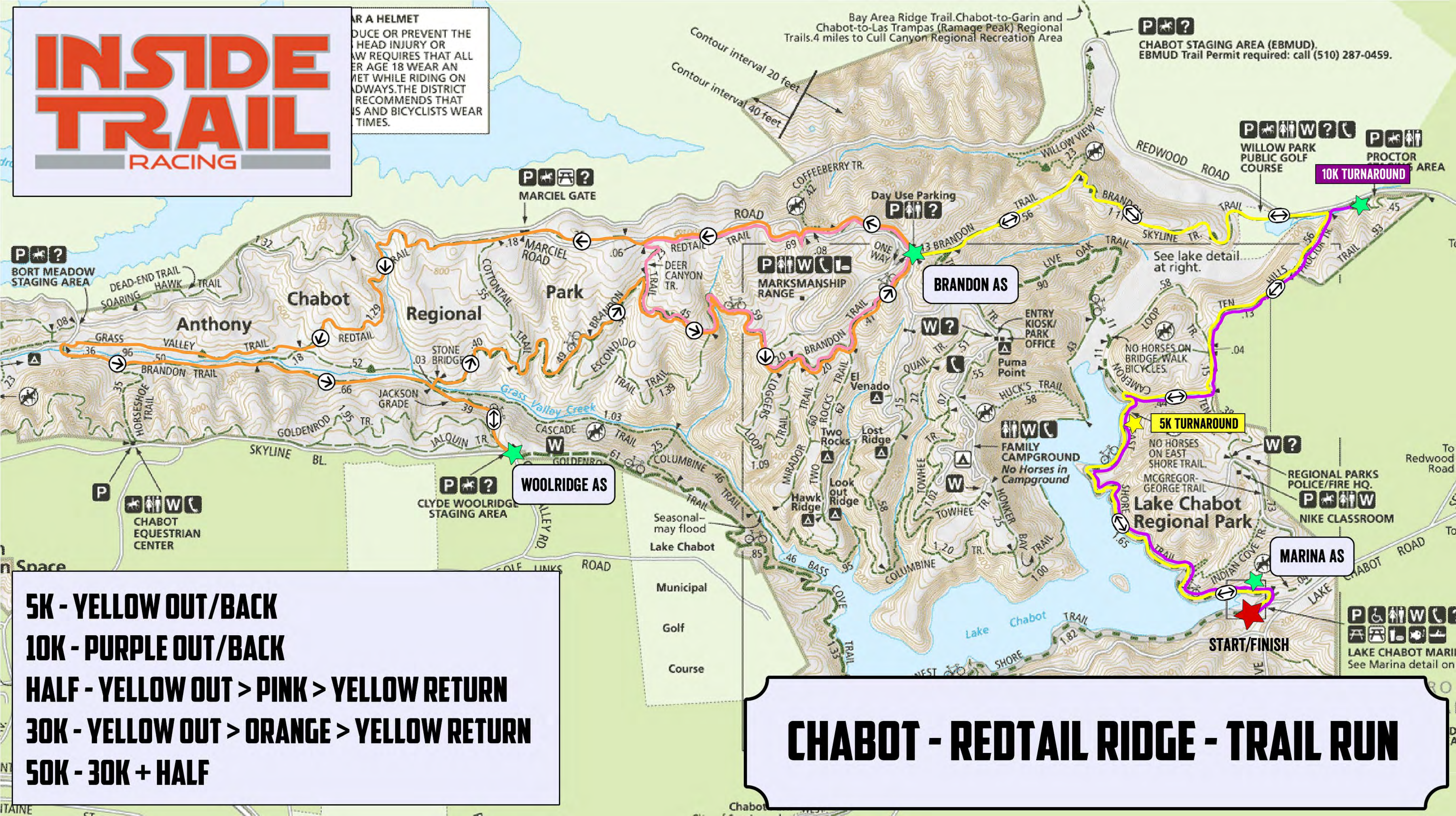


# INSIDE TRAIL RACING

**WEAR A HELMET**  
 TO REDUCE OR PREVENT THE RISK OF HEAD INJURY OR OTHER INJURY, THE DISTRICT RECOMMENDS THAT ALL RIDERS AGE 18 AND OLDER WEAR AN HELMET WHILE RIDING ON TRAILS. THE DISTRICT RECOMMENDS THAT ALL RIDERS AND BICYCLISTS WEAR HELMETS AT ALL TIMES.



**5K - YELLOW OUT/BACK**  
**10K - PURPLE OUT/BACK**  
**HALF - YELLOW OUT > PINK > YELLOW RETURN**  
**30K - YELLOW OUT > ORANGE > YELLOW RETURN**  
**50K - 30K + HALF**

## CHABOT - REDTAIL RIDGE - TRAIL RUN