

<b>Solana Beach 400K - 2017</b>			
<b>David Danovsky (410) 570 8271</b>			
<b>Mile</b>	<b>For</b>	<b>Directions</b>	
0.0	6.8	<b>START Control #1 - Holiday Inn Express, 621 S. Coast Hwy Solana Beach, CA 92075 Exit Control R or South on 101 B/C Camino Del Mar then N Torrey Pines Rd</b>	June 17 Open: 05:30 Close: 06:30
6.8	1.8	R - N. Torrey Pines Rd B/C La Jolla Village Dr.	
8.6	0.1	R - Ramp on right down to Gilman Dr.	
8.7	1.6	R -Gilman Dr	
10.3	3.1	R- Enter Rose Canyon Bike Path at sidewalk on right B/C Sante Fe St.	
13.4	0.3	R - Damon Ave	
13.7	0.8	L - Mission Bay Dr	
14.5	0.0	R - Right Turn, do not enter freeway	
14.5	2.3	L - Mission Bay Dr	
16.8	1.0	S - Cross Seaworld Drive onto Fiesta Island Rd/Pacific Hwy	
17.8	0.1	L - Taylor St	
17.9	2.2	SL - To stay on Taylor St B/C Hotel Circle	
20.1	3.8	R - Camino De La Reina after going under HWY 8 - B/C Camino Del Rio N.	
23.9	0.3	L - Ward Rd	
<b>24.3</b>	0.4	<b>Control #2: 7-Eleven 10505 San Diego Mission Rd, San Diego, CA 92108 Exit Control R to Stay on Rancho Mission Rd</b>	June 17 Open: 06:39 Close: 08:06
24.7	0.7	L - Friars Rd	
25.3	6.5	BL - Stay left onto Mission Gorge Rd	
31.8	0.4	R - Mesa Rd	
32.2	3.4	L - Prospect Ave	
35.6	0.4	R - Graves Ave	
36.0	2.9	L - Pepper Dr	
38.9	3.1	L - Hwy 8 Buisness/E Main St	
42.0	0.2	R - Lake Jennings Park Rd	
42.2	3.9	L - Olde Hwy 80	
46.1	0.1	R- Dunbar Ln, Crossing under I8	
46.2	2.8	L - Alpine Blvd	
<b>49.0</b>	5.8	<b>Control #3: Alpine: Circle-K or any business next 2 miles on Alpine blvd</b>	June 17 Open: 06:39 Close: 08:06
54.8	1.0	L - Alpine Blvd Ends. Curve LEFT, then <b>Enter I-8, heading East.</b> Make sure exit and ride thru the rest stop on I-8.	
55.9	2.3	R - Ride thru Rest stop	

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58.2	0.3	R - Exit for CA-79 Japatul Valley Rd Descanso	
58.5	1.3	L - Hwy-79 Japatul Valley Rd to Julian	
59.8	1.4	<i>Water, food and bathroom (for customers), Descanso trading post, resturant across street</i>	
61.2	11.6	L - Hwy-79 N to Julian	
72.7	8.7	<i>Lake Cuyamaca Store and resturant</i>	
81.5	0.3	L - Main St (signs for Julian)	
81.7	3.6	L - Hwy 79 Washington St	
85.3	3.1	<b>Control #4 option one</b> , Wynola pizza. Stop in Wynola or in Santa Ysabel - 3 miles further, Your choice	June 17 Open: 09:32 Close: 14:39
88.5	0.1	R - Hwy-79 North	
88.5	14.9	<b>Control #4 option two</b> , Santa Ysabel Don's Market has Julian apple pie or any other local establishment	June 17 Open: 12:44 Close: 21:42
103.4	9.0	<i>Water _ Warner Springs Gas Minimart hrs 7am-7pm <b>Fill your bottles before Sage rd.</b></i>	
112.4	11.1	Water - Sunshine Summit Market store hrs 8am-8pm (760) 782-3529	
123.4	3.4	Water - Aguanga General Store limited store hours (951) 767-9760	
126.9	11.8	<b>R - Sage Rd - Lots of climbing ahead</b>	
138.7	4.8	<i>Water - Fire Station - Water spigot</i>	
143.5	1.3	BL - Curve left onto Cactus Valley Rd	
144.8	4.0	BR - Cactus Valley B/C State St	
148.7	1.0	L - Stetson Ave	
149.7	1.3	R - Lyon Ave	
151.0	0.0	L - Florida Ave	
<b>151.0</b>	0.5	<b>Control #5: Hemet - Anywhere along Florida ave next 0.5mi Shell gas Minimart</b>	
151.5	1.3	L - Kirby St	
152.7	2.0	R - Stetson Ave	
154.7	8.0	L - Warren Rd B/C Simpson Rd (Curves Right)	
162.7	1.2	L - Lindenberger Rd	
163.9	10.1	R - Domenigoni Pkwy B/C Newport Rd and then B/C Railroad Canyon Rd	
174.0	1.6	R- Lakeshore Dr	
175.6	0.3	BR - onto Main St	
175.9	0.8	L - W. Graham Ave B/C Lakeshore Dr	
176.8	1.7	S - onto Lakeshore Dr	
178.5	0.5	L - Riverside Dr (SR74)	
<b>179.0</b>	1.2	<i>Water - Circle-K, across street Jack in the Box</i>	
180.2	9.4	BL - Riverside B/C Grand Ave	

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189.5	0.4	L - Clinton Keith Rd	
190.0	3.3	R - Palomar St B/C Washington Ave	
193.3	0.5	L - Juniper St	
193.8	6.8	R - Jefferson Ave B/C Old Town Front St	
<b>200.6</b>	0.0	<b>Control #6: Temecula - Jack In the Box or Any Local Business: Last late night services for 15 miles</b>	June 17 Open: 15:13 Close: 03:01 June 18
200.6	0.9	L - Temecula Pkwy	
201.6	0.2	R - Pechanga Pkwy	
201.8	2.5	R - Rainbow Valley Blvd B/C Old US Hwy 395	
204.3	4.4	S - Old US Hwy 395	
208.7	0.2	R - Old Hwy 395, cross I-15	
208.9	0.7	R - E Mission Rd	
209.6	2.6	L - Live Oak Park Rd	
212.2	0.4	R - Reche Rd	
212.6	3.1	L - Green Canyon Rd	
215.7	0.7	L - Mission Rd	
216.4	1.0	R - Hellers Bend	
217.4	1.4	R - Mission Rd	
218.8	0.4	R - Hwy-76 West	
<b>219.2</b>	5.8	<i>Water: Arco Minimart McDonalds</i>	
225.0	0.7	R - College Blvd	
225.6	0.1	R - Enter Bike Trail before crossing bridge, head left underpass	
225.7	1.7	<i>Water: Restrooms in park on left - Mance Buchannon Park</i>	
227.4	5.6	R - Three underpasses, Keep right to stay on Bike Trail	
233.0	0.2	R - Cleveland St	
233.2	0.1	L - Sportfisher Dr	
<b>233.3</b>	0.0	<b>Control #7: Circle-K or any business in Oceanside (Do not leave you bike unattended)</b>	June 17 Open: 16:52 Close: 06:32 June 18
233.3	2.7	L - Pacific Coast Hwy or take bike route through Oceanside	
236.0	9.9	S - At the traffic circle, continue straight onto Carlsbad Blvd	
246.0	3.8	Restroom at Swami's state park	
<b>249.8</b>		<b>Finish Control #8: Holiday Inn Express, 621 S. Coast Hwy Solana Beach, CA 92075</b>	June 18 Open: 08:22 Close: 18:00