

**MUIR WOODS - ALPINE DAM 107K PERMANENT**

AT	GO	ON	LEG
0.0	START	<b>CONTROL #1 - OPEN RECEIPT - Cole St between Frederick St and Parnassus St, San Francisco</b> OPEN +00:00, CLOSE +01:00 eg: Peets Coffee, 919 Cole St	0.0
0.0	NORTH	on Cole St toward Frederick St	0.0
0.0	L	Frederick St	0.2
0.2	R	Sanyan St	0.8
1.0	L	Turk St	0.2
1.2	R	Arguello Blvd	0.8
2.0	RIGHT	continue on Arguello Blvd through Arguello Gate	0.4
2.4	L	Washington Blvd	0.6
3.0	BEAR L	Washington Blvd	0.7
3.7	BEAR L	Washington Blvd	0.2
3.9	R	Lincoln Blvd	0.3
4.2	L	Merchant Rd	0.2
4.4	L	Cranston Rd	0.1
4.5	R	Toll plaza underpass	0.0
4.5	L	Coastal Trail (mixed-use path on L immediately after underpass); follow signs for Golden Gate Bridge west sidewalk; cross bridge on west sidewalk	2.3
6.8	R	Conzelman Rd	0.1
6.9	L	Alexander Ave; follow centerline to continue on to 2nd St	1.3
8.2	R	Richardson St	0.1
8.3	L	becomes Bridgeway	1.8
10.1	BEAR R	Mill Valley-Sausalito bike path	2.6
12.7	L	Sycamore Ave at roundabout	0.6
13.3	STRAIGHT	La Goma St	0.1
13.4	STRAIGHT	Montford Ave	0.1
13.5	BEAR R	Montford Ave	0.2
13.7	BEAR R	Janes St	0.1
13.8	L	Janes St	0.3
14.1	L	Molino Ave	0.2
14.3	STRAIGHT	Edgewood Ave	0.7
15.0	STRAIGHT	Sequoia Valley Rd	0.7
15.7	STRAIGHT	Muir Woods Rd (cross Panoramic Hwy at top of hill)	0.0
15.7	STOP	<b>CONTROL #2 - INFO - intersection of Muir Woods Rd and Panoramic Hwy - answer question on brevet card</b>	0.0
15.7	CONTINUE	Muir Woods Rd down hill	4.0
19.7	STOP	<b>CONTROL #3 - INFO - intersection of Muir Woods Rd and Hwy 1 - answer question on brevet card</b>	0.0
19.7	R	Hwy 1	10.7
30.4	R	Fairfax-Bolinas Rd	0.0
30.4	STOP	<b>CONTROL #4 - INFO - intersection of Fairfax-Bolinas Rd and Hwy 1 - answer question on brevet card</b>	0.0
30.4	CONTINUE	Fairfax-Bolinas Rd	6.6

37.0	L	Fairfax-Bolinas Rd, cross Alpine Dam	0.3
37.3	R	Fairfax-Bolinas Rd after dam	5.4
42.7	STRAIGHT	Bolinas Rd	2.5
45.2	R	Broadway Blvd	0.0
45.2	STOP	<b>CONTROL #5 - OPEN RECEIPT - between Bank St and Pastori Ave on Broadway Blvd / Center Blvd, Fairfax OPEN: +02:26 , CLOSE: +04:52 eg: Good Earth Natural Foods, 720 Center Blvd</b>	0.1
45.3	CONTINUE	Center Blvd	0.3
45.6	R THEN L	R Pastori Ave, L Lansdale Ave	0.3
45.9	STRAIGHT	San Anselmo Ave	0.6
46.5	L	San Anselmo Ave	0.3
46.8	R	San Anselmo Ave	0.6
47.4	R	Bolinas Ave	0.0
47.4	L	Shady Ln	0.6
48.0	L	Lagunitas Rd	0.1
48.1	R	Ross Common	0.1
48.2	STRAIGHT	Poplar Ave	0.2
48.4	STRAIGHT	Kent Ave	0.6
49.0	STRAIGHT	College Ave	0.1
49.1	STRAIGHT	Magnolia Ave	2.0
51.1	STRAIGHT	Corte Madera Ave	1.1
52.2	STRAIGHT	Camino Alto	1.4
53.6	L	E Blithedale Ave	0.1
53.7	SHARP R	Mill Valley-Sausalito bike path	2.9
56.6	R THEN L	R Gate 6 Rd at end of path, L Bridgeway	1.9
58.5	R	Richardson St up hill	0.0
58.5	L	2nd St	0.2
58.7	L	South St	0.1
58.8	STRAIGHT	Alexander Ave	1.0
59.8	L	Hwy 101 off-ramp: L or STRAIGHT depending on time of day	

#### DAYTIME - WEST SIDE OF BRIDGE

59.8	STRAIGHT	Hwy 101 underpass, CAUTION: NARROW ROADWAY	0.2
60.0	R	Conzelman Rd	0.1
60.1	L	Parking area, enter Golden Gate Bridge west sidewalk bike path	2.1
62.2	BEAR R	Coastal Trail (mixed-use path uphill; retrace outbound path to Golden Gate Bridge plaza)	0.1
62.2	R	Toll plaza underpass	0.1
62.3	L	Cranston Rd	0.1
62.3	R	Merchant Rd	0.2
62.5	R	Lincoln Blvd	0.1
62.6	L then R	Ralston Ave	0.3
62.9	R	Greenough Ave	0.1
62.9	R	Kobbe Ave	0.1

63.0	L	Harrison Blvd	0.1
63.1	STRAIGHT	Washington Blvd	0.7
63.8	STRAIGHT	Washington Blvd	0.6
64.4	STRAIGHT	Arguello Blvd	0.4
64.8	STRAIGHT	Arguello Blvd through Arguello Gate	0.8
65.6	L	Turk St	0.2
65.8	R	Stanyan St	0.8
66.6	L	Frederick St	0.2
66.8	R	Cole St	0.1
66.9	STOP	<b>CONTROL #6 - OPEN RECEIPT - Cole St between Frederick St and Parnassus St, San Francisco</b> <b>OPEN: +03:34, CLOSE: +07:08</b> <b>eg: Peets Coffee, 919 Cole St</b>	

#### NIGHTTIME - EAST SIDE OF BRIDGE

59.8	L	Sidewalk before Hwy 101 off-ramp. Follow sidewalk to Golden Gate Bridge east sidewalk	0.4
60.2	STRAIGHT	Push red button to open gate; do not be alarmed by loud buzzer	1.8
62.0	R	Toll plaza underpass	0.1
62.1	L	Cranston Rd	0.1
62.1	R	Merchant Rd	0.2
62.3	R	Lincoln Blvd	0.1
62.4	L then R	Ralston Ave	0.3
62.7	R	Greenough Ave	0.1
62.7	R	Kobbe Ave	0.1
62.8	L	Harrison Blvd	0.1
62.9	STRAIGHT	Washington Blvd	0.7
63.6	STRAIGHT	Washington Blvd	0.6
64.2	STRAIGHT	Arguello Blvd	0.4
64.6	STRAIGHT	Arguello Blvd through Arguello Gate	0.8
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