










**SAN DIEGO 100 MILE ENDURANCE RUN - 2024**  
**TURN-BY-TURN DIRECTIONS (updated 11/28/23)**

Aid Station name	Description	Miles Between Segment	Miles Between Aid	Total Race Miles
<b>START</b>	START: Lake Cuyamaca			0.00
	Head south on the dirt trail that parallels the lake.			
	LEFT at the picnic tables, remain along the edge of the lake (keep the lake to your left)	0.44	0.44	0.44
	RIGHT when you see the bridge (do NOT cross over the bridge) passing through the split in the fence.	0.46	0.90	0.90
	Immediately after passing through the fence turn LEFT onto the Marty Minshall Trail	0.01	0.91	0.91
	LEFT at the "T" onto the dirt road	0.34	1.25	1.25
	Shortly after passing the horse stables continue STRAIGHT onto the single-track trail	0.04	1.29	1.29
	Stay LEFT (to remain on Marty Minshall)	0.36	1.65	1.65
	Cross over the paved road, continuing on Marty Minshall	0.28	1.93	1.93
	RIGHT and briefly run on the paved road	0.28	2.21	2.21
	LEFT onto Soapstone Grade Fire Road	0.04	2.25	2.25
	RIGHT onto Stonewall Creek Fire Road	0.99	3.24	3.24
	Sharp RIGHT onto Cold Spring Trail (single track)	1.08	4.32	4.32
	RIGHT onto Cold Stream Trail	2.17	6.49	6.49
	RIGHT, heading up Stonewall Peak Trail	1.76	8.25	8.25
	LEFT at the "T" then proceed downhill	1.70	9.95	9.95
	LEFT at the "T" onto the CA Riding & Hiking Trail	1.48	11.43	11.43
	RIGHT on the connector trail	0.22	11.65	11.65
	Continue STRAIGHT	0.50	12.15	12.15
	LEFT at the "T" onto the Marty Minshall Trail	0.07	12.22	12.22
	Cross Highway 79 toward the dirt road	0.38	12.60	12.60
<b>Trout Pond</b>	Arrive at Trout Pond aid station	0.05	<b>12.65</b>	12.65
	Exit the aid station heading west on the dirt road			
	Pass through the gate and briefly run along Milk Ranch Road	0.04	0.04	12.69
	RIGHT onto Middle Peak Fire Road	0.17	0.21	12.86
	RIGHT/STRAIGHT to continue on Middle Peak Fire Road (do not take the Black Oak trail that goes down the east side of Middle Peak	2.22	2.43	15.08
	LEFT onto Black Oak trail heading down the west side of Middle Peak	0.74	3.17	15.82
	Continue STRAIGHT onto Azalea Spring Fire Road, crossing over Milk Ranch Road (we call this junction "Four Corners")	1.48	4.65	17.30
	RIGHT onto Los Conejos Trail	0.25	4.90	17.55
	RIGHT onto the paved road	1.56	6.46	19.11
	Continue STRAIGHT on the paved road, heading uphill	0.14	6.60	19.25
<b>Cuyamaca Peak</b>	Arrive at the Cuyamaca Peak aid station (located to the right of the antenna towers)	0.40	<b>7.00</b>	19.65
	Retrace your steps, briefly heading down the paved road			
	RIGHT onto Burnt Pine Fire Road	0.40	0.40	20.05
	Keep RIGHT to stay on Burnt Pine Fire Road	0.83	1.23	20.88
	LEFT onto West Mesa Tail	2.31	3.54	23.19
	Continue STRAIGHT	0.75	4.29	23.94
	RIGHT onto Fern Flat Fire Road	0.65	4.94	24.59
	RIGHT onto West Mesa Fire Road	0.85	5.79	25.44
	RIGHT onto West Mesa Trail (single track)	0.62	6.41	26.06
	RIGHT to pass by the Airplane Monument	1.11	7.52	27.17





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	Continue straight on West Mesa Trail	0.08	7.60	27.25
	LEFT onto Monument Trail	0.07	7.67	27.32
	RIGHT to remain on Monument Trail (toward Green Valley Campground)	1.46	9.13	28.78
	Arrive at the paved road within Green Valley Campground. Proceed through the campground to the Pine Ridge Trail trailhead	0.23	9.36	29.01
<b>Green Valley</b>	Arrive at the Green Valley Aid Station	0.36	<b>9.72</b>	29.37
	Exit the aid station heading up the single-track Pine Ridge Trail			
	LEFT onto Arroyo Seco Trail (dirt road)	2.07	2.07	31.44
	Continue STRAIGHT on Arroyo Seco	0.68	2.75	32.12
	RIGHT onto the CA Riding & Hiking Trail	0.43	3.18	32.55
	LEFT onto Saddleback Trail, heading downhill	0.37	3.55	32.92
	LEFT onto Merigan Fire Road	1.53	5.08	34.45
<b>Blue Ribbon (water only)</b>	Arrive at the Blue Ribbon water drop	1.13	<b>6.21</b>	35.58
	LEFT onto singletrack Blue Ribbon Trail			
	RIGHT onto South Boundary Fire Road	1.50	1.50	37.08
	Bend LEFT (remain on the main fire road)	0.80	2.30	37.88
	Cross Highway 79	0.52	2.82	38.40
	Immediately after crossing, turn RIGHT onto East Side Trail	0.02	2.84	38.42
	LEFT onto Lower Descanso Creek Trail	0.44	3.28	38.86
	RIGHT onto East Mesa Fire Road	0.68	3.96	39.54
	LEFT onto Oak Trail	0.38	4.34	39.92
	LEFT onto Harvey Moore Trail	0.62	4.96	40.54
	Stay RIGHT onto East Side Trail	0.77	5.73	41.31
<b>Sweetwater</b>	Arrive at Sweetwater aid station	0.12	<b>5.85</b>	41.43
	RIGHT (northbound) to continue on East Side Trail			
	Continue STRAIGHT to remain on East Side Trail	0.56	0.56	41.99
	Continue STRAIGHT to remain on East Side Trail	0.75	1.31	42.74
	Continue STRAIGHT to remain on East Side Trail	0.21	1.52	42.95
	Continue STRAIGHT to remain on East Side Trail	0.22	1.74	43.17
	LEFT to cross Rock Creek	0.80	2.54	43.97
	Immediately after crossing the creek proceed STRAIGHT up Harvey Moore Trail	0.01	2.55	43.98
	LEFT onto Deer Park Trail	2.23	4.78	46.21
	RIGHT onto Deer Park Fire Road	1.77	6.55	47.98
<b>Pine Creek (water only)</b>	Arrive at Pine Creek Road water only station	1.51	<b>8.06</b>	49.49
	RIGHT heading downhill on Pine Creek Road (paved)			
<b>Hammer's Hideaway</b>	Arrive at Hammer's Hideaway aid station	2.29	<b>2.29</b>	51.78
	LEFT onto the connector trail			
	LEFT onto Noble Canyon Trail. (tip: follow all "Noble Canyon" signs from this point to the Penny Pines aid station)	0.30	0.30	52.08
	Tricky RIGHT to cross the creek and remain on Noble Canyon	1.61	1.91	53.69
	Cross the asphalt road	2.58	4.49	56.27
	STRAIGHT to remain on Noble Canyon	0.28	4.77	56.55
	RIGHT to remain on Noble Canyon	0.43	5.20	56.98

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Aid Station name	Description	Miles Between Segment	Miles Between Aid	Total Race Miles
	STRAIGHT across the Asphalt Road to remain on Noble Canyon	0.87	6.07	57.85
	Tricky LEFT to remain on Noble Canyon	0.25	6.32	58.10
	STRAIGHT to remain on the Noble Canyon trail	0.99	7.31	59.09
<b>Penny Pines 1</b>	Arrive at Penny Pines 1 aid station (short out-and-back)	0.10	<b>7.41</b>	59.19
	Turnaround and retrace your steps for 0.10 miles			
	LEFT onto Big Laguna Trail	0.10	0.10	59.29
	LEFT to remain on Big Laguna Trail	0.85	0.95	60.14
	RIGHT onto Sunset connector trail	0.11	1.06	60.25
	RIGHT onto Sunset Trail	0.35	1.41	60.60
	RIGHT to remain on Sunset Trail (keeping Water-of-the-Woods on your left)	2.01	3.42	62.61
	Tricky RIGHT to remain on Sunset Trail	0.10	3.52	62.71
	RIGHT at the split in the trail (out-and-back to aid)	1.49	5.01	64.20
	Stay Right toward the aid station	0.05	5.06	64.25
<b>Meadows</b>	Arrive at Meadows Aid station	0.05	<b>5.11</b>	64.30
	Turnaround and retrace your steps for 0.10 miles			
	RIGHT onto Water-of-the-Woods Spur Trail	0.10	0.10	64.40
	RIGHT onto Kemp Connector Trail	0.26	0.36	64.66
	Pass through the spit in the fence and immediately turn RIGHT onto Kemp Spur Trail (keeping the fence line on your right).	0.35	0.71	65.01
	RIGHT onto Chico Ravine Trail (keep the fence on your right)	0.28	0.99	65.29
	Sharp LEFT onto Chico Connector Spur Trail	0.89	1.88	66.18
	LEFT onto Los Gatos Ravine Trail	0.35	2.23	66.53
	RIGHT onto Kemp Spur Trail	0.99	3.22	67.52
	RIGHT onto Big Laguna Trail	0.30	3.52	67.82
	RIGHT onto Agua Dulce Trail	0.11	3.63	67.93
	RIGHT to remain on Agua Dulce Trail, which turns into Agua Dulce fire road	0.16	3.79	68.09
	Sharp LEFT onto Escondido Ravine Fire Road	0.51	4.30	68.60
	RIGHT onto Red Tail Roost Trail	0.27	4.57	68.87
	Stay RIGHT toward Red Tail Roost	1.65	6.22	70.52
<b>Red Tail Roost</b>	Arrive at Red Tail Roost	0.07	<b>6.29</b>	70.59
	Exit the aid station and cross Sunrise Highway (S1 highway), then RIGHT to run south along Sunrise Highway			
	LEFT onto Thing Valley Road (dirt road)	0.07	0.07	70.66
	RIGHT to remain on Thing Valley Road	0.06	0.13	70.72
	LEFT onto the Pacific Crest Trail (PCT). We call this junction Dale's Soup Kitchen.	1.17	1.30	71.89
	STRAIGHT to run briefly on the dirt road	0.24	1.54	72.13
	RIGHT to remain on the PCT	0.06	1.60	72.19
	RIGHT to remain on the PCT	0.43	2.03	72.62
	STRAIGHT across the asphalt road	2.02	4.05	74.64
	STRAIGHT across the asphalt road	0.57	4.62	75.21
	LEFT on the connector trail, steep downhill to Todd's Cabin aid station (out-and-back)	0.24	4.86	75.45

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<b>Todd's Cabin</b>	Arrive at Todd's Cabin Aid Station	0.11	<b>4.97</b>	75.56
	Retrace your steps back uphill to the PCT			
	LEFT heading north on the PCT	0.11	0.11	75.67
	STRAIGHT to remain on the PCT	0.79	0.90	76.46
	Stay RIGHT to remain on the PCT	1.72	2.62	78.18
	LEFT toward the Penny Pines aid station	2.44	5.06	80.62
<b>Penny Pines 2</b>	Arrive at Penny Pines 2 aid station (short out-and-back)	0.05	<b>5.11</b>	80.67
	Retrace your steps back to the PCT			
	LEFT heading north on the PCT	0.05	0.05	80.72
	STRAIGHT crossing the Garnet Peak Trail to remain on the PCT	1.48	1.53	82.20
<b>Pioneer Mail</b>	Arrive at Pioneer Mail Aid Station	2.36	<b>3.89</b>	84.56
	Exit Northbound on the PCT			
	Arrive at the paved cul-de-sac road, stay RIGHT	0.69	0.69	85.25
	Stay RIGHT/STRAIGHT to proceed on the PCT	0.02	0.71	85.27
	LEFT briefly onto the dirt road	4.18	4.89	89.45
	Sharp RIGHT to remain on the PCT trail	0.02	4.91	89.47
	LEFT onto the Sunrise Trailhead connector trail (exit the PCT)	1.89	6.80	91.36
<b>Sunrise</b>	Arrive at the Sunrise Aid station	0.26	<b>7.06</b>	91.62
	Pass through the trailhead and exit heading west on the trail near the horse stables			
	STRAIGHT across the asphalt road	1.12	1.12	92.74
	Sharp RIGHT onto La Cima Trail	0.04	1.16	92.78
	LEFT onto the CA Riding & Hiking Trail	1.42	2.58	94.20
	RIGHT onto Soapstone Grade Fire Road	2.25	4.83	96.45
	RIGHT to remain on Soapstone Grade Fire Road	0.90	5.73	97.35
	RIGHT and briefly run on the asphalt road	0.99	6.72	98.34
	LEFT onto Marty Minshall Trail (single track)	0.04	6.76	98.38
	STRAIGHT across the asphalt road	0.28	7.04	98.66
	Stay RIGHT to remain on Marty Minshall	0.28	7.32	98.94
	STRAIGHT briefly on the dirt road (keeping the horse stables on your right)	0.36	7.68	99.30
	RIGHT to remain on Marty Minshall	0.04	7.72	99.34
	Tricky RIGHT to go through the split in the fence	0.34	8.06	99.68
	Immediately after passing through the fence turn LEFT onto the wide trail the parallels the lake (keeping the lake on your left)	0.01	8.07	99.69
	RIGHT at the picnic table	0.46	8.53	100.15
	LEFT short uphill to the finish	0.42	8.95	100.57
<b>Finish</b>	Arrive at the Finish Line at Cuyamaca Lake!	0.02	<b>8.97</b>	<b>100.59</b>



This indicates "KEY" turns. Pay attention! These are the more tricky turns!