

THE KRAMPUS CROSS COUNTRY 5K CHEAT SHEET (3.1 MILES)

Start/Finish to Park Boulevard (0-1.2 miles)

1. Start next to the tennis courts on Mountain Lake Trail across from Spruce Street (0 mi)
2. Veer right towards Arguello (0.22 mi)
3. Head straight (0.25 mi)
4. Cross Arguello at the pedestrian crosswalk and connect with the trail on the other side (0.28 mi)
5. Connect with the trail on the other side of Arguello. Follow trail detour signs (0.31 mi)
6. Veer right towards Washington Blvd (0.57 mi)
7. Carefully cross Washington at the pedestrian crosswalk. Continue running on the right shoulder of Washington (0.68 mi)
8. Veer right at Nauman Road and follow pedestrian path (0.78 mi)
9. Veer right on pedestrian path and connect with the trail (0.83 mi)
10. Take a slight left onto the trail (0.87 mi)
11. Take a slight left and continue running on the trail towards Park Boulevard (1.01 mi)
12. Take a left and continue on Park Trail uphill towards Washington (1.16 mi)
13. Cross Washington at the pedestrian crosswalk and turn left to continue on Park Trail (1.20 mi)

Park Boulevard to Mountain Lake Trail (1.2-2.5 miles)

14. Continue running downhill on Park Trail past the golf course on your left (1.22 mi)
15. Veer right (1.28 mi)
16. Take a sharp left onto Mountain Lake Trail (1.61 mi)
17. Take a slight right (1.74 mi)
18. Take a slight left (1.97 mi)
19. Carefully cross Arguello and continue running on the sidewalk (2.49 mi)
20. Take a slight left and cross West Pacific Avenue (2.56 mi)

Start/Finish to Mountain Lake Trail (2.5-3.1 miles)

21. Turn right onto Mountain Lake Trail (2.57 mi)
22. Take a sharp left and head towards Ecology Trail (2.61 mi)
23. Turn slight right onto Ecology Trail (lower) (2.66 mi)
24. Take a **right** and **head downhill** on lower Ecology Trail (2.67 mi)
25. Take a sharp right and follow the trail towards the Presidio Wall Playground (2.77 mi)
26. Turn right and head uphill towards Presidio Wall Playground (2.93 mi)
27. **Turn right onto Mountain Lake Trail - Turn right and head to the finish adjacent to the tennis courts** (3.00 mi)
28. End - Finish at the tennis courts.