**TURN BY TURN DIRECTIONS**

**START/FINISH - AT&T PARKING LOT D**

Start at Lot D  
Exit Lot D, turn left onto 3rd street  
Cross 3rd street bridge (Lefty Odouls Bridge)  
Right on path (East side of AT&T Park), continue to Seals Plaza  
(Obstacle #1)  
Continue North on Path towards SBH and Embarcadero  
West on Embarcadero to Market St.  
Turn left on Market St.  
Turn Left on sidewalk to north side of hardscape of Don Chee Property (SF Park and Rec)  
Turn Right onto Don Chee hardscape  
(Obstacle #2)  
Turn Right on Steuart St sidewalk  
(Hydration Station #1)  
Cross Market Street to Justin Herman Plaza  
Run across Justin Herman Plaza to Clay St.  
Turn Left on Clay St.  
Turn Right on Drumm St.  
Turn Left on Jackson St.  
Turn Right on Davis St.  
Turn Left on Vallejo St.  
Turn Right on Montgomery St.  
Turn Left on Green St.  
Turn Right on Grant St.  
Turn Right on Lombard to Telegraph Hill (2 way traffic, runners stay to right)  
(Obstacle #3, Hydration Station #2)  
Run around traffic circle in a counter clockwise manner  
Descent of Telegraph Hill Blvd back to continue on Lombard St.  
Turn Right on Stockton St.  
Turn Right on North Beach, continue to Embarcadero  
Cross Embarcadero to Pier 39  
(Obstacle #4, Transition #1 (also Transition #2 on the way back))  
Continue Left/West on Embarcadero to Pier 45 (located at end of Herb Cain Way)  
Right turn to enter Shed A (staying on the right for first past)  
(Obstacle #5, Hydration Station #3)  
Exit Shed A in the back and make a left to come around the building back towards Taylor St.  
Turn Right at Taylor St. (in front of Shed A)  
Turn Right on Jefferson St., continue to Aquatic Park (GGNRA property--just past Hyde St.)  
Continue through Aquatic Park to the north end of Van Ness Blvd  
Cross Van Ness Blvd (slight right) and enter Fort Mason  
Continue up and over the hill in Fort Mason to descend to Laguna Street/Marina Blvd intersection  
Travel west along Marina Blvd sidewalk to Little Marina Green Triangle  
(Obstacle #6)  
Turn around at Little Marina Green and reverse flow back thru Fort Mason to Jefferson (2-way traffic)  
Continue on Jefferson St. back to Taylor St. (2-way traffic)  
Turn Left on Taylor St. (2-way traffic)  
Turn Left at alley way leading behind Shed A (2-way traffic)  
Enter Shed A from behind the alley way (2-way traffic)  
(Hydration Station #4, Obstacle #7)  
Exit Shed A and turn Left on Herb Cain Way to Embarcadero (2-way traffic)  
Continue on the Embarcadero to Pier 39 (2-way traffic)  
(Transition #2 (same location as Obstacle #4 and Transition #1))  
Continue south on the Embarcadero.  
Veer to the Right on the sidewalk of King St.  
Thru SBH to ATT Park Door on 2nd St. and King St.  
(Hydration Station #5, Obstacle #8)  
Exit AT&T Park on 3rd Street  
Turn Left on 3rd Street to cross the bridge (Lefty Odouls Bridge)  
Turn Left on path to the north of Terry Francois Street along water way  
Cross Terry Francois Street at far east end of China Basin Park  
Enter Lot A  
(Obstacle #9)  
Exit Lot A, turn left on Terry Francois towards 3rd Street.  
Cross 3rd Street to Lot D  
Enter Lot D to access Finish  
(Obstacle #10, Finish Line, Finish Festival)  
**TOTAL DISTANCE: 11.3 Miles**
OBSTACLE RULES

- You must go over all plastic barricades.
- Go under all blue police barricades without knocking the barricade down or lifting the top cross bar off.
- You are not permitted to go around any of the obstacles.
OBSTACLE RULES
• You are required to go over each of the cones hurdles.
• You are not permitted to go under the cone hurdles.
• Racers must crawl under the fence.
• You are not permitted to go around any of the obstacles.
3. OBSTACLE RULES
   • Participants ascend up to the top of Telegraph Hill Blvd.
OBSTACLE RULES

• Get up and over the "Marine Hurdle" rungs.
• The outside support structures are off limits at all times. Both feet must touch the ground between each rung.
• If you are unable to complete the Marine Hurdles, proceed to the TRX Penalty Zone where you must complete 20 low rows to continue.
• Pick up and carry two tires and successfully traverse the balance beams without falling off. Participants must place the tires in the designated drop area on either side of the balance beams upon completion.
• Go under all blue police barricades without knocking the barricade down or lifting the top cross bar off.
OBSTACLE RULES

• Go over the barricade
• Go under the barricade
• Go through the barricade (head first or feet first allowed)
• Repeat.
• You are not permitted to go around any of the obstacles. Those who violate course elements must return to the beginning of the obstacle and start over.
OBSTACLE RULES

- Move through the tire portions of the obstacle "stutter-step" style, touching the ground inside of each consecutive tire.
- You are NOT permitted to skip a tire or run on top of the tires.
- You are required to go over each of the pallet stack obstacles.
- You are not permitted to go around any of the obstacles.
OBSTACLE RULES

• You are required to go over each of the cones hurdles.
• You are not permitted to go under the cone hurdles.
• Racers must crawl under the camo nets.
• You are not permitted to go around any of the obstacles.
OBSTACLE RULES

• Participants advance through the designated stair climb course
• Stairs may be taken one or two at a time.
OBSTACLE RULES

• Traverse the monkey bars and get to the other side without touching the ground. No skipping rungs permitted. If you are unsuccessful in your first attempt, you are required to make another attempt. If your second attempt proves unsuccessful, Race Staff will direct you to the Six Star Penalty Zone, where you will be required to complete 6 push-ups and 6 burpees before being permitted to continue on with the event.

• Racers must step up on to parallel bars and hand walk to traverse the parallel bars to the other side without touching the ground. If you are unsuccessful in your first attempt, you are required to make another attempt.
OBSTACLE RULES

- In the order shown, get up and over the taxis, buses, under the chain link and over the wall, but never around any element of the obstacle course.
- You are required to face the buses and climb down the cargo nets to descend. Absolutely no jumping is permitted from the bus obstacle or the top of the wall. Doing so will result in immediate disqualification from the event. Please use the infrastructure provided to safely climb down.
- You are not permitted to use the support structures which stick out from the walls to assist you.