

John Lawson Tamalpa Challenge

This is course for those that like trail running and racing on narrow trails. This is a 4.1 M course that is mostly trail with about a 1/4 to 1/3 mile of asphalt. There are many sections of the course where it is difficult to pass. The course starts on a narrow dirt road and narrows by the half mile to a trail (you will later finish here in the parking lot right before the trail narrows). You then run on trail to about 1.2 miles where you run the asphalt section. Although you can pass afterwards, this is a good place to get position before you head back on the trail. A bit after 3 miles you run the lone sustained hill of the course (with switchbacks). There are other hills but they tend to either be gradual or short and steep. After the hill, there is a lot more downhill than uphill coming in (more up than down in the first 2 miles). You finish near where you started in a small parking lot. The finish is a bit blind, so you should check it out before the race. Below is a map of the course.

