



Here's a description/cheat sheet for the **Sasquatch Scramble 5K Race**

(\*NOTE-The course will be well marked on race day, but Redwood Regional Park has signage at nearly every trail junction as well).

- Follow **Stream** Trail out of the Canyon Meadow Staging area past the playground and over the Redwood Creek Bridge.
- **Right** up **Stream** Trail following the concrete path
- Continue on the concrete Stream Trail until it turns into a wooded path at Trail's End.
- Cross over Redwood Creek at the next Bridge
- Follow to the **Prince** Trail Intersection (look for signage)
- Turn around at **Prince** Trail and return the way you came!



Here's a description/cheat sheet for the **Sasquatch Scramble Half Marathon Race**

(\*NOTE-The course will be well marked on race day, but Redwood Regional Park has signage at nearly every trail junction as well).

1. Follow **Stream** trail out of Canyon Meadow past the playground and over the Redwood Creek Bridge
2. **Left** on **Bridle** Trail after bridge. Follow Bridle Trail past Orchard Trail.
3. **Right** up **West Ridge** trail (major climb)
4. **Left** at **Baccharis** Trail. **STAY LEFT** at 1<sup>st</sup> Intersection.
5. Follow **Baccharis**, which turns into **Dunn**, after that **Slight Left** at the 1<sup>st</sup> Intersection
6. Follow **Dunn** past Montiero.
7. **Right** on **Graham** Trail (climbing)
8. Rejoin **West Ridge Trail** at Redwood Bowl.
9. **Left** on **West Ridge** trail until you reach the Aid Station near Chabot Science Center Road (~5 Mile Mark).
10. Cross Road(s) & Follow **West Ridge Trail** past all trails until you reach **Skyline Gate** (huge parking area, w/restrooms, follow West Ridge for ~2 Miles).
11. **SHARP Right** down **Stream** Trail @ **Skyline Gate** (follow for ~1.5 Miles). Follow Stream past Eucalyptus
12. **Left** up **Prince** Trail (climbing)
13. **Left** on **East Ridge Trail**
14. **Left** onto **Phillips Loop Trail**
15. Follow Phillips Loop past Eucalyptus
16. **Left** on **East Ridge Trail** back to **Aid Station at Skyline Gate** (last aid station stop)
17. Turn around and follow **East Ridge** towards finish (~3 Miles)
18. Follow **East Ridge** past Phillips Loop, Eucalyptus and Prince
19. Take a **Right** down **Canyon Trail** to finish area in Canyon Meadow (long downhill)



Here's a description/cheat sheet for the **Sasquatch Scramble 10K Race**

(\*NOTE-The course will be well marked on race day, but Redwood Regional Park has signage at nearly every trail junction as well).

1. Follow **Stream** Trail out of the Canyon Meadow past the playground and over the Redwood Creek Bridge
2. **Left** on **Bridle** Trail at the intersection of **Stream & Bridle** Trails
3. Follow **Bridle** Trail past Orchard Trail
4. **Right** up **West Ridge** trail (major climb). Follow West Ridge trail past Orchard & Tate. Follow West Ridge trail past Baccharis & Chown. Follow West Ridge trail past Fern & Baccharis. Follow West Ridge trail past Madrone, Redwood Peak & Redwood Bowl
5. Reach Aid Station near **Chabot Science Center Road**. Turn around and return the way you came.
6. Follow **West Ridge** back to Bridle Trail. Turn **Left** on Bridle Trail.
7. Take a **Right** on Stream over the Redwood Creek bridge and past the playground
8. Run hard into the finish at Canyon Meadow Staging Area



A few tips for those running the **10K/Half Marathon**

- **The first climb up West Ridge Trail off of Bridle Trail is a SOLID climb.** It starts roughly ¾ of a mile into the race and continues for roughly a mile. Adjust your level of effort accordingly. This segment is the **TOUGHEST** part of the race. Once you get through this, things get easier.
- **Bring a water bottle with you!** We will have 1 aid station for 10K runners and 2 for half marathon runners. It would be wise to bring some fluids with you.
- **Watch for signage at trail junctions.** We will mark the course extensively, but Redwood Regional Park does an excellent job of having signs at virtually every trail junction. If you don't know where to go, consult the cheat sheet and look for a sign indicating the trails.
- **Watch your footing!** These are not terribly technical trails we are taking you on, but you still need to keep your eyes peeled while you are out on the trail.