

Three Bears and Reverse Refine

Leg(mile)	Total(mile)		Name	Description
0.0	0.0		Start	Start
0.1	0.1		Turn Right	on the Contra Costa Canal Trail
0.3	0.4		Turn Left	on Bancroft Rd
0.8	1.3		Turn Left	at Mayhew Way
0.6	1.8		Turn Left	at Buskirk Ave
0.2	2.1		Turn Right	at Oak Park Blvd
0.8	2.9		Turn Right	at Patterson Blvd
0.7	3.6		Turn Left	at Boyd Rd
0.7	4.3		Turn Right	at Pleasant Hill Rd
0.3	4.6		Turn Left	Turn left at Gregory Ln
0.0	4.6		Straight	Continue onto Grayson Rd
0.9	5.5		Turn Right	at Reliez Valley Rd
2.2	7.7		Straight	Continue onto Alhambra Valley Rd
4.8	12.5		Turn Left	onto Bear Creek Rd. Regroup.
8.4	20.8		Turn Right	at San Pablo Dam Rd. Regroup.
5.4	26.2		Turn Right	at Castro Ranch Rd
2.3	28.5		Turn Left	at Pinole Valley Rd
4.0	32.5		Turn Right	at San Pablo Ave

2.1	34.6		Turn Left	at Willow Ave
0.1	34.7		Straight	Continue onto Parker Ave
0.7	35.4		Straight	Continue onto San Pablo Ave
2.9	38.2		Straight	Continue onto Pomona St
1.3	39.6		Turn Left	at Carquinez Scenic Dr
2.1	41.7		Turn Right	onto Mc Ewen Rd
2.4	44.1		Turn Left	at Franklin Canyon Rd
3.6	47.7		Turn Right	at Alhambra Ave
3.2	50.8		Straight	Continue onto Pleasant Hill Rd
1.2	52.1		Turn Left	at Boyd Rd
0.7	52.8		Turn Right	at Patterson Blvd
0.7	53.5		Turn Left	onto Oak Park Blvd
0.6	54.1		Straight	Continue onto Coggins Dr
0.2	54.3		Turn Left	onto Buskirk Ave
0.2	54.5		Turn Right	onto Mayhew Way
0.6	55.1		Turn Right	at Bancroft Rd
0.8	55.9		Turn right	onto Contra Costa Canal Trail
0.3	56.3		Turn left	to return to Heather Farms Park
0.1	56.3		Finish	Finish

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