

50K			
FROM	TO	DISTANCE	TOTAL
Start/Finish/Strawberry Lodge	Negro Flat	7.3	7.3
Negro Flat	Caples Creek	4.4	11.7
Caples Creek	Negro Flat	7.8	19.5
Negro Flat	Water Stop	2.0	21.5
Water Stop	Water Stop	4.0	25.5
Water Stop	Lovers Leap	3.3	28.8
Lovers Leap	Start/Finish/Strawberry Lodge	1.1	29.9

50M			
FROM	TO	DISTANCE	TOTAL
Start/Finish/Strawberry Lodge	Negro Flat	7.3	7.3
Negro Flat	Caples Creek	4.4	11.7
Caples Creek	Negro Flat	7.8	19.5
Negro Flat	Water Stop	2.0	21.5
Water Stop	Radio Tower	3.6	25.1
Radio Tower	PCT Turn-around	3.4	28.5
PCT Turn-around	Radio Tower	3.4	31.9
Radio Tower	Water Stop	3.4	35.3
Water Stop	Lovers Leap	3.3	38.6
Lovers Leap	Start/Finish/Strawberry Lodge	1.1	39.7
Start/Finish/Strawberry Lodge	Lovers Leap	1.1	40.8
Lovers Leap	Sayles Canyon	3.3	44.1
Sayles Canyon	Turn-around	0.3	44.4
Turn-around	Sayles Canyon	0.3	44.7
Sayles Canyon	Lovers Leap	3.3	48.0
Lovers Leap	Start/Finish/Strawberry Lodge	1.1	49.1