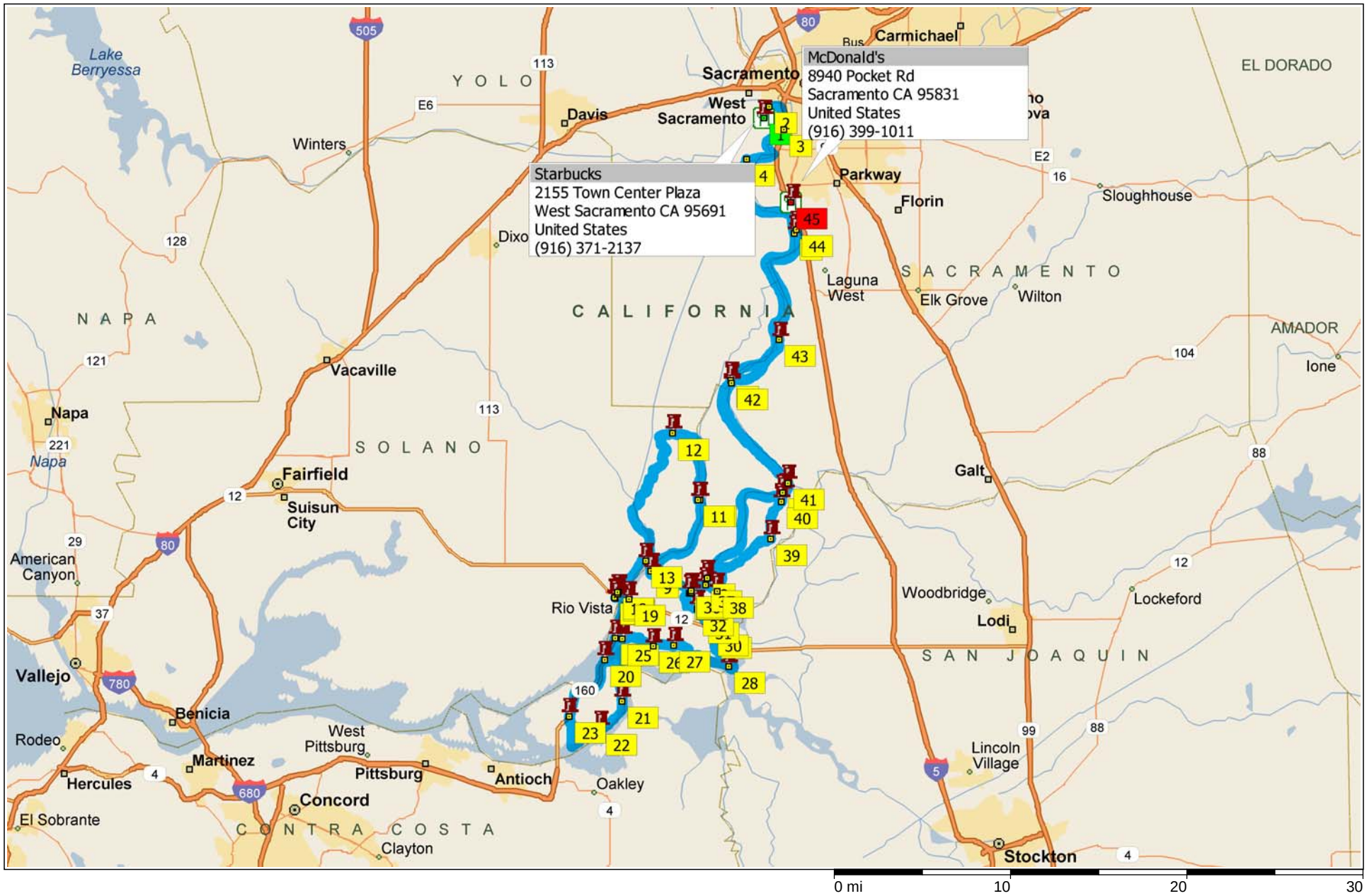
2009 REME Delta Run

136.2 miles; 6 hours, 20 minutes



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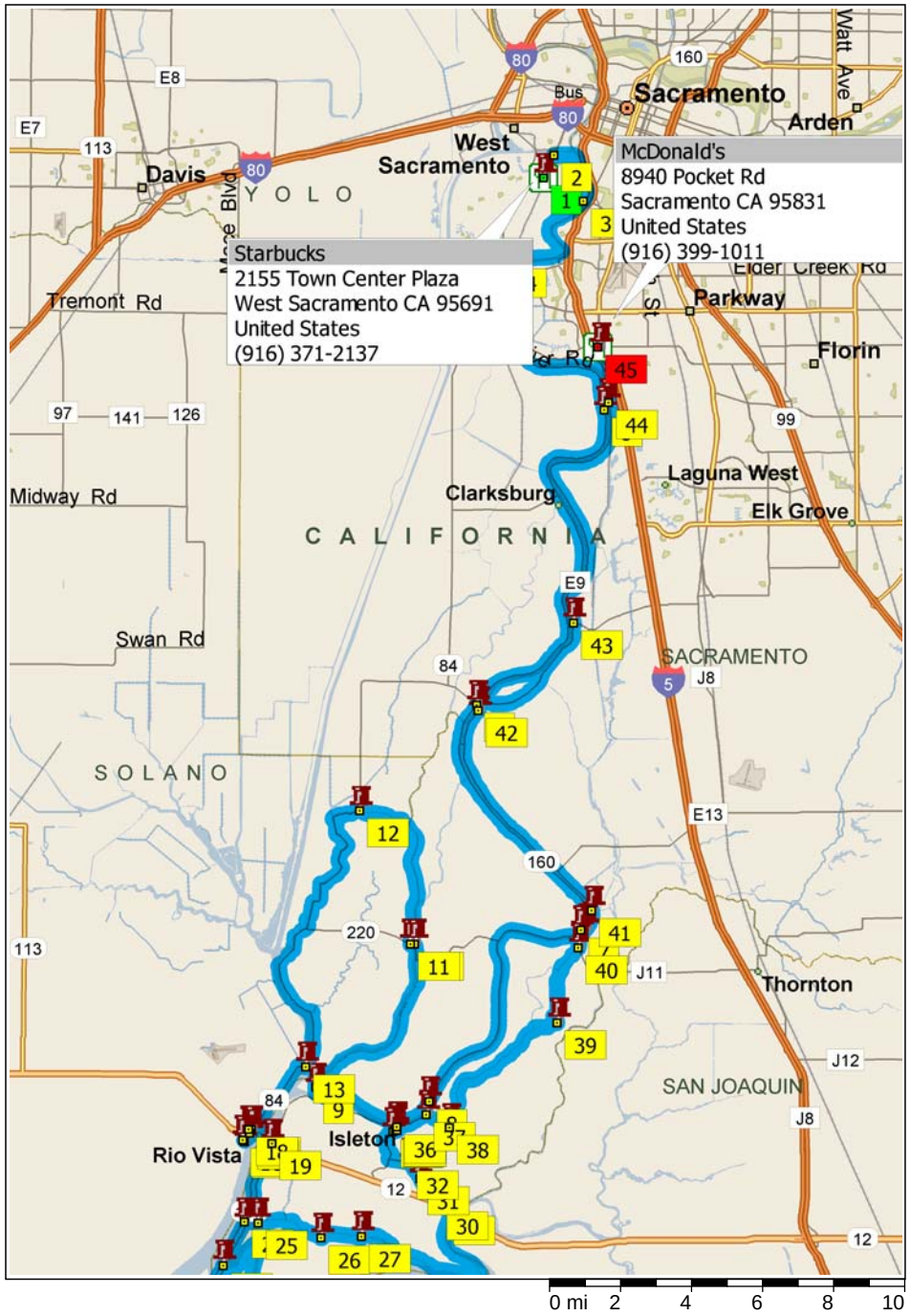

9:30 AM	0.0 mi	1 Depart Starbucks [2155 Town Center Plaza, West Sacramento CA 95691, United States, (916) 371-2137] on Town Center Plaza (North) for 109 yds
9:30 AM	0.1 mi	Turn LEFT (West) onto Lake Washington Blvd for 0.2 mi
9:30 AM	0.2 mi	Turn RIGHT (North-East) onto SR-84 [Jefferson Blvd] for 0.6 mi
9:32 AM	0.9 mi	2 At S River Rd & Jefferson Blvd, West Sacramento, CA 95691, turn RIGHT (South-East) onto S River Rd for 2.0 mi
9:34 AM	2.9 mi	3 At S River Rd & Linden Rd, West Sacramento, CA 95691, stay on S River Rd (South) for 3.7 mi
9:38 AM	6.5 mi	4 At S. River Rd & Gregory Ave, West Sacramento, stay on S River Rd (South) for 6.3 mi
9:46 AM	12.8 mi	5 At S. River Rd & Freeport Bridge, bear RIGHT (South) onto CR-E9 [S River Rd] for 3.7 mi
9:51 AM	16.6 mi	Keep STRAIGHT onto CR-E9 [Riverview Dr] for 0.5 mi
9:52 AM	17.1 mi	Bear LEFT (South-East) onto CR-E9 [S River Rd] for 7.3 mi
10:01 AM	24.3 mi	6 At S. River Rd & Courtland Rd, stay on CR-E9 [S River Rd] (South-West) for 0.6 mi
10:01 AM	24.9 mi	Road name changes to S River Rd for 0.6 mi
10:02 AM	25.6 mi	Bear LEFT (South) onto SR-160 for 6.7 mi
10:10 AM	32.3 mi	7 At River Rd (CA-160) & Walnut Grove Bridge, stay on SR-160 (South-West) for 8.1 mi
10:19 AM	40.4 mi	8 At Grand Island Rd & CA-160 at Isleton Bridge, return West on SR-160 for 21 yds
10:19 AM	40.4 mi	Turn LEFT (South-West) onto Grand Island Rd for 3.2 mi
10:27 AM	43.6 mi	*Gate access required* Bear LEFT (West) onto Grand Island for 0.6 mi
10:29 AM	44.2 mi	9 At Grand Island Rd, stay on Grand Island (North) for 0.6 mi
10:31 AM	44.8 mi	Turn LEFT (North-East) onto Grand Island Rd for 4.7 mi

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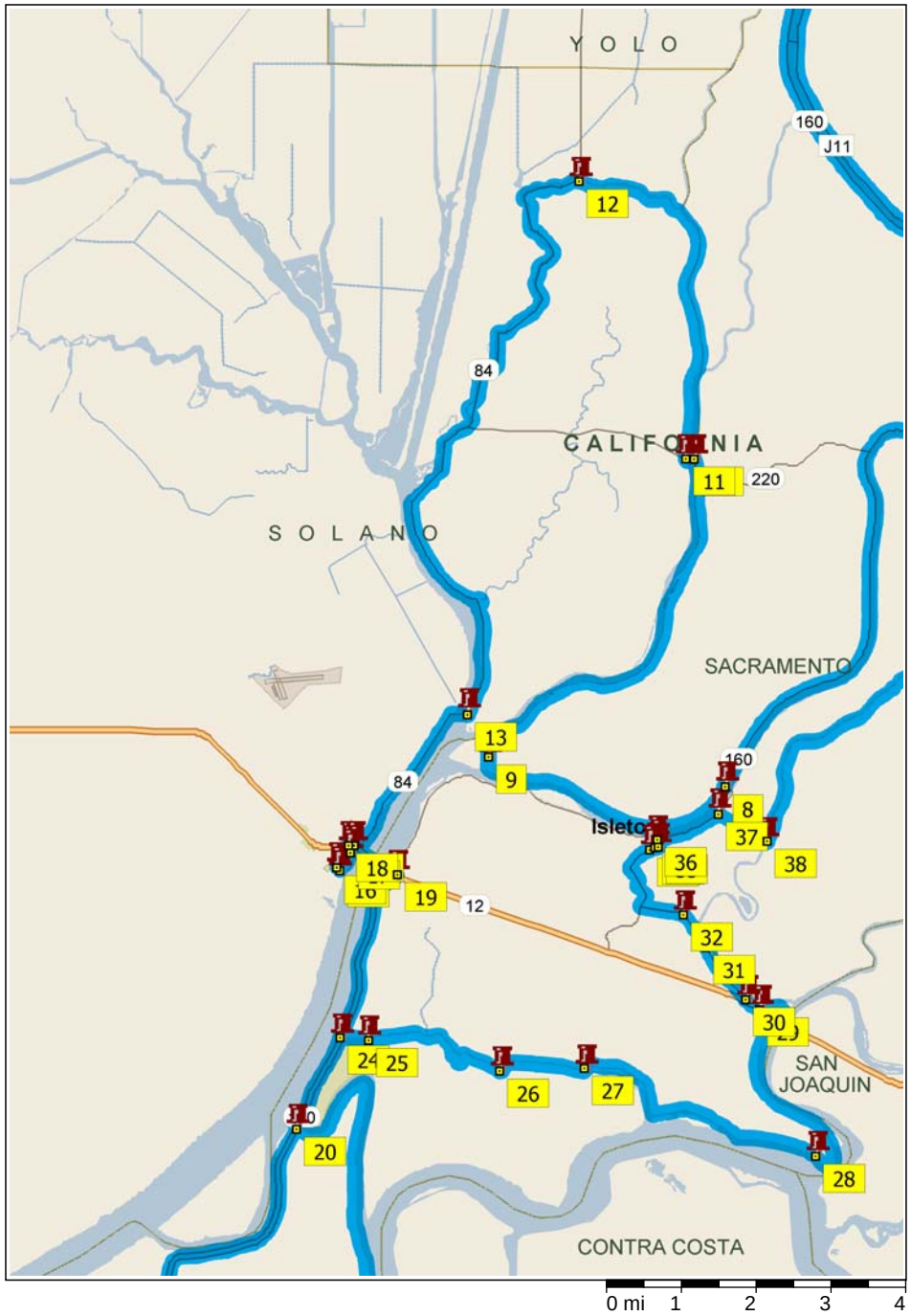

10:42 AM	49.5 mi	Keep STRAIGHT onto SR-220 [Grand Island Rd] for 0.4 mi
10:43 AM	49.9 mi	10 Arrive Grand Island Rd & Howard Landing Ferry (CA-220)
11:13 AM	49.9 mi	Depart Grand Island Rd & Howard Landing Ferry (CA-220) on SR-220 (West) for 10 yds
11:13 AM	49.9 mi	*Check timetable* Stay on SR-220 [Howard Landing Ferry] (West) for 65 yds
11:14 AM	50.0 mi	11 At Ryer Rd E & Howard Landing Ferry (CA-220), turn RIGHT (North) onto Ryer Rd E [Ryer Island Rd E] for 5.1 mi
11:26 AM	55.0 mi	12 At Ryer Island RD (CA-84) & Ryer Rd E, keep STRAIGHT onto SR-84 [Ryer Island Rd] for 4.8 mi
11:32 AM	59.9 mi	Bear RIGHT (West) onto SR-84 for 4.7 mi
11:38 AM	64.6 mi	13 Arrive Ryer Island Ferry & Ryer Island Rd
12:08 PM	64.6 mi	Depart Ryer Island Ferry & Ryer Island Rd on SR-84 (North) for 174 yds
12:08 PM	64.7 mi	*Turn potentially restricted* Turn LEFT (West) onto Local road(s) for 174 yds
12:09 PM	64.8 mi	*Check timetable* Take Real McOy Ferry [Ryer Island Ferry] (West)
12:24 PM	64.8 mi	Take SR-84 [River Rd] (West) for 2.3 mi
12:28 PM	67.1 mi	14 At N Front St & River Rd (CA-84), turn LEFT (South) onto N Front St for 0.4 mi
12:29 PM	67.5 mi	15 At S. Front St & N Front St at Main St, Rio Vista, turn RIGHT (North-West) onto Main St for 109 yds
12:29 PM	67.6 mi	16 Arrive Pizza Factory, 201 Main St, Rio Vista
1:46 PM	67.6 mi	Depart Pizza Factory, 201 Main St, Rio Vista on Main St (South-East) for 109 yds
1:46 PM	67.7 mi	Turn LEFT (North-East) onto N Front St for 0.3 mi
1:47 PM	67.9 mi	17 At New Front St & N. Frint St, turn LEFT (North-West) onto New Front St for 0.1 mi
1:48 PM	68.1 mi	18 At CA-12 & New Front St, bear RIGHT (East) onto SR-12 [Rio Vista Rd] for 0.8 mi
1:48 PM	68.8 mi	19 At CA-160 & CA-12, turn RIGHT (South-West) onto SR-160 [River Rd] for 3.8 mi

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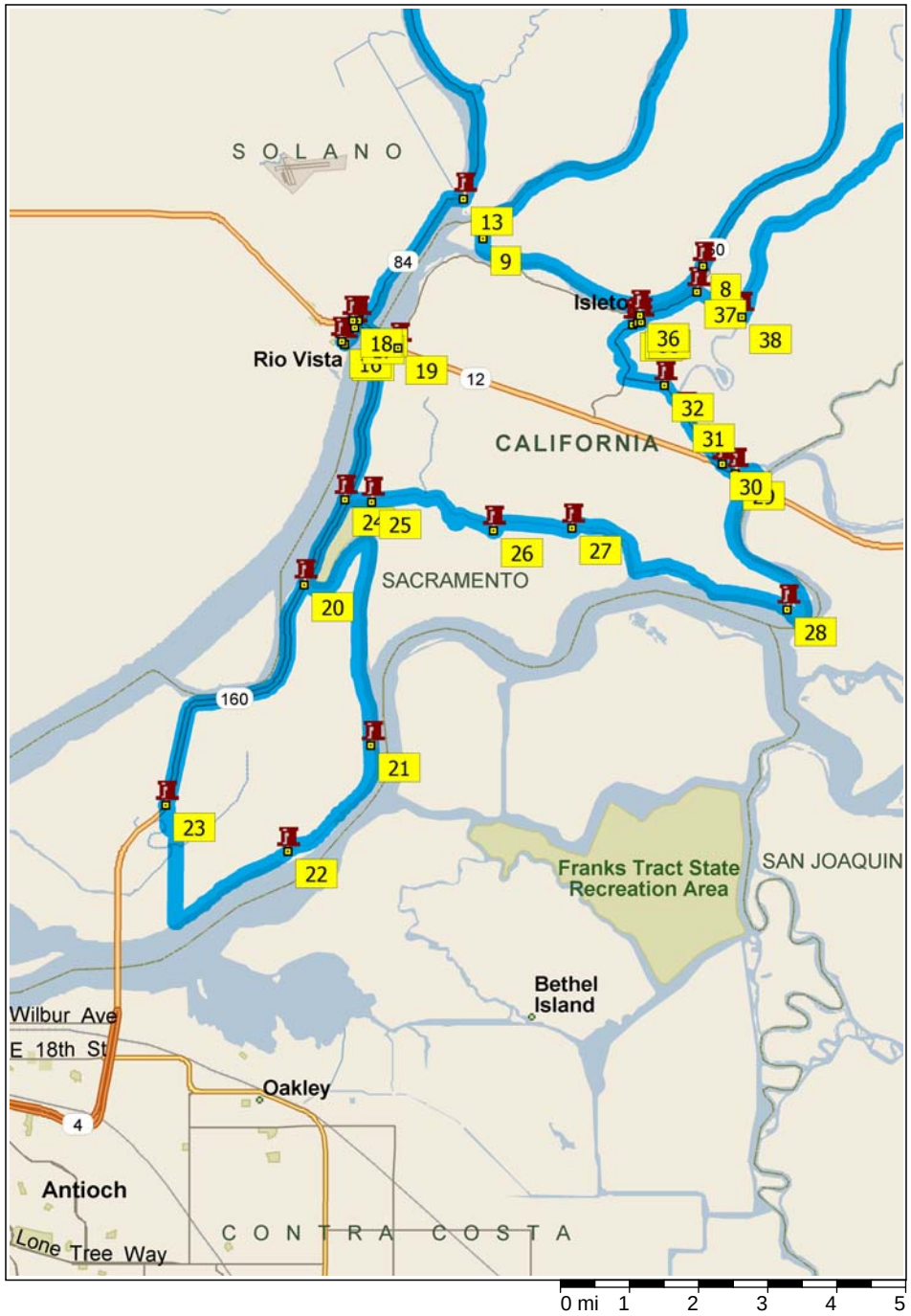

1:52 PM	72.7 mi	20	At Dherman Island Levee Rd & CA-160, turn LEFT (East) onto Sherman Island Levee Rd for 6.0 mi
2:07 PM	78.7 mi	21	At Sherman Island Levee Rd, stay on Sherman Island Levee Rd (South) for 2.2 mi
2:12 PM	80.9 mi	22	At Sherman Island Levee Rd & River Rd, stay on Sherman Island Levee Rd (East) for 1.9 mi
2:17 PM	82.8 mi		Bear RIGHT (West) onto Sherman Island X Rd for 1.8 mi
2:22 PM	84.6 mi	23	At CA-160 & Sherman Island Levee Rd, turn RIGHT (North) onto SR-160 [River Rd] for 5.7 mi
2:28 PM	90.3 mi	24	At W. Brannan Island Rd & CA-160, turn RIGHT (East) onto W Brannan Island Rd for 0.4 mi
2:29 PM	90.7 mi	25	At W. Twitchell Island Rd & W. Brannan Island Rd, keep STRAIGHT onto (W) Twitchell Island Rd for 2.2 mi
2:34 PM	92.9 mi	26	At Twitchell Island Rd & W. Twitchell Island Rd, stay on Twitchell Island Rd (East) for 1.2 mi
2:37 PM	94.1 mi	27	At W. Brannon Island Rd & Twitchell Island Rd, turn RIGHT (East) onto W Brannan Island Rd for 3.8 mi
2:46 PM	97.9 mi	28	At W. Brannan Island Rd & Lighthouse Restaurant and Bar, stay on W Brannan Island Rd (South-East) for 0.2 mi
2:47 PM	98.1 mi		Road name changes to Brannan Isle Rd for 3.1 mi
2:55 PM	101.3 mi	29	At CA-12 & Brannan Isle Rd, turn RIGHT (West) onto SR-12 for 0.1 mi
2:55 PM	101.4 mi		Keep RIGHT onto Terminous Rd for 0.1 mi
2:55 PM	101.5 mi	30	At Terminous Rd - CA12, stay on Terminous Rd (North-West) for 1.4 mi
2:57 PM	102.9 mi	31	At Terminous Rd, stay on Terminous Rd (North-West) for 0.5 mi
2:57 PM	103.5 mi	32	At Terminous Rd & Oxbow Dr, stay on Terminous Rd (West) for 1.6 mi
3:00 PM	105.1 mi	33	At Jackson Blvd & Terminous Rd, Isleton, road name changes to Jackson Blvd for 131 yds
3:00 PM	105.1 mi	34	At 4th St & Jackson Blvd, Isleton, keep STRAIGHT onto 4th St for 87 yds

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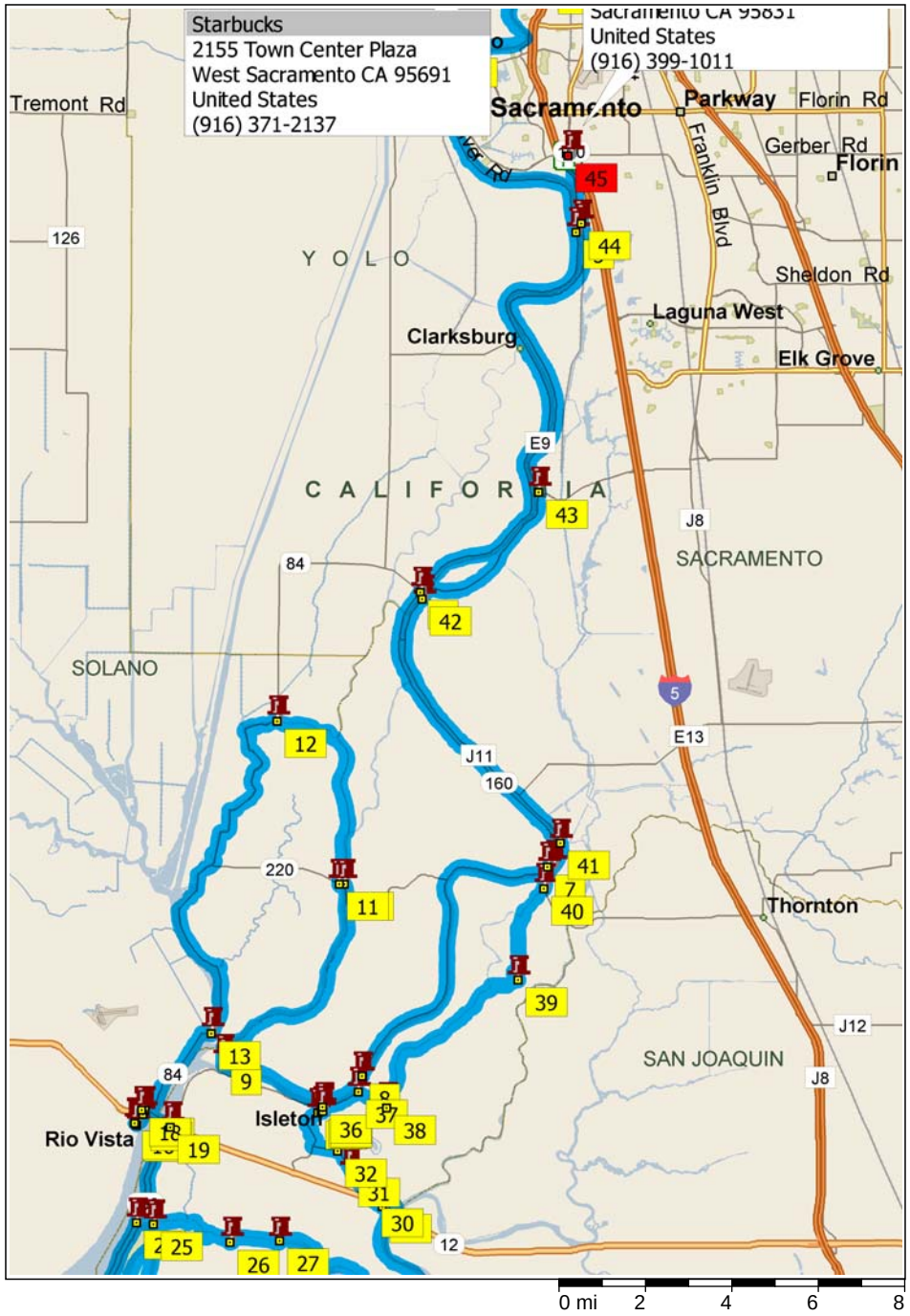

3:00 PM	105.2 mi	35	At A St & 4th St, Isleton, turn LEFT (North) onto A St for 0.1 mi
3:00 PM	105.3 mi	36	At CA-160 & ASt, Isleton, turn RIGHT (East) onto SR-160 [River Rd] for 0.9 mi
3:02 PM	106.2 mi	37	At W. Tyler Island Bridge Rd & CA-160, turn RIGHT (East) onto (W) Tyler Island Bridge Rd for 0.8 mi
3:05 PM	107.0 mi	38	At Tyler Island Rd & W. Tyler Island Bridge Rd, turn LEFT (North) onto Tyler Island Rd for 4.1 mi
3:15 PM	111.0 mi		Turn RIGHT to stay on Tyler Island Rd for 0.7 mi
3:16 PM	111.7 mi	39	At Race Track Rd & Tyler Island Rd, turn LEFT (North) onto Race Track Rd for 2.4 mi
3:22 PM	114.1 mi	40	At River Rd & Race Track Rd, bear LEFT (North) onto CR-J11 [River Rd] for 1.2 mi
3:25 PM	115.3 mi	41	At River Rd, Locke, stay on CR-J11 [River Rd] (North) for 6.1 mi
3:32 PM	121.4 mi		Keep STRAIGHT onto SR-160 [River Rd] for 1.1 mi
3:34 PM	122.4 mi	42	At River Rd, Courtland, stay on SR-160 [River Rd] (North-East) for 4.1 mi
3:38 PM	126.5 mi	43	At River Rd (CA-160), Hood, stay on SR-160 [River Rd] (North) for 7.8 mi
3:46 PM	134.3 mi		Keep STRAIGHT onto SR-160 [Freeport Blvd] for 0.2 mi
3:47 PM	134.5 mi	44	At Freeport Blvd (CA-160), Freeport [2155 Town Center Plaza, West Sacramento, CA 95691], stay on SR-160 [Freeport Blvd] (North) for 1.6 mi
3:49 PM	136.1 mi		Turn LEFT (West) onto Local road(s) for 10 yds
3:49 PM	136.1 mi		Road name changes to Pocket Rd for 153 yds
3:50 PM	136.2 mi	45	Arrive McDonald's [8940 Pocket Rd, Sacramento CA 95831, United States, (916) 399-1011]

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