

Greg Olmstead RBA

Vons 200		
Mile	For	Instruction
0.0	0.1	Control #1/Start. Starbucks, 784 W Washington St, San Diego, CA 92103. Ride South on Falcon Street. Control open from 06:00 to 07:00
0.1	0.5	Turn LEFT on University Avenue.
0.6	2.8	Turn RIGHT on 4th Avenue.
3.4	0.0	Turn LEFT on K Street.
3.4	0.1	Turn RIGHT on 5th Avenue.
3.5	4.0	Turn LEFT on E Harbor Drive.
7.5	0.7	Turn Right on Civic Center Drive, then an immediate left on Cleveland Avenue.
8.2	0.1	Turn Right on Bay Marina Drive.
8.3	0.4	Turn Left on Marina Way.
8.7	0.4	When Marina Way bends right, look off to the left to enter the bike path. It is unmarked, but is fenced on both sides. After about 0.1 miles, the path turns to the right (south). After another 0.1 miles, the path turns to the left (east).
9.1	0.9	Before the pedestrian bridge that crosses the river, turn LEFT at the intersection to use the Gordy Smith pedestrian bridge. Do not continue riding eastbound under I-5 toward National City.
10.0	2.6	The bike path will end at the intersection of Bay Blvd and E Street. Head south on Bay Blvd.
12.6	0.7	Turn LEFT on Stella Street. Becomes Frontage Road as it bends to the right at the top of the hill.
13.3	0.9	At the end of Frontage Road there are two bike paths. Take the second one that is not enclosed by fencing. The bike path empties out onto Saturn Blvd. To your left will be a shopping center, which houses a Home Depot.
14.2	0.2	Control #2: Starbucks, Southland Plaza, 635 Saturn Blvd, San Diego, CA 92154. Get a receipt, then return north on Saturn Blvd, towards the bike path. Control open 06:41 to 07:32
14.4	0.7	Enter the bike path, heading north.
15.1	2.3	Upon exiting the bike path, Bear RIGHT onto Main Street, heading East.
17.4	0.3	Turn LEFT onto Hilltop DR.
17.7	7.8	Turn RIGHT on Orange Avenue. Becomes Olympic Parkway.
25.5	0.8	There are two opportunities to make a right on Wueste Road. Turn RIGHT on the Second Wueste Road. You know you made the correct turn if the lake is on your right. If it's on your left, you made a wrong turn.
26.3	6.5	Turn RIGHT on Otay Lakes Road.
32.8	2.3	No Control, but services available. There's water and a soda machine, plus the convenience store may be open.
35.1	0.2	Turn LEFT on Hwy 94/Campo Road
35.3	7.7	Turn RIGHT on Honey Springs Road

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43.0	0.0	Control #3: Info Control at intersection of Honey Springs Road and Lyons Valley Road Look for sign on far side of Lyons Valley Road.
43.0	8.0	When you cross Lyons Valley Road, it becomes Skyline Truck Trail. Continue on Skyline Truck Trail. This will eventually become Lyons Valley Road again, in Jamul.
51.0	3.2	Turn RIGHT on Jamul Drive.
54.2	0.4	Turn RIGHT on Steel Canyon Road
54.6	4.3	Turn RIGHT on Willow Glen Drive
58.9	3.2	Turn RIGHT on Dehesa Road
62.1	0.1	Continue Straight, on Harbinson Canyon Road. DO NOT turn right on Dehesa,
62.2	2.5	Control #4: Dehesa Giant Pizza & Deli, 2025 Harbison Canyon Rd, El Cajon, CA 92019. Get Receipt and continue on Harbinson Canyon Road. Control open 08:56 to to 12:40.
64.7	2.8	Turn LEFT on Frances Drive. Becomes Mountain View Road
67.5	3.1	Bear RIGHT onto La Cresta Road. Services at Crest Foods, at the intersection.
70.6	0.6	Turn RIGHT on Greenfield Drive
71.2	3.3	Right on Main Street
74.5	0.2	Turn RIGHT on Lake Jennings Park Road.
74.7	0.0	Turn LEFT on Olde Hwy 80.
74.7	0.1	Control #5: 7-Eleven, 14110 Old Hwy. 80, El Cajon, CA 92021. Get Receipt and head back on Old Hwy 80. Control open 09:32 to 14:00.
74.8	2.9	Turn RIGHT on Lake Jennings Parkway.
77.7	1.0	Turn RIGHT on Ashwood Street.
78.7	0.6	Turn LEFT on Willow Road
79.3	1.9	Turn RIGHT on Moreno Avenue
81.2	0.6	Bear LEFT on Vigilante Road
81.8	6.0	Turn RIGHT on Hwy 67 towards Ramona.
87.8	0.0	Turn LEFT on Poway Road
87.8	8.8	Control #6: Info Control on signpost on Poway Road, after crossing Hwy 67.
96.6	0.8	Cross over I-15. Road becomes Rancho Peñasquitos Road
97.4	8.7	Before crossing Azuaga Road, Look off to your left to see the start of a bike path that parallels Hwy 56. Take the bike path, heading west.
106.1	0.3	Exit the bike path at El Camino Real, heading north, which is the side closer to you. If you followed the bike path under El Camino Real then you will be on the far side of El Camino Real, which heads south. In this case, backtrack 0.1 mile and get on El Camino Real heading north.
106.4	0.0	Turn LEFT at Carmel Valley Road, just past hwy 56, which you just passed under.
106.4	0.0	Turn RIGHT into the Arco/AMPM parking lot

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		Control #7. AMPM, 3170 Carmel Valley Rd, San Diego, CA 92130. Get receipt and continue on Carmel Valley Road. Control open 11:02 to 17:24.
106.4	1.8	
108.2	3.7	Turn LEFT on Camino Del Mar
111.9	1.2	Turn RIGHT to stay on N Torrey Pines Rd.
113.1	0.6	Turn LEFT at La Jolla Shores Drive, then immediate RIGHT onto Scholars Drive S.
113.7	1.8	Turn RIGHT onto Gilman Street.
115.5	1.1	Immediately after crossing the intersection under I-5, enter the Rose Canyon Bike Path on the far side of the off ramp.
116.6	2.0	Bike Path ends; continue onto Santa Fe St.
118.6	0.2	Turn RIGHT on Damon Street.
118.8	0.8	Turn LEFT On Mission Bay Drive.
119.6	0.1	Take E Mission Bay Dr. Exit. Do not get onto I-5.
119.7	2.3	Turn Left (South) on E Mission Bay Drive.
122.0	1.0	Road Name change to Pacific Coast Highway, after crossing Sea World Drive.
123.0	0.2	Turn Left on Taylor Street.
123.2	0.2	Turn RIGHT on Juan St.
123.4	0.1	Turn LEFT on Mason Street
123.5	0.2	Turn RIGHT (uphill) on Jackson, becomes Cosoy Way
123.7	0.3	Turn RIGHT on Presido Drive
124.0	0.1	You're at a 5-way intersection. Take your second LEFT on Arista St
124.1	0.6	Turn RIGHT onto Ft Stockton Dr
124.7	0.6	Bear RIGHT to stay on Ft Stockton Dr
125.3	0.0	Turn RIGHT on to Falcon Street
125.3		Control #8/Finish. Starbucks, 784 W Washington St, San Diego, CA 92103. Control is open 11:53 to 19:30.