

Castro Valley Invitational

Canyon Middle School
19600 Cull Canyon Rd.
Castro Valley, CA 94552
(92.5 mi – about 1 hour 35 mins)

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| 1. Turn left onto the State Hwy 99 S ramp to Fresno | 0.3 mi |
| 2. Merge onto CA-99 S | 32.2 mi |
| 3. Take exit 254A for State Hwy 4 W/I-5 toward San Francisco | 0.5 mi |
| 4. Merge onto CA-4 W | 2.4 mi |
| 5. Take the I-5 N exit | 1.1 mi |
| 6. Merge onto I-5 S | 12.7 mi |
| 7. Take exit 458B to merge onto I-205 W toward I-580/San Francisco | 14.0 mi |
| 8. Merge onto I-580 W | 27.1 mi |
| 9. Take exit 37 toward Castro Valley | 0.3 mi |
| 10. Turn left at E Castro Valley Blvd | 0.1 mi |
| 11. Turn right at Crow Canyon Rd | 0.5 mi |
| 12. Slight left at Cull Canyon Rd. Destination will be on the right | 0.3 mi |

Race has been lengthened to 1.5 miles to accomodate the large number of runners. Medals extend back to 25 places. **Leave Kerr at 6:45 am !**

