

109 South Bay loop (short). 1561ft Elev. (Cardinal Directions: N,E,S,W)					67.9	
<i>Control Open and Close is elapsed time from start. Do not park in lot.</i>						
Leg	Dir	Type	Notes	Total	Climb	
	↑	Start/ Finish Control # 1/ # 6	Start 7-Eleven. 430 Spruce St. San Diego, CA. Start Control #1. Open 0:00, Close 1:00. Get receipt. Do not leave bike unattended, bring inside store at all controls if necessary.	0.0		
0		Left	Head towards the park Left (E) along Spruce St.	0.0		
0.1	→	Right	Turn right (S) onto 6th Ave	0.1		
1.5	↑	Straight	Watch for train tracks at C St. one block past bottom of hill!	1.6		
0.6	→	Right	Turn right (W) onto K St	2.2		
0.1	←	Left	Turn left (S) onto 5th Ave	2.2		
0.1	↑	Straight	<i>Watch for train tracks!</i>	2.3		
0	←	Left	Turn left onto E Harbor Dr	2.3		
1.7	↑	Straight	Watch for train tracks at bottom of hill! There is a stripped lane to the right so you can cross them perpendicular.	4.0		
1	↑	Straight	Continue on Harbor Dr.	5.0		
1.1	↑	Straight	Watch for train tracks! These are diagonal to the road. Slow down.	6.2		
0.1	→	Right	Turn right onto Civic Center Dr	6.3		
0	←	Left	Turn on 1st left (S) onto Cleveland Ave. Watch for paved over train tracks at left hand turn!	6.3		
0.7	→	Right	Turn right onto Bay Marina Dr	7.0		
0.1	←	Left	Turn left onto W 32nd St	7.1		
0.5	←	Left	Turn left at Marina driveway. Bayshore Bikeway heads East	7.5		
0.3	↑	Straight	Continue straight (E) onto Bayshore Bikeway	7.8		
0.1	↑	Straight	Continue straight (E) cross under I-5 continue on SR-54 bike path	7.9		
2.3	→	Right	SR-54 Bike path/sidewalk ends. Turn right onto Plaza Bonita Rd bike lane	10.2		
0.9	←	Left	Turn left (E) onto Bonita Rd	11.1		Cat 5, 2.9%
1.9	→	Right	Turn right (S) onto Otay Lakes Rd	13.0		13.56
1.6	←	Left	Turn left onto Gotham St. Southwestern College is to your right.	15.7		15.59
0	→	Right Control # 2	Turn right into driveway for Control #2. Open 00:50, Close 01:43. 7-Eleven 913 Otay Lakes Rd, Chula Vista Ca 91913. Get receipt. Exit control north turn left at Gotham.	15.7		
0	←	Left	Turn left (S) onto Otay Lakes Rd. May need to use crosswalk for sensor	15.7		
0.3	↑	Straight	Continue straight on Otay Lakes RD	16.0		
0.2	↑	Straight	Continue onto La Media Rd	16.2		Short climb
1	→	Right	Turn right onto Olympic Pkwy	17.2		
3.3	↑	Straight	Continue onto E Orange Ave	20.5		Short climb
1.8	←	Left	Turn left onto Third Ave	22.3		
0.5	↑	Straight	Continue onto Beyer Way	22.7		
0.2	←	Left	Turn left to stay on Beyer Way	22.9		Short climb
0	→	Right	Turn right to stay on Beyer Way (car wash on right hand side)	23.7		

0.6	→	Right	Turn right onto Del Sol Blvd	24.3
0.1	←	Left	Turn left onto Beyer Blvd	24.4
0	→	Right	Turn right onto Dairy Mart Rd (Used car lot on right hand side)	24.9
0	↑	Straight	Cross train tracks (S)	24.9
0.8	←	Left	Camino De La Plaza is 1st left after southbound freeway on ramp	25.8
0	←	Left	Turn left onto Camino De La Plaza	25.8
1.8	←	Left Control # 3	Turn left onto New Orleans Ave. One block before stop light. Enter Control #3. Open 1:28, Close 2:56. 7-Eleven 4410 Camino de La plaza. Get Receipt.	27.6
0.1	←	West	Turn (W) toward Camino De La Plaza	27.7
0	→	Right	Turn right (W) onto Camino De La Plaza to exit control	27.7
1.8	→	Right	Turn right onto Dairy Mart Rd	29.5
0.8	↑	Straight	Watch for train tracks!	30.3
0.9	←	Left	Turn left onto Beyer Blvd	30.4
0.8	←	Left	Turn left onto Coronado Ave (Montgomery Waller Park is on NE corner. Park is a large sloped open field with an airplane wing placed vertically and a building in the distance).	31.2
0.3	↑	Straight	Stay on Coronado Ave	31.5
0.3	↑	Straight	Cross under train overpass	31.7
0.1	↑	Straight	Continue straight to stay on Coronado Ave	31.8
0.8	→	Right	Turn right (N) onto 19th St/Saturn Blvd	32.6
0.5	←	Left	Turn left (W) onto Palm Ave	33.1
0.8	→	Right	Turn Right (N) onto 13th St	33.8
0.4	↑	Straight	Take bike lane onto Bayshore Bikeway lane (Silver Strand Bikeway). Slight left (W) towards Coronado. Watch for cyclists!	34.1
3.6	↑	Straight	Continue on Bayshore Bikeway (Silver Strand Bikeway)	37.7
4.9	←	Left	Sidewalk/path ends Slight left (use crosswalk) onto San Luis Rey Ave (Alternate follow Glorieta blvd with golf course on right hand side, adds approximately 0.5 mile)	42.6
0.3	←	Left	Slight left onto Bayshore Bikeway (Silver Strand Bikeway) Can use sidewalk.	42.9
0.1	←	Left	Turn 1st left onto 6th St. House on corner has tall white columns on porch.	43.0
0.4	→	Right	Turn right onto C Ave. (Spreckels park is on the E corner) (Alternate continue one block north onto Orange Ave. and turn right adds 0.1 miles but easier to cross 4th & 3rd streets)	43.3
0.4	→	Right	Turn right onto 2nd St	43.8
0	←	Left Control # 4	Turn left into second driveway to go into parking lot. Control #4. Open 2:20, Close 04:40. Albertsons 150 B Ave. Coronado, Ca 92118. Get receipt Business open 6-24:00. Exit Control Left (SE) on 2nd St.	43.8
0.3	↑	Straight	Continue onto Glorietta Blvd	44.1
0.1	←	Left	Turn left onto Mullinex Dr. Sports fields are on your left.	44.2
0.3	→	Right	Turn right toward Bayshore Bikeway (Silver Strand Bikeway) Skatepark is on you right.	44.5
0	→	Right	Turn right toward Bayshore Bikeway (Silver Strand Bikeway)	44.5

0.1	→	Right	Turn right (SW) onto Bayshore Bikeway (Silver Strand Bikeway) Go under SR-75 (Coronado Bridge).	44.6	
0.6	→	Right	Slight right to stay on Bayshore Bikeway (Silver Strand Bikeway) Glorietta Blvd	45.2	
0.2	→	Right	Slight right onto San Luis Rey Ave	45.4	
0.3	→	Right	Slight right onto Bayshore Bikeway (Silver Strand Bikeway) Golf course is on your Left. Enter bike way at crosswalk (Glorietta blvd)	45.7	
0.2	←	Left	Slight left to stay on Bayshore Bikeway (Silver Strand Bikeway)	45.9	
8.3	→	Right	Take right lane at fork to stay on Bayshore Bikeway (Silver Strand Bikeway)	54.1	
0	→	Right	Keep right to stay on Bayshore Bikeway (Silver Strand Bikeway)	54.2	
0	↑	Straight	Continue (S) onto 13th St	54.2	
0.3	↑	Left Control # 5	Cross Palm Ave. to enter Control #5. Open 02:56, Close 05:52. 7-Eleven on right hand side 1311 Palm Ave. Get receipt.	54.5	
0	→	Right	Exit control onto 13th st and head straight (N) towards bike path.	54.5	
0.4	→	Right	Sharp right to stay on Bayshore Bikeway (Silver Strand Bikeway)	54.8	
1.1	←	Left	Turn left (N) near bollards to stay on Bayshore Bikeway (Silver Strand Bikeway)	55.9	
0	↑	Straight	Continue onto W Frontage Rd. Head north. Parallel to I-5.	55.9	
0.6	↑	Straight	Continue onto Stella St. Road curves Left and downhill.	56.5	
0.1	→	Right	Turn right onto Bay Blvd	56.6	
0.6	←	Left	Turn left to enter bike path (N) toward Bay Blvd	57.3	
0.7	←	Left	Turn left onto Bay Blvd cross Marina Pkwy/W J St. Continue (N) on Bay Blvd.	57.9	
1.3	←	Left	Turn left onto Gunpowder Point Dr./E St., Chula Vista Nature Ctr Is on left. Bike path entrance is on NW side of intersection	59.2	
0	→	Right	Turn right onto Bayshore Bikeway	59.2	
0.9	↑	Straight	Cross Gordy Shields bridge	60.1	
0.1	→	Right	Turn right (W) to stay on Bayshore Bikeway	60.1	
0.4	→	Right	Turn right (N) onto W 32nd St	60.5	
0.5	→	Right	Turn right onto Bay Marina Dr	61.0	
0.1	←	Left	Turn left onto Cleveland Ave	61.0	
0.7	→	Right	Turn right onto Civic Center Dr	61.7	
0.1	←	Left	Turn left onto E Harbor Dr	61.8	
0.1	↑	Straight	Watch for train tracks! Diagonal to road.	61.9	
2.1	↑	Straight	Watch for train tracks! Diagonal to road.	64.0	
1.7	→	Right	Turn right onto 5th Ave	65.7	Cat 5, 2.2%
0.7	↑	Straight	Watch for train tracks!	66.4	66.5
0.4	↑	Straight	Watch for traffic merging onto I-5 from behind.	66.8	
1.1	←	Left Control # 6 Finish	Turn left onto Spruce St. Enter control #6. Open 03:38, Close 07:16. Get receipt. Finish!	67.9	67.9