

Mile	For	Instruction
		Depart Doyle Park, 8137 Regents Rd, San Diego, CA Head
0.0	1.1	North on Regents Rd
1.1	0.5	Turn LEFT (West) onto Genesee Ave
1.6	0.3	Bear RIGHT (West) onto I-5 North Ramp
1.9	0.4	Merge onto I-5 [San Diego Fwy] (North)
2.3	0.3	On the ramp to I-5 [San Diego Fwy] (North); ** Stay on Shoulder ** CAREFUL!
2.6	0.1	Turn LEFT (North-West) onto Roselle St
2.7	0.0	Turn RIGHT (North-East) onto Sorrento Valley Blvd
2.7	1.4	Turn LEFT (North-West) onto Vista Sorrento Pkwy
4.1	0.6	Turn RIGHT (North-East) onto Carmel Mountain Rd
4.7	4.7	Turn LEFT (North-West) onto El Camino Real
9.4	3.3	Turn RIGHT (South-East) onto San Dieguito Rd
12.7	0.6	Turn LEFT (North) onto El Apajo
13.3	1.0	Bear RIGHT (North) onto Via de Santa Fe
14.3	9.5	Bear RIGHT (North) onto CR-S6 Paseo Delicias
23.8	0.5	Turn LEFT (West) onto W Citracado Pky
24.3	0.2	Turn RIGHT (East) onto Avenida del Diablo
24.5	0.4	Turn LEFT (North) onto S Hale Ave
24.9	0.4	Turn LEFT (West) onto Harmony Grove Rd ** SIGN HIDDEN **
25.3	0.3	Turn LEFT to STAY ON Harmony Grove Rd.
25.6	4.3	Turn LEFT to Continue on Harmony Grove Rd
29.9	2.9	Becomes Elfin Forest Rd
		Control #1: Corner of San Elijo Road and Elfin Forest Road. 08:34-10:32. Exit the control by heading uphill on San Elijo Road. Road name changes to Twin Oaks Valley Rd, then to Deer Springs Road.
32.8	9.9	
42.7	0.1	Turn LEFT on Mesa Rock Rd.
42.8	0.0	CONTROL #2 AM/PM Store. Open 9:05 am - 11:44 am.
42.8	0.3	Turn LEFT on Deer Springs Rd / Cross I-15
43.1	4.0	Turn LEFT (North) onto Champagne Blvd
47.1	5.5	Turn RIGHT (East) onto Old Castle Rd
52.6	3.6	Turn LEFT (North) onto Lilac Rd ON DOWNHILL! CAREFUL!
56.2	4.8	Turn LEFT (West) onto Couser Canyon Rd
61.0	0.1	Turn LEFT (West) onto SR-76 [HWY-76]
61.1	5.1	Turn RIGHT (North-West) onto Rice Canyon Rd
66.2	0.1	Curve LEFT (West) onto 8th St
66.3	0.8	Turn RIGHT (North) on Rainbow Valley Blvd
67.1	0.3	Turn LEFT (West) onto 5th St (FIRE STATION for emergency water)
67.4	2.4	Control #3. Rainbow Store/Gas Station Open 10:14 - 14:20 Continue LEFT(South) on Old 395
69.8	0.3	Turn RIGHT Across I-15
70.1	0.7	Turn RIGHT onto E. Mission Rd
70.8	2.6	Bear LEFT onto Live Oak Park Rd
73.4	0.4	Turn RIGHT onto Reche Rd.
73.8	3.1	Turn LEFT onto Green Canyon Rd
76.9	2.9	Turn LEFT onto S. Mission Rd.
79.8	2.3	Turn RIGHT onto Hwy 76/Mission Rd
82.1	4.1	Turn RIGHT (North-West) onto N River Rd
86.2	0.3	Turn LEFT (South) onto Vandegrift Blvd
86.5	0.2	Turn LEFT onto College Blvd
86.7	1.8	After crossing bridge, turn RIGHT onto San Luis Rey Bike Path
88.5	5.6	Bear RIGHT, 1st of 3 bike underpasses: curve under each street
94.1	0.1	EXIT Bike Path. Turn RIGHT onto N. Cleveland St.
94.2	0.1	Turn RIGHT (South-West) onto Surfrider Way
94.3	2.5	Turn LEFT (South-East) onto S Pacific St
96.8	0.1	Turn LEFT (North-East) onto Cassidy St
96.9	0.4	Turn RIGHT (South-East) onto Broadway St
97.3	0.1	Turn LEFT (North-East) onto Eaton St
97.4	20.9	Turn RIGHT (South-East) onto CR-S21 [S Coast Hwy/US-101] Follow Hwy-101 South.
118.3	0.2	Turn RIGHT to continue on N Torrey Pines Rd
118.5	0.6	Turn LEFT onto UCSD NorthPoint Drwy. Becomes Hopkins as it bends to the right by the football field
119.1	0.5	Turn LEFT onto Voigt Dr
119.6	0.7	Turn LEFT to continue on Voigt Drive

120.3	0.1	Turn LEFT on Campus Point Drive
120.4	0.1	Turn Right on Genesee Avenue
120.5	1.2	Turn RIGHT onto Regents Rd
121.7	0.1	Turn LEFT onto Berino Ct
121.8		FINISH. Arrive at Doyle Community Park Open 12:53 - 20:30