

**Start Time:
6 - 6:30am**

START-FINISH

FOLLOW

THE SEQUOIA 100

Trim-Off Mileage's	
Alpine Addition	-4.5 mi
Lobitos Outing	-5.1 mi
Coastal Loop	-18.5 mi
All Three	-28.1 mi
Stay Home	-100.1 mi

100.1 MILES & 10,025 FT GAIN = 100 FT/MILE

