

# Sunday Long Run Course

13.1 miles

**FLEET FEET**  
*Sports*  
2311 J Street

START/FINISH

Turn-around Point



24th Street  
C Street  
28th Street  
1M  
12M  
11M  
10M  
9M  
8M  
7M  
6M  
5M  
4M  
3M  
2M  
Capital City Rwy  
H Street  
J Street  
H Street Bridge  
American River Trail  
Howe Ave  
Howe Ave  
50  
50