

1/10/2015 Contra Costa Trails Run from Road Runner Sports, Concord

- 0.0 Road Runner Sports, Willows Shopping Center, Concord
Head E across parking lot to Iron Horse Trail
- 0.1 R onto Iron Horse Trail
- 1.7 Stay on Iron Horse Trail:
L onto pedestrian bridge just before Monument Blvd,
R at first crosswalk across Monument Blvd,
R at sidewalk,
L to rejoin Iron Horse Trail
- 3.5 Walden Park is on R – restrooms and **Half Marathon Turnaround**
- 4.5 “L” on Ygnacio Valley Rd (take pedestrian bridge across Ygnacio Valley Rd and do 3 R turns to use the south sidewalk.)
- 5.6 Just past John Muir Medical Center, R onto the Briones to Mt Diablo Trail for 0.26 miles, then continue on the Ygnacio Canal Trail.
- 7.3 Cross Walnut Ave and turn R to continue on Ygnacio Canal Trail
- 9.0 R at fork, then up to tunnel to cross under Ygnacio Valley Rd
- 9.7 Look for an aid station on the left
- 9.9 Continue straight onto Contra Costa Canal Trail
- 13.6 R on Willow Pass Rd
- 13.7 L on E Olivera Rd
- 14.1 L on Salvio St.
- 15.2 R on Concord Ave (cross to left side of Concord Ave before Hwy 242 underpass)
- 16.2 L on Iron Horse Trail immediately after crossing Walnut Creek (the stream)
- 17.0 R into parking lot back to Road Runner Sports