

San Francisco **RUNNING** Guide

The 45 best
routes in the
Bay area

Bob Cooper

San Francisco Running Guide

Not For Tourists



San Francisco Running Guide:

San Francisco Running Guide Bob Cooper, 1998 With nearly a million acres of beautiful parklands countless breathtaking mountain and canyon trails spectacular cityscapes around every corner and hundreds of miles of gorgeous coastline the toughest part of running in San Francisco may be deciding on a route to explore first San Francisco Running Guide was written to help make the difficult decision of where to run in the Bay Area an easy one The book introduces local and visiting runners alike to 35 of the best running routes plus it gives complete course information about the top 10 races from 5Ks to marathons held annually in the Bay Area For each running route included the book provides an explanation of why it was selected a detailed map showing roads and trails to follow on the route an icon key that shows route distance scenery terrain hill ratings and available facilities access information that tells how to get to the starting point course information that describes every step of the run and Foot Notes that provide additional information to make the run more enjoyable Author Bob Cooper a former Running Times executive editor a competitive runner and a longtime Bay Area resident scouted each route himself so runners don't have to waste their own time exploring unsuitable or less than enjoyable routes Visitors running the routes will get to experience the unique beauty of San Francisco and the Bay Area firsthand while resident runners will discover routes they never knew existed

San Francisco Bay Area Jessica Lage, 2003 Trail Runner's Guide San Francisco Bay Area covers the best trail runs in the region's parklands and open spaces This informative guide provides the detailed routes with descriptions of terrain views and vegetation from a runner's perspective 50 featured routes from 2 to 22 miles plus alternative routes from every trailhead Includes topographic maps with easy directions on facing pages elevation profiles and at a glance trail conditions and regulations for each run plus equipment safety and running tips

Trail Runners Guide to San Francisco Bay Area Jessica Lage, 2010-07-19 Trail Runner's Guide San Francisco Bay Area covers the best trail runs in the region's parklands and open spaces This informative guide provides the detailed routes with descriptions of terrain views and vegetation from a runner's perspective 50 featured routes from 2 to 22 miles plus alternative routes from every trailhead Topographic maps with easy directions on facing pages Simple to copy and carry in your pocket An elevation profile and at a glance trail conditions and regulations for each run plus equipment safety and running tips

Not For Tourists Guide to San Francisco 2016 Not For Tourists, 2015-11-24 With details on everything from Golden Gate Park to the Mission District this is the only guide a native or traveler needs The Not For Tourists Guide to San Francisco is the urban manual to the city that no San Franciscan should be without This map based guidebook organizes the city into 40 mapped neighborhoods and marks each map with user friendly icons locating all of the essential services and entertainment hotspots Want to stroll along breezy Fisherman's Wharf NFT has you covered How about rummaging through a vintage thrift shop We've got that too The nearest gourmet restaurant cultural hotspot music venue or football game whatever you need NFT puts it at your fingertips The guide also includes A foldout map showing highways rail transit and

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