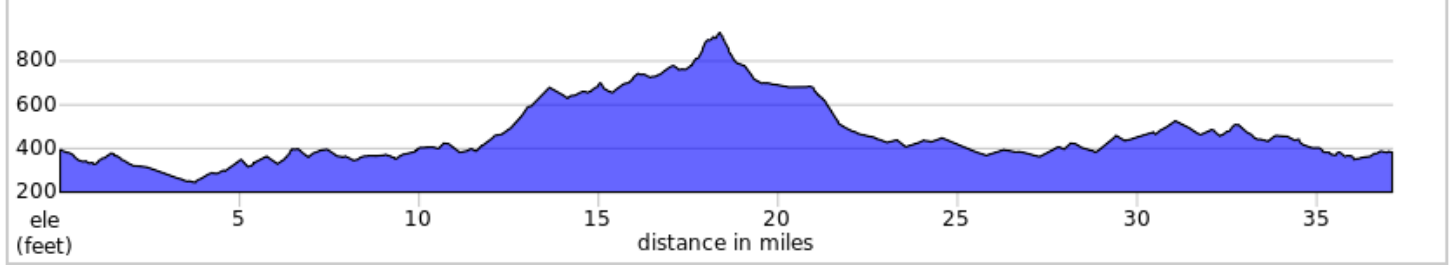
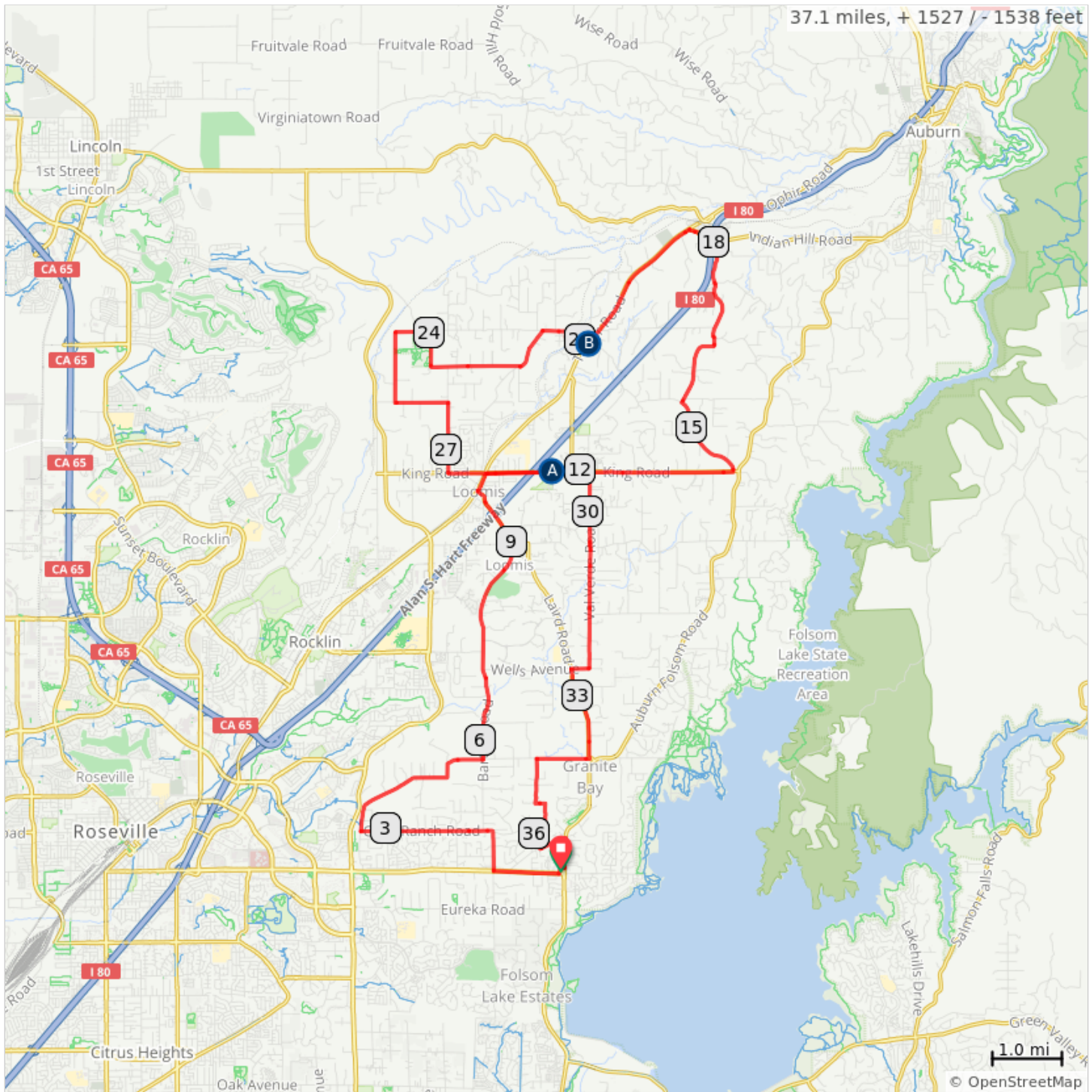


Medium Route '20 Trek



A. REST STOP - Loomis Basin Community Park - south

B. REST STOP - Griffith Quarry Park, Penryn



Medium Route '20 Trek

Num	Dist	Type	Note
1.	0.0	📍	Start of route
2.	0.0	➔	R onto Douglas Blvd
3.	1.0	➔	R onto Barton Rd
4.	1.7	↑	Continue straight onto Olive Ranch Rd
5.	3.4	➔	R onto Cavitt Stallman Road
6.	5.8	←	L onto Barton Road
7.	9.0	➔	R onto Brace Road
8.	9.1	←	L onto Horseshoe Bar Road (towards Freeway)
9.	9.1	←	L onto Horseshoe Bar Road WEST
10.	10.1	➔	R onto Taylor Road
11.	10.4	➔	R onto King Road
12.	11.3	➔	REST STOP: Turn R into Loomis Basin Community Park on Ong Place.
13.	11.4	➔	R into Rest Stop. EXIT L onto Ong Place.
14.	11.6	➔	R onto King Road
15.	14.1	←	L onto Brennans Road
16.	15.4	➔	R onto Brennans Road
17.	16.6	←	L onto Newcastle Road
18.	18.3	↘	Cross over I-80 and turn slight L onto Old State Highway.
19.	18.4	↗	Slight R onto Old State Highway and go over the hill
20.	18.6	←	L onto Taylor Road
21.	20.8	←	L onto Rock Springs Road
22.	20.8	➔	REST STOP: At Griffith Quarry Park. EXIT L onto Rock Springs Road and cross Taylor Road. Becomes English Colony Way and heads downhill.
23.	21.7	←	L onto Swetzer Road
24.	22.3	➔	R onto Colwell Road
25.	23.3	↑	Continue straight onto Humphrey Road

23.3 miles. +1056/-1020 feet

Num	Dist	Type	Note
26.	24.1	←	L onto English Colony Way
27.	24.6	←	L onto Delmar Avenue
28.	25.6	←	L onto Citrus Colony Road
29.	26.3	➔	R onto Humphrey Road
30.	27.3	←	L onto King Road
31.	28.8	➔	REST STOP: Turn R into Loomis Basin Community Park on Ong Place. EXIT back towards King Road.
32.	28.9	➔	R onto King Road
33.	29.4	➔	R onto Val Verde Road
34.	30.5	↑	Continue straight thru Horseshoe Bar Road and stay on Val Verde Road.
35.	32.3	➔	R onto Wells Avenue
36.	32.6	←	L onto Laird Road
37.	33.9	➔	R onto Cavitt Stallman Road
38.	34.6	←	L onto Oak Pine Lane
39.	35.3	←	L onto Itchy Acres Road
40.	36.2	←	L onto Joe Rodgers Road
41.	36.6	➔	R onto Auburn Folsom Road
42.	37.0	➔	R into Country Gables (Raley's) Shopping Center. END OF ROUTE.
43.	37.1	📍	End of route

13.8 miles. +392/-445 feet