130	3:27	4:08	5:10
H9-Sky-84	55	4,000	3:03	3:37	4:35
H9-Sky-84 (Redwood Gulch)	52	3,640	2:53	3:26	4:20
H9-Sky-92	71	5,360	3:57	4:45	5:55
H9-Sky-H9-Bear-Sky-Kings	87	6,800	4:50	5:46	7:15
Page-Sky-84	39	2,930	2:10	2:35	3:15
Page-Sky-Bear-BBasin-Sky-84	84	7,000	4:40	5:35	7:00
Page-WestAlp-Pesc-Stage-Tunitas	70	6,540	3:53	4:41	5:50
Foothill-MonteBello-Page-Arast-Alpine	42	3,340	2:20	2:49	3:30
East Bay loop: Dumbarton-canal-Pleasanton	80		4:27	5:20	6:40
Epic Ride	114	9,330	6:20	7:34	9:30
Edgewood/Canada-Portola-Whiskey Hill loop					
SCruz: OLH-84-Hask-Gazos-H1-back:H1-84	127	6,580	7:03	8:26	10:35
SLO Ride: San Luis Obispo via Highway 25	225		12:30	15:00	18:45

Legend:

All rides start at Burgess Pool
Stops not included in ride duration
Main source: Klimb interactive map
OLH = Old La Honda
SKY = Skyline
WestAlp = West Alpine
Page = Page Mill
BBasin = Big Basin
Bear = Bear Creek
Boulder = Boulder Creek
SCruz = Santa Cruz
Hask = Haskins
Can = Canada
Higg = Higgins
Lob = Lobitas