

**Knickerbocker Canyon Trail Run
Course Description**

5K = Purple

10K = Yellow Loop

Half Marathon = Yellow Out + Pink Loop + Yellow Return

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

Direction	Color	Course	Segment	Total
5K				
		Start: American River Canyon Overlook Park		
Head Southwest	Purple	Through Field and Downhill	0.1	0.1
Turn Left	Purple	Western States Trail	0.1	0.2
Continue Straight	Purple	Western States Trail	1.4	1.6
Turn Right	Purple	Connector Trail	0.1	1.7
Zig Right/Zag Left	Purple	Riverview Connector	0.3	2.0
Turn Right	Purple	Tamaroo Bar Trail	0.3	2.3
Continue Straight	Purple	Robie Point Fire Break Trail	0.4	2.7
Turn Right	Purple	Gold Street Trail	0.0	2.8
Turn Left	Purple	Overlook Trail	0.5	3.2
Continue Straight	Purple	Uphill to Overlook	0.1	3.3
Turn Right	Purple	Through Chute	0.1	3.4
		Finish: American River Canyon Overlook Park		
			Miles 3.4	

Direction	Color	Course	Segment	Total
10K				
		Start: American River Canyon Overlook Park		
Head Southwest	Yellow	Through Field and Downhill	0.1	0.1
Turn Left	Yellow	Western States Trail	0.1	0.2
Continue Straight	Yellow	Western States Trail	1.4	1.6
Continue Straight	Yellow	Western States Trail	1.1	2.7
Turn Right	Yellow	Riverview Trail	0.3	3.0
Stay Straight	Yellow	Riverview Trail	0.6	3.6
Turn Left	Yellow	Connector Trail	0.2	3.8
Turn Right	Yellow	Tamaroo Bar Trail	0.3	4.1
Continue Straight	Yellow	Robie Point Fire Break Trail	0.4	4.5
Continue Straight	Yellow	Robie Point Fire Break Trail	0.2	4.7
Veer Right	Yellow	Dale Drive	0.2	4.9
Turn Right	Yellow	Dale Drive Cut	0.1	5.0
Turn Right	Yellow	Dale Drive	0.4	5.4
Turn Right	Yellow	Western States Trail	0.2	5.6
Turn Right	Yellow	Western States Trail	0.4	6.0
Turn Left	Yellow	Uphill to Overlook	0.1	6.1
Turn Left	Yellow	Through Chute	0.0	6.1
		Finish: American River Canyon Overlook Park		
			Miles 6.1	

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Direction	Course	Segment	Total
Half Marathon			
	Start: American River Canyon Overlook Park		
Head Southwest	Yellow	Through Field and Downhill	0.1
Turn Right	Yellow	Western States Trail	0.1
Continue Straight	Yellow	Western States Trail	1.7
Veer Left	Yellow	Western States Trail	0.9
Veer Left	Yellow	Western States Trail	0.3
Continue Straight	Yellow	No Hands Bridge	1.0
Turn Right	Pink	Training Hill/Pointed Rocks Trail	0.1
Veer Left	Pink	Olmstead Loop	1.6
Stay Left	Pink	Olmstead Loop	0.3
Turn Left	Pink	Robie Trail	0.2
Continue Straight	Pink	Robie Trail	2.0
Turn Left	Yellow	No Hands Bridge	0.2
Turn Left	Yellow	Riverview Trail	1.5
Stay Straight	Yellow	Riverview Trail	0.6
Turn Left	Yellow	Connector Trail	0.2
Turn Right	Yellow	Tamaroo Bar Trail	0.3
Continue Straight	Yellow	Robie Point Fire Break Trail	0.4
Continue Straight	Yellow	Robie Point Fire Break Trail	0.2
Veer Right	Yellow	Dale Drive	0.2
Turn Right	Yellow	Dale Drive Cut	0.1
Turn Right	Yellow	Dale Drive	0.4
Turn Right	Yellow	Western States Trail	0.2
Turn Right	Yellow	Western States Trail	0.4
Turn Left	Yellow	Uphill to Overlook	0.2
Turn Right	Yellow	Through Chute	0.0
	Finish: American River Canyon Overlook Park		
			Miles 13.1

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Direction	Course	Segment	Total
35K			
		Start: American River Canyon Overlook Park	
Head Southwest	Yellow	Through Field and Downhill	0.1
Turn Right	Yellow	Western States Trail	0.1
Continue Straight	Yellow	Western States Trail	1.7
Veer Left	Yellow	Western States Trail	0.9
Veer Left	Yellow	Western States Trail	0.3
Continue Straight	Yellow	No Hands Bridge	1.0
Turn Right	Orange	Training Hill/Pointed Rocks Trail	0.1
Veer Right	Orange	Olmstead Loop	1.6
Veer Right	Orange	Olmstead Loop	0.9
Continue Straight	Orange	Olmstead Loop	0.4
Turn Right	Orange	Coffer Dam/Salt Creek Loop Trail	0.5
Continue Straight	Orange	Through Field	1.8
Continue Straight	Orange	Auburn-Cool Trail/Dam Hill	0.1
Turn Left	Orange	Single-track Connector Trail	1.6
Stay Left	Orange	Off of paved road, back to AS	0.5
Turn Left	Orange	Olmstead Loop	0.3
Turn Right	Orange	Jeep Trail	1.0
Zig Right/Zag Left	Orange	Stay on Jeep Connector Trail	0.5
Turn Right	Orange	Olmstead Loop	0.2
Turn Left	Orange	Robie Trail	0.0
Continue Straight	Orange	Robie Trail	2.0
Turn Left	Yellow	No Hands Bridge	0.2
Turn Left	Yellow	Riverview Trail	1.5
Stay Straight	Yellow	Riverview Trail	0.6
Turn Left	Yellow	Connector Trail	0.2
Turn Right	Yellow	Tamaroo Bar Trail	0.3
Continue Straight	Yellow	Robie Point Fire Break Trail	0.4
Continue Straight	Yellow	Robie Point Fire Break Trail	0.2
Veer Right	Yellow	Dale Drive	0.2
Turn Right	Yellow	Dale Drive Cut	0.1
Turn Right	Yellow	Dale Drive	0.4
Turn Right	Yellow	Western States Trail	0.2
Turn Right	Yellow	Western States Trail	0.4
Turn Left	Yellow	Uphill to Overlook	0.2
Turn Right	Yellow	Through Chute	0.0
		Finish: American River Canyon Overlook Park	
			Miles 20.5