

Palomar/Laguna 300		
L - Left, R- Right, SS - Stay Straight, BL - Bear Left, BR - Bear Right, - Slight Left, SR Slight Right C - Continue X- Cross		SL
Mile	For	Instruction ----- RBA David Danovsky 410 570 8271
0.0		Start Control #1: Donut Star 675 N Broadway Escondido, Ca - Exit Ctrl R on N Broadway to E Washington Ave
		Open: 06:00 Close: 07:00
0.2	0.5	L - E. Washington Ave
0.7	0.2	R - N. Fig St
0.9	3.6	L - Valley Parkway
4.5	7.9	R - Lake Wohlford B/C N. Lake Wohlford @ mile 9.0
12.4	5.0	R - Valley Center Rd
17.4	5.0	R - Highway 76
22.4	6.7	L - South Grade Rd (Begin Hard Climb)
29.1	0.2	L - South Grade at intersection towards the stores.
29.3	0.1	Control #2: Get a receipt at Mother's Kitchen or at the general store 33120 Canfield Rd Palomar Mountain, CA 92060. Exit control Right back to intsection of East/South Grade
		Open: 07:23 Close: 09:09
29.4	11.3	SS - Descend East Grade/S7 Towards Hensaw (Not South Grade S6)
40.7	4.5	L - Highway 76
45.2	7.1	R - Highway 79
52.3	6.7	L - Hwy 78/79 towards Julian (services at Don's Market) in Santa Ysabel (78 and 79 are the same road until Main St)
59.0	0.3	R - Main Street in Julian. Services through town.
59.3	5.8	R - Hwy 79 (South - This is where 78/79 separate again)
65.1	14.2	L - S-1 / Sunrise Hwy towards Mt Laguna
79.3	9.6	Control #3: Laguna General Store1 0678 Sunrise Hwy, Mt Laguna, Ca. Exit CTRL R and C on Sunrise Highway
		Open: 09:45 Close: 14:30
88.9	6.5	R - Old Hwy 80 towards Pine Valley and Guatay.
95.4	8.2	SS - Old Hwy 80 becomes Hwy 79 (Do not turn right) B/C Japatul Valley Rd
103.6	7.8	L - Lyons Valley Road
111.4	7.7	L - Honey Springs Road
119.1	0.2	L - Hwy 94 or Campo Road
119.3	12.2	R - Otay Lakes Road
131.5	0.3	R - Continue on Otay Lakes Road
131.8	2.7	Control #4: 7-Eleven, 913 Otay Lakes Rd, Chula Vista, CA 91913. Get receipt and continue on Otay Lakes Rd.
		Open: 12:16 Close: 20:08
134.5	1.9	L - Bonita Road
136.4	0.9	R - Plaza Bonita Road.
137.3	2.4	L - Join the bike path on your left, heading west - away from the shopping center. River will be to your left.
139.7	0.3	The bike path turns right so that the marina is to your left, then it bends left, then you exit it onto Marina Way.
140.0	0.5	R - Marina Way
140.5	0.0	R - Bay Marina Dr.

140.5	0.7	L - Cleveland Ave
141.2	0.1	R - Civic Center Drive
141.3	5.7	L - Harbor Drive. Road has bad surface seams between curb and blacktop, and pot holes. B/C E., W. then N. Harbor Dr.
147.0	2.2	L - After crossing Hawthorne use X walk and walk bike across N Harbor Drive and use Sidewalk along bay - slow watch for pedestrians. If traffic is light you can stay on N. Harbor Dr
149.2	0.0	R - X at light McCain Rd. Use crosswalk C on N Harbor Dr.
149.2	1.1	L - Continue West on N Harbor Dr.
150.3	0.4	L - Scott St
150.7	0.8	R - Cañon St. (Gradual Climb until Pt Loma)
151.5	0.3	R - Point Loma Ave (Short Steep Climb)
151.8	0.1	R - Savoy Circle
151.9	0.0	Control 5: Keith and Gina Olsen residence 1444 Savoy Circle San Diego, Ca 92107 Exit control L to C on Savoy Circle B/C Venice St.
151.9	1.2	L - Continue on Savoy Circle B/C Venice St.
153.1	0.1	R - Voltaire St
153.2	0.1	L - Catalina Blvd B/C Famosa Blvd
153.3	0.1	L - Take Ramp to North Nimitz Blvd
153.4	0.8	S - North Nimitz Blvd Begins B/C Sunset Cliffs Blvd
154.2	0.0	SR - Enter Bike path on right to curve under bridge
154.2	0.1	L - Sharp Left to go Under Bridge
154.3	0.0	L - Sharp Left to exit path and get on Bridge bicycle path
154.3	0.3	L - Take Bridge bike path (Cross Bridge)
154.6	0.0	L - Short bike path (Heading West)
154.6	1.2	L - Bike Path to go under bridge again
155.8	0.0	L - Exit Bike Path
155.8	0.6	R - Sea World Dr.
156.4	2.8	L - East Mission Bay Dr.
159.2	0.6	R - Rose Creek Trail - Slow bumpy and sharp corners
159.8	0.0	SR - Exit Trail onto Garnet Ave
159.8	0.2	R - Garnet Ave
160.0	0.1	L - At light onto Mission Bay Dr
160.1	0.2	BR - Damon Avenue, after Garnet Avenue.
160.3	3.1	L - Santa Fe St B/C Rose Canyon Bike Path
163.4	1.8	L - Gilman St, heading under I-5
165.2	0.6	L - Scholars Dr
165.8	0.0	L - La Jolla Shores Drive
165.8	1.2	R - N. Torrey Pines Rd.
167.0	7.4	L - To stay on North Torrey Pines Road. Name changes to Camino Del Mar.
174.4	5.2	R - Loma Santa Fe B/C Linea Del Cielo
179.6	10.4	L - Paseo Delicias B/C Del Dios Highway
190.0		L - South Auto Parkway
190.1	1.1	R - Enter Bike Path
191.2	0.6	L - Exit Bike Path on N Quince St.
191.8		Control #6: Motel 6 - 900 N Quince St Escondido, CA 92025

Open: 13:16
Close: 22:18

Open: 15:00
Close: 02:00