**Route directions: Tilden & Wildcat Regional Parks 9 and 6 mile Training Run, 12/20/14**

0 Start at Inspiration Point in Tilden Regional Park, run north on Nimitz Way

(Google maps show the trail changing names to Fire Trail #3, while East Bay Regional Parks maps show “Nimitz Way.” I think the trail names are often not evident in the parks)

~3 Half marathoners can turn back at around 3 miles (there will be a trail that heads off to the right) for a 6 mile run.

Marathoners continue on Nimitz Way for another ~1.3 miles to the San Pablo Ridge Trail, then

~4.3 Stay to the left where Old Nimitz Way goes to the right, and

~4.4 Stay to the right where the Mezue Trail goes off the left

4.5 Turn around to retrace steps.