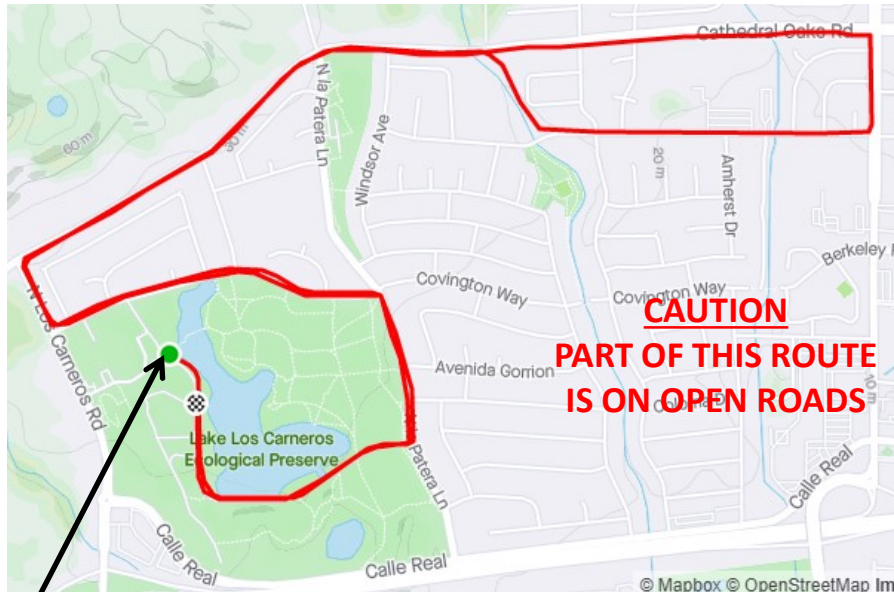


2020 SBAA Grand Prix

Virtual 10k

The Route (www.strava.com/segments/24621974)



Aside: Lake Los Carneros was originally a duck pond ("la Patera" in Spanish). It was enlarged to serve as a water source for the Stow family's lemon orchards. Among other uses today, it provides water for fire-fighting helicopters

<https://www.independent.com/2008/05/03/lake-los-carneros/>



The Start: On Covington Way, about 50m east of Camino Caseta, you will see a trailhead going into the park. Take this south to where it hits a rutted asphalt road. This intersection is the start.



The Finish: After you round the SW corner of the dam and head north again, look for this short stone wall on the left. The finish is where it begins



Directions:

- 0mi: **START**. Run south and then east on the asphalt road that goes around the dam
- 0.6 mi: Left onto N. La Patera Lane
- 0.8mi - Left onto Covington Way
- 1.4mi - Right onto Los Carneros
- 1.5mi - Right onto Cathedral Oaks Rd
- 2.4mi - Right onto the trail (**WARNING, EASY TO MISS ... TURN RIGHT AT BLUE POST WHICH IS ALMOST IMMEDIATELY AFTER THE CREEK**)
- 2.5mi - Left onto Stow Canyon Road
- 3.1mi - Left onto Fairview
- 3.2mi - Left onto Cathedral Oaks
- 4.8mi - Left onto Los Carneros
- 4.9mi - Left onto Covington Way
- 5.4mi - Right onto N. La Patera Lane
- 5.7mi - Right onto the asphalt road that goes around the dam
- 6.2mi - **FINISH** at the stone wall (see picture above right)

