

Table 1

Mile	Turn	
Start	Harrison at 20th St	
	Turn right onto Grand Ave	
	Turn right onto Bellevue Ave	
	Turn right onto Grand Ave	
	Turn right onto El Embarcadero	
	Turn right onto Lakeshore Ave	
	Turn left onto 15th	
	Turn sharp right onto 1st Ave Place	
	Turn left onto International E 14th St	
	Turn right onto 6th Ave	
	Turn right on E 10th St	
	Turn right onto Harrison St	
	Turn left onto 12th St	
	Turn left on Clay	
	Turn left on 9th St	
	Turn right on Washington	
	Turn right on Third St	
	Follow 3rd to Mandela	
	Turn right on 7th St	
	Turn Left on MLK	
	Turn Right on 20th St Thomas Berkeley Way	
	Turn Left on to Broadway	
	Run through Oakland Tech Campus	
	Turn Right onto 45th St	
	Turn Right onto Broadway	
	Turn right on 20th St Thomas Berkeley Way	
	Turn left onto Telegraph	
Turn left on to 14th St		
Turn right on Lakeside		
Stay right on Lakeside, past start for 2nd lap	Stay right on Lakeside, past start for 2nd lap	
	Turn right on Harrison	
	Turn right onto Grand Ave	
	Turn right onto Bellevue Ave	
	Turn right onto Grand Ave	
	Turn right onto El Embarcadero	
	Turn right onto Lakeshore Ave	
	Turn left onto 15th	
	Turn sharp right onto 1st Ave Place	
	Turn left onto International E 14th St	
	Turn right onto 6th Ave	
	Turn right on E 10th St	
	Turn right onto Harrison St	
	Turn left onto 12th St	
	Turn left on Clay	
	Turn left on 9th St	
	Turn right on Washington	
	Turn right on Third St	
	Follow 3rd to Mandela	
	Turn right on 7th St	
	Turn Left on MLK	
	Turn Right on 20th St Thomas Berkeley Way	
	Turn Left on to Broadway	
	Run through Oakland Tech Campus	
	Turn Right onto 45th St	
	Turn Right onto Broadway	
	Turn right on 20th St Thomas Berkeley Way	
Turn left onto Telegraph		
Turn left on to 14th St		
Turn left on Lakeside Dr		
Turn left on 19th St		
END		
Half	Harrison at 20th St	
	Turn right onto Grand Ave	
	Turn right onto Bellevue Ave	
	Turn right onto Grand Ave	
	Turn right onto El Embarcadero	
	Turn right onto Lakeshore Ave	
	Turn left onto 15th	
	Turn sharp right onto 1st Ave Place	
	Turn left onto International E 14th St	
	Turn right onto 6th Ave	
	Turn right on E 10th St	
	Turn right onto Harrison St	
	Turn left onto 12th St	
	Turn left on Clay	
	Turn left on 9th St	
	Turn right on Washington	
	Turn right on Third St	
	Follow 3rd to Mandela	
	Turn right on 7th St	
	Turn Left on MLK	
	Turn Right on 20th St Thomas Berkeley Wav	
	Turn Left on to Broadway	
	Run through Oakland Tech Camous	
	Turn Right onto 45th St	
	Turn Right onto Broadway	
	Turn right on 20th St Thomas Berkeley Wav	
	Turn left onto Telegraph	
Turn left on to 14th St		
Turn left on Lakeside Dr		
Turn left on 19th St		
END		
10k	Harrison at 20th St	
	Turn right onto Grand Ave	
	Turn right onto Bellevue Ave	
	Turn right onto Grand Ave	
	Turn right onto El Embarcadero	
	Turn right onto Lakeshore Ave	
	Turn left onto 15th	
	Turn sharp right onto 1st Ave Place	
	Turn left onto International E 14th St	
	Turn right onto 6th Ave	
	Turn right on E 10th St	
	Turn right onto Harrison St	
	Turn left onto 12th St	
	Stay on 12th (Marathoners will take a left)	
	Right on MLK Jr Wav	
	Right on 19th St	
	Left onto San Pablo Ave	
	Right on William St	
	Right on Telegraph Ave	
	Left on 14th St	
	Left onto Lakeside Dr	
	Left onto 19th St	
	Finish	
	5k	Harrison at 20th St
		Turn right onto Grand Ave
		Turn right onto Bellevue Ave
		Turn right onto Grand Ave
Turn right onto El Embarcadero		
Turn right onto Lakeshore Ave		
Continue onto 1st Ave		
Right onto Lakeside Drive		
Left onto 19th St		