

**Knickerbocker Canyon Trail Run
Course Description**

5K = Red/White Checkered

10K = Yellow Loop

Half Marathon = Yellow Out + Pink Loop + Yellow Return

35K = Yellow Out + Pink Out + Orange + Pink Return + Yellow Return

Direction	Course	Segment	Total
5K			
	Start: American River Canyon Overlook Park		
Go East	Through Field	0.1	0.1
Turn Right	Through Horse Staging Area	0.0	0.1
Continue Straight	Western States Trail	1.6	1.7
Turn Right	Connector Trail	0.1	1.8
Turn Right	Riverview Trail	0.3	2.1
Turn Left	Connector Trail	0.2	2.3
Turn Right	Tamaroo Bar Trail	0.4	2.7
Turn Right	Gold Street Trail	0.1	2.8
Turn Left	Overlook Trail	0.5	3.3
Turn Left	Western States Trail	0.1	3.4
Continue Straight	Through Horse Staging Area	0.1	3.5
Turn Left	Through Field to Finish	0.0	3.5
	Finish: American River Canyon Overlook Park		
		Miles 3.5	

Direction	Course	Segment	Total
10K			
	Start: American River Canyon Overlook Park		
Go East	Through Field	0.1	0.1
Turn Right	Through Horse Staging Area	0.0	0.1
Continue Straight	Western States Trail	1.8	1.9
Continue Straight	Western States Trail	0.9	2.8
Veer Right	Tamaroo Bar Trail	0.2	3.0
Stay Left	Tamaroo Bar Trail	1.1	4.1
Turn Right	Connector Trail	0.3	4.4
Turn Left	Riverview Trail	0.3	4.7
Turn Left	Connector Trail	0.2	4.9
Turn Right	Tamaroo Bar Trail	0.1	5.0
Turn Right	Gold Street Trail	0.4	5.4
Turn Left	Overlook Trail	0.5	5.9
Turn Left	Western States Trail	0.1	6.0
Continue Straight	Through Horse Staging Area	0.1	6.1
Turn Left	Through Field to Finish	0.0	6.1
	Finish: American River Canyon Overlook Park		
		Miles 6.1	

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Half Marathon			
	Start: American River Canyon Overlook Park		
Go East	Through Field	0.1	0.1
Turn Right	Through Horse Staging Area	0.0	0.1
Continue Straight	Western States Trail	1.8	1.9
Veer Left	Western States Trail	0.9	2.8
Veer Left	Western States Trail	0.3	3.1
Continue Straight	No Hands Bridge	1.0	4.1
Turn Right	Training Hill/Pointed Rocks Trail	0.1	4.2
Veer Left	Olmstead Loop	1.6	5.8
Stay Left	Olmstead Loop	0.3	6.1
Turn Left	Robie Trail	0.2	6.3
Continue Straight	Robie Trail	2.0	8.3
Turn Left	No Hands Bridge	0.2	8.5
Turn Left	Tamaroo Bar Trail	1.5	10.0
Stay Left	Tamaroo Bar Trail	0.2	10.2
Turn Right	Connector Trail	1.1	11.3
Turn Left	Riverview Trail	0.3	11.6
Turn Left	Connector Trail	0.3	11.9
Turn Right	Tamaroo Bar Trail	0.2	12.1
Turn Right	Gold Street Trail	0.4	12.5
Turn Left	Overlook Trail	0.1	12.6
Turn Left	Western States Trail	0.6	13.2
Continue Straight	Through Horse Staging Area	0.1	13.3
Turn Left	Through Field to Finish	0.0	13.3
	Finish: American River Canyon Overlook Park		
		Miles 13.3	

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Direction	Course	Segment	Total
35K			
	Start: American River Canyon Overlook Park		
Go East	Through Field	0.1	0.1
Turn Right	Through Horse Staging Area	0.0	0.1
Continue Straight	Western States Trail	1.8	1.9
Veer Left	Western States Trail	0.9	2.8
Veer Left	Western States Trail	0.3	3.1
Continue Straight	No Hands Bridge	1.0	4.1
Turn Right	Training Hill/Pointed Rocks Trail	0.1	4.2
Veer Right	Olmstead Loop	1.6	5.8
Veer Right	Olmstead Loop	0.9	6.7
Continue Straight	Olmstead Loop	0.4	7.1
Turn Right	Coffer Dam/Salt Creek Loop Trail	0.5	7.6
Continue Straight	Through Field	1.8	9.4
Continue Straight	Auburn-Cool Trail/Dam Hill	0.1	9.5
Turn Left	Single-track Connector Trail	1.6	11.1
Stay Left	Off of paved road, back to AS	0.5	11.6
Turn Left	Olmstead Loop	0.3	11.9
Turn Right	Jeep Trail	1.0	12.9
Zig Right/Zag Left	Stay on Jeep Connector Trail	0.5	13.4
Turn Right	Olmstead Loop	0.2	13.6
Turn Left	Robie Trail	2.0	15.6
Continue Straight	Robie Trail	0.2	15.8
Turn Left	No Hands Bridge	0.2	16.0
Turn Left	Tamaroo Bar Trail	1.5	17.5
Stay Left	Tamaroo Bar Trail	0.2	17.7
Turn Right	Connector Trail	1.1	18.8
Turn Left	Riverview Trail	0.3	19.1
Turn Left	Connector Trail	0.3	19.4
Turn Right	Tamaroo Bar Trail	0.2	19.6
Turn Right	Gold Street Trail	0.4	20.0
Turn Left	Overlook Trail	0.1	20.1
Turn Left	Western States Trail	0.6	20.7
Continue Straight	Through Horse Staging Area	0.1	20.8
Turn Left	Through Field to Finish	0.0	20.8
	Finish: American River Canyon Overlook Park		
		Miles 20.8	