

<b>MILL VALLEY STAIRMASTER SERIES #1</b>			
<b>10K CYPRESS-CASCADE-MYRTLE</b>			
<b>STEP BY STEP DIRECTIONS</b>			
<b><u>DIRECTIONS</u></b>	<b><u>PATH #</u></b>	<b><u>DISTANCE</u></b>	<b><u>CUMULATIVE</u></b>
Start at Mill Valley Clock at Depot		0.0	0.0
Clock to Bottom of Dipsea Steps	22	0.3	0.3
Up Dipsea Steps to Edgewood	26,27,28	0.3	0.6
Turn right at Edgewood to Cypress		0.1	0.7
Turn right on Cypress to Cypress Trail		0.2	0.9
Take Cypress Trail to Tenderfoot Trail	302	1.4	2.3
Turn right at Tenderfoot to Monte Vista Trail	43	0.3	2.6
Turn right Monte Vista to Monte Vista Road	304	0.4	3.0
Monte Vista Road to McGlashan steps on left		0.4	3.4
Down McGlashan steps to Wainright	39	0.1	3.5
Turn right on Wainright to Cascade		0.1	3.6
Turn left on Cascade to Three Wells Trail		0.1	3.7
Left at Three Wells Trail to Cascade Park	131	0.2	3.9
Up trail on left in Cascade Park to Lovell Ave	44	0.3	4.2
Turn right on Lovell to chained trail on left		0.3	4.5
Up trail to Tamalpais Ave		0.1	4.6
Go straight on Tamalpais		0.4	5.0
Stay right on Tamalpais at Summit Ave		0.2	5.2
Turn right on Tamalpais Ave to Bernard Steps	50	0.7	5.9
Down Bernard Steps/Bernard St to Clock		0.2	6.1