

		Instruction
0.0	0.9	<b>DEPART CONTROL #1: South Shores, San Diego, CA (Open 05:30 to 06:30). Exit the parking lot via the bike path.</b>
0.9	2.3	Leave bike path and merge onto E Mission Bay Drive, heading north.
3.2	0.8	Turn RIGHT at stop sign (below sign for I-5 South), then immediate left at stop light to go north on Mission Bay Dr.
4.0	0.2	Bear RIGHT on Damon Avenue, after Garnet Avenue.
4.2	2.0	Turn left at Santa Fe St
6.2	1.1	Start Rose Canyon Bike Path
7.3	1.9	Turn LEFT on Gilman St, heading under I-5
9.2	0.6	Turn LEFT on Scholars Drive S
9.8	1.2	Turn LEFT on La Jolla Shores Drive and then an IMMEDIATE RIGHT on North Torrey Pines Road. Do not take La Jolla Shores Drive downhill to La Jolla.
11.0	5.4	Turn LEFT to stay on North Torrey Pines Road. Name changes to Camino Del Mar,
16.4	3.9	Bear LEFT to stay on Camino Del Mar. Do Not Bear Right on Jimmy Durante Blvd.
20.3	0.1	Turn RIGHT on Chesterfield Rd
20.4	4.7	Turn LEFT on San Elijo Ave. (Becomes N Vulcan Ave)
25.1	0.1	Turn LEFT on La Costa Ave.
25.2	10.1	Turn RIGHT on Carlsbad Blvd.
35.3	0.3	Turn RIGHT on Harbor Drive, toward Camp Pendleton.
35.6	4.7	Turn LEFT to enter I-5, heading North. Riders may optionally go through Camp Pendleton, if they wish (and have valid photo ID). See end of cue sheet for directions.
40.3	2.8	Exit I-5 through Rest Stop, then rejoin I-5, North.
43.1	0.2	Exit I-5 at Las Pulgas Road
43.3	0.1	Turn RIGHT on Las Pulgas Road
43.4	1.5	Turn LEFT on Old Pacific Highway
44.9	7.7	Turn RIGHT (North-West) onto Old Pacific Hwy after riding through tank tunnel
52.6	0.1	Exit campground; follow bike route signs to Bike Path (cross over to other side of street before reaching I-5)
52.7	1.0	Enter Bike Path NORTH to Christianitos Rd.
53.7	1.8	Exit Bike path and turn LEFT onto Cristianitos Rd, then an Immediate RIGHT, North on Avenida Del Presidente
55.5	0.1	Turn RIGHT on Avenida Valencia
55.6	2.9	Turn LEFT (North-West) onto El Camino Real
58.5	1.6	Stop at the far side of the intersection of Camino Capistrano and Coast Highway. Cross the intersection, heading west, to get to the protected bike path, then ride north.
60.1	1.4	At the end of the protected bike path, at Beach Rd, turn left, cross the tracks, then make an immediate right onto the bike path. This path will wind its way through parking lots and Doheny Beach State park. Ride straight ahead past the Ranger station.
61.5	0.3	Turn LEFT on Dana Point Harbor Dr.
61.8	0.5	Turn Right on Golden Lantern Street

62.3	0.5	Turn LEFT on northbound SR-1 / Pacific Coast Hwy
62.8	0.1	Turn LEFT on Blue Lantern Street. Make Immediate Right into mini mall parking lot for control/turn around point.
62.9	0.5	<b>Control #2: Tutor and Spunky's Deli, 34085 Coast Highway, Suites 116/117, Dana Point, CA 92629. Get proof of passage then return south on PCH. (Open 08:28 to 12:14). Exit by taking Blue Lantern back to southbound PCH and returning south.</b>
63.4	0.3	Turn RIGHT on Golden Lantern
63.7	0.4	Turn LEFT on Dana Point Harbor Dr.
64.1	1.4	Turn RIGHT on Park Lantern, to enter Doheny State Park.
65.5	4.6	Turn LEFT on Beach Rod, then an immediate Right to enter protected bike path heading south. Bike path ends at Camino Capistrano and you are now on southbound PCH.
70.1	0.0	Turn RIGHT on Avenida Valencia
70.1	1.8	Turn LEFT on Avenida Del Presidente
71.9	1.0	Turn LEFT on Cristianitos Rd, then an immediate RIGHT onto the bike path.
72.9	9.3	The Bike path ends and you will be traveling south on Old Coast Highway, past San Onofre, through the campgrounds, the tank tunnel etc.
82.2	0.2	Turn RIGHT on Las Pulgas Road, go under I-5.
82.4	1.9	Turn LEFT on I-5 south.
84.3	5.5	Exit off of I-5 through the rest area, then rejoin I-5 heading south.
89.8	0.4	Exit I-5 on Oceanside Harbor Drive Exit
90.2	10.1	Cross Harbor Drive and continue South on N Coast Hwy.
100.3	0.1	Turn LEFT on La Costa Ave.
100.4	4.7	Turn RIGHT on N Vulcan Ave
105.1	0.1	Turn RIGHT on Chesterfield Rd
105.2	9.4	Turn LEFT on Coast Hwy. After Del Mar, road becomes North Torrey Pines Rd.
114.6	1.2	Turn Right to stay on North Torrey Pines Road. Do not continue on Genesee Avenue!
115.8	0.6	Turn LEFT on La Jolla Shores Drive, into UCSD. Make immediate RIGHT on S Scholars Drive.
116.4	1.7	Turn Right on Gilman Street
118.1	1.1	Immediately after passing under I-5, enter the Rose Canyon Bike Path on far side of intersection.
119.2	2.0	Rose Canyon Bike Path becomes Santa Fe Street.
121.2	0.3	Turn RIGHT on Damon Street
121.5	0.8	Turn LEFT On Mission Bay Drive
122.3	0.0	Take E Mission Bay Dr. Exit. Do not get onto I-5
122.3	2.3	Turn Left (South) on E Mission Bay Drive
124.6	0.9	About 100m before Sea World Drive, join the entrance to the Bike path off to your right. Follow this to the finish.
125.5		<b>Finish: South Shores Park, San Diego, CA (Open 11:23 to 19:00)</b>

**Camp Pendleton Directions Headed North**

Turn RIGHT on Harbor Drive, toward check point on base. Road becomes Vandergrift.
Turn LEFT (North-West) onto Stuart Mesa Rd.
Road becomes El Camino Real as it bends to the left (while still in Camp Pendleton)
Turn LEFT to Stay on Las Pulgas Road/El Camino Real
Turn Left on Las Pulgas toward the sentry station.
After passing through check point, and going under train tracks, turn left on Old Coast Highway

**Camp Pendleton Directions Headed South**

Turn LEFT onto Las Pulgas Rd, Enter Camp Pendleton, and bear RIGHT to Continue on Las Pulgas.
Bear Right on El Camino Real
Turn RIGHT onto Stuart Mesa Road.
Turn Right (South) on Vandergrift / Harbor Dr.
Turn LEFT on Harbor Drive in Oceanside.