

ANYTIME 24 - 7 Populaire 104K

Mile North Bound to Bonsall/Carlsbad (Forward)		For	
Start Control 1 Open +00:00 Close +01:00	0.0	Start at 7 Eleven (24Hours) 4091 Genesee Ave (Clairemont Mesa East)	5.4
		R - Genesee Ave heading North	
	5.4	L- Campus Point Dr. (Safe route through UCSD)	0.1
	5.5	R - Voigt Dr.	0.8
	6.3	R - Stay on Voigt Dr.	0.4
	6.7	R - Hopkins Dr.	0.5
	7.2	R - North Point Lane at the end go on curb and take dirt path to North Torrey Pines Rd	0.2
	7.4	R - North Torrey Pines Rd	
	7.4	L - To stay on North Torrey Pines Rd.	5.5
	12.9	SL - Camino Del Mar (Do no take Jimmy Durante Blvd)	
	14.0	S - Highway 101	8.7
	21.6	S - on Carlsbad Blvd towards Oceanside	6.8
	28.4	L - on Eaton St.	14.4
	28.8	R - on South Tremont St (to get to control)	0.2
Control 2 Open +01:34 Close +03:08		R - on Cassidy St arrive at 7 Eleven 1749 S Coast Highway Oceanside Open 24x7	
	29.0	Return West (to Ocean) on Cassidy (R - from 7 Eleven)	0.2
	29.2	R - on Pacific St after RR Tracks	0.2
	31.2	R - on Surfrider Way	2.0
	31.3	L - on North Cleveland St after RR Tracks	0.1
	31.5	L - on Neptune Way and then enter San Luis Rey Bike Path(SLRBP)	0.2
	31.7	SR to continue on SLRBP and continue to stay L under all bridges (exit at College)	0.2
	38.7	R - College exit SLRBP R after going under the bridge	7.0
	39.0	R - on College Blvd	0.3
	39.0	R - Vandergrift Blvd (North River Rd goes L)	0.0
	39.2	R - on N. River Rd	0.2
	42.6	R - on Kari Lane (Before Yellow Truck Crossing sign - Easy to miss smaller paved road)	3.4
	42.9	S - Cross over Holly Lane Slight L (NOT HARD LEFT) Kari Lane B/C Holly Lane	0.3
	43.1	R - Path to old bridge just before 76 Freeway (Do not go on Mission Road/76)	0.2
	43.5	L - Old River Road and go under 76 Freeway (Path Ends)	0.4
	46.0	L - Camino Del Rey and go under 76 Freeway Again becomes Olive Hill Rd	2.5
Control 3 Open +02:30 Open +05:00	46.3	Arrive at ARCO 5555 Mission Road Bonsall on R Open 24 x 7 - Reverse Direction	0.3
	47.0	R - Old River Rd	0.7
	49.0	R - bike route just after crossing under Hwy 76	2.0
	49.6	L - Holly Lane B/C Kari Lane	
	49.7	SR - Stay on Kari Lane (NOT HARD RIGHT)	0.7
	50.0	L - N. River Rd	0.3
	53.4	S - Cross Vandergrift Rd.	
Control 4 Open +02:52 Close +05:44	53.4	Arrive at 7 Eleven on Left 487 Vandergrift Blvd. Oceanside Open 24x7	3.4
	53.4	R - Vandergrift Blvd upon exit of 7 Eleven	0.0
	53.7	L - College Blvd	0.3
	54.5	L - Highway 76 (Careful stay R on wide shoulder)	0.8
	55.1	R - N. Santa Fe (This is the same as staying on the SLR bike path at 53.7 miles)	1.4
	56.5	R - Melrose Dr. and SS (N. Melrose B/C South Melrose Dr. under 78)	7.6
	64.1	L - Lionshead Ave.	0.9
	65.0	R - Business Park Dr.	0.3
Control 5 Open +03:28 Close +06:56	65.3	Arrive at 7 Eleven 3251 Business Park Dr, Vista Ca 92081 Open 24x7	
		Optional Finish Starbucks 2708 Loker Ave W, Carlsbad - Instead of turning L at Lionshead, turn R - Palomar Airport Rd at mile 65.2 arrive at Starbucks	

R – Right BR – Bear Right S – Straight L – Left BL – Bear Left B/C - Becomes RR - Railroad Tracks
SLRBP - San Luis Rey Bike Path

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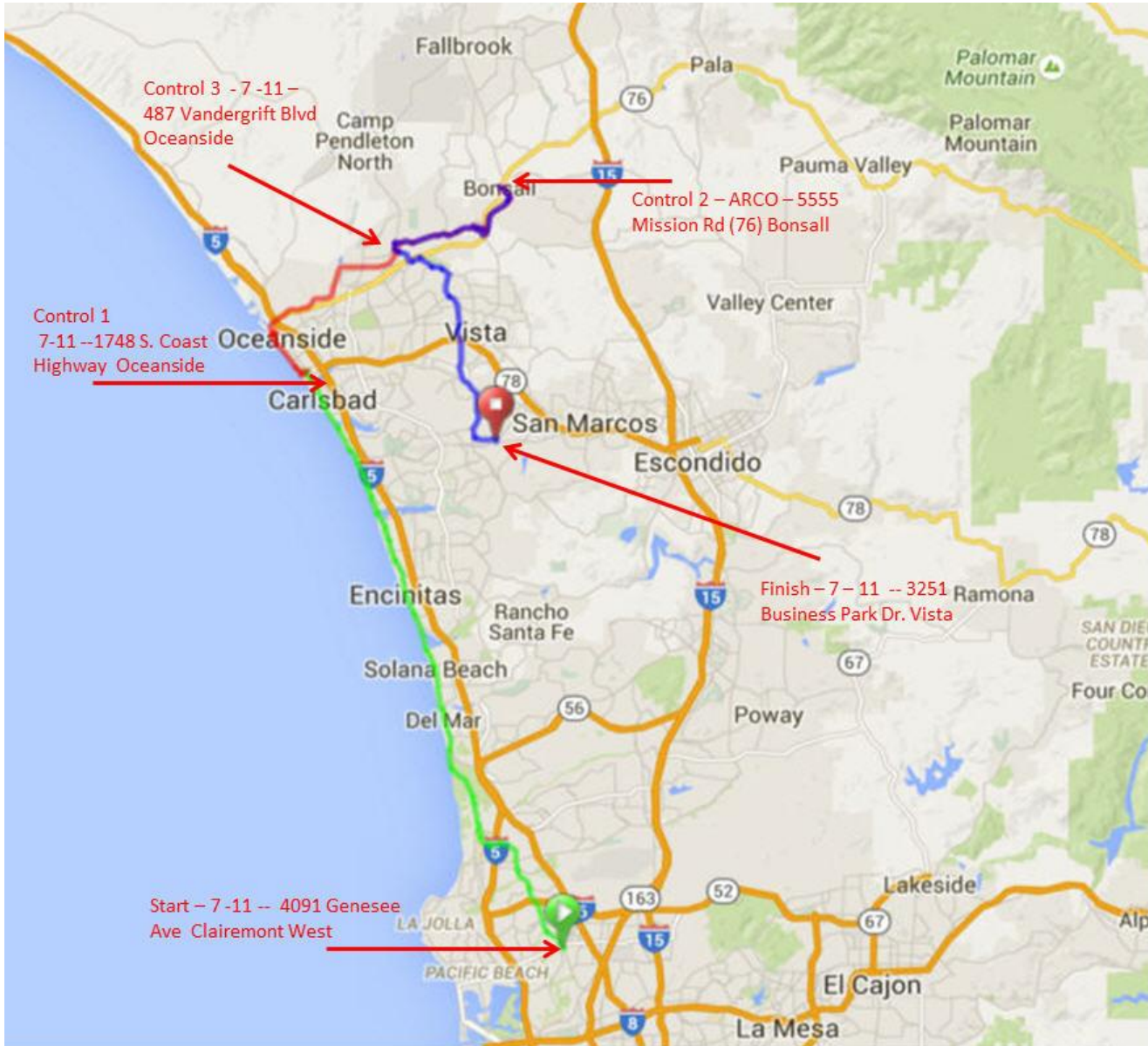
Mile South Bound to Clairemont West (Reverse)

For

Alternate	0.0	Starbucks 2708 Loker Ave. W, Carlsbad Open 0500 - 2030 L- Palomar Airport Road	
Start	0.8	L - South Melrose Dr at 1.0 miles continue directions after 1.0 mile marker	
Start	0.0	Start at 7 Eleven 3251 Business Park Dr, Vista Ca 92081 Open 24x7	0
Control 1	0.0	L - Business Park Dr.	0.1
Open +00:00	0.1	L- Lionshead Ave.	0.9
Close +01:00	1.0	R - N. Melrose Dr. (N. Melrose B/C South Melrose Dr. under 78)	7.7
	8.7	L - N. Santa Fe	1.4
	10.1	L - Highway 76/Mission Rd	0.5
	10.6	R - College Blvd	0.9
	11.5	R - Vandergrift Rd.	0.3
Control 2	11.8	L - N Redondo Dr Arrive at 7 Eleven 487 Vandergrift Blvd. Open 24x7	0.1
Open +00:38	11.8	R - N. Redondo Dr	
Close +01:16	11.9	S - N. River Rd (Cross over Vandergrift after control)	3.3
	15.2	R - on Kari Lane (Before Yellow Truck Crossing sign - Easy to miss smaller paved road)	0.2
	15.4	S - Cross over Holly Lane Slight L (NOT HARD LEFT) Kari Lane B/C Holly Lane	0.3
	15.7	R - Path to old bridge just before 76 (Do not go on Mission Road/76)	0.3
	16.0	L - Old River Road (Path Ends - Go under 76)	2.2
	18.2	L - Camino Del Rey (Go under 76) B/C Olive Hill Rd.	0.6
Control 3	18.8	Arrive at ARCO 5555 Mission Road Bonsall on R Open 24 x 7 - Reverse Direction	0.4
Open +01:00	19.2	R - Old River Rd	2.4
Open +02:00	21.6	R - Dirt Path to Bridge before guard rail starts (Immediately after going under 76)	0.7
	22.0	L - Holly Lane	
	22.3	SR - Kali Lane (NOT HARD RIGHT)	0.1
	22.4	L - N. River Rd.	3.5
	25.9	L - Vandergrift Rd.	0.3
	26.2	L - College Blvd	0.3
	26.5	R - Enter SLR Bike path on right near Buchanon Park (Water/Bathrooms here)	7.1
	33.6	SL - Exit Bike Path to Neptune Way	0.3
	33.9	R - North Cleveland St	0.1
	34.0	R - Surfrider Way (Cross over RR Tracks)	0.2
	34.2	L - North Pacific St.	2.0
	36.2	L - Cassidy and to S. Coast Highway cross over RR Tracks	0.2
Control 4	36.4	Arrive at 7 Eleven on 1749 S Coast Highway Oceanside on L Open 24x7	0.1
Open +01:58	36.5	Return West (to Ocean) on Cassidy (R - from 7 Eleven)	0.1
Close +03:56	36.6	L - South Tremont St.	0.3
	36.9	L - Eaton St.	0.1
	37.0	R - Carlsbad Blvd B/C 101 and B/C Camino Del Mar and B/C N. Torrey Pines	21.0
	58.0	S - Cross N Torrey Pines after light go up on side walk (short bike path to UCSD)	0.1
	58.1	R - North Point Lane (Follow curve to left one way street)	0.1
	58.2	L - Hopkins Dr. (Follow around sports fields)	0.5
	58.7	L- Voigt Dr.	0.5
	59.2	L - Stay on Voigt Dr.	0.7
	59.9	L - Campus Point Dr.	0.1
	60.0	R - Genesee Ave.	5.2
Control 5	65.2	L - U turn after the control (Stay in Bike lane till traffic clear to cross)	0.1
Open +03:28	65.3	Arrive at 7 Eleven on R - 4091 Genesee Ave, San Diego (Clairemont Mesa East)	
Close +06:56			

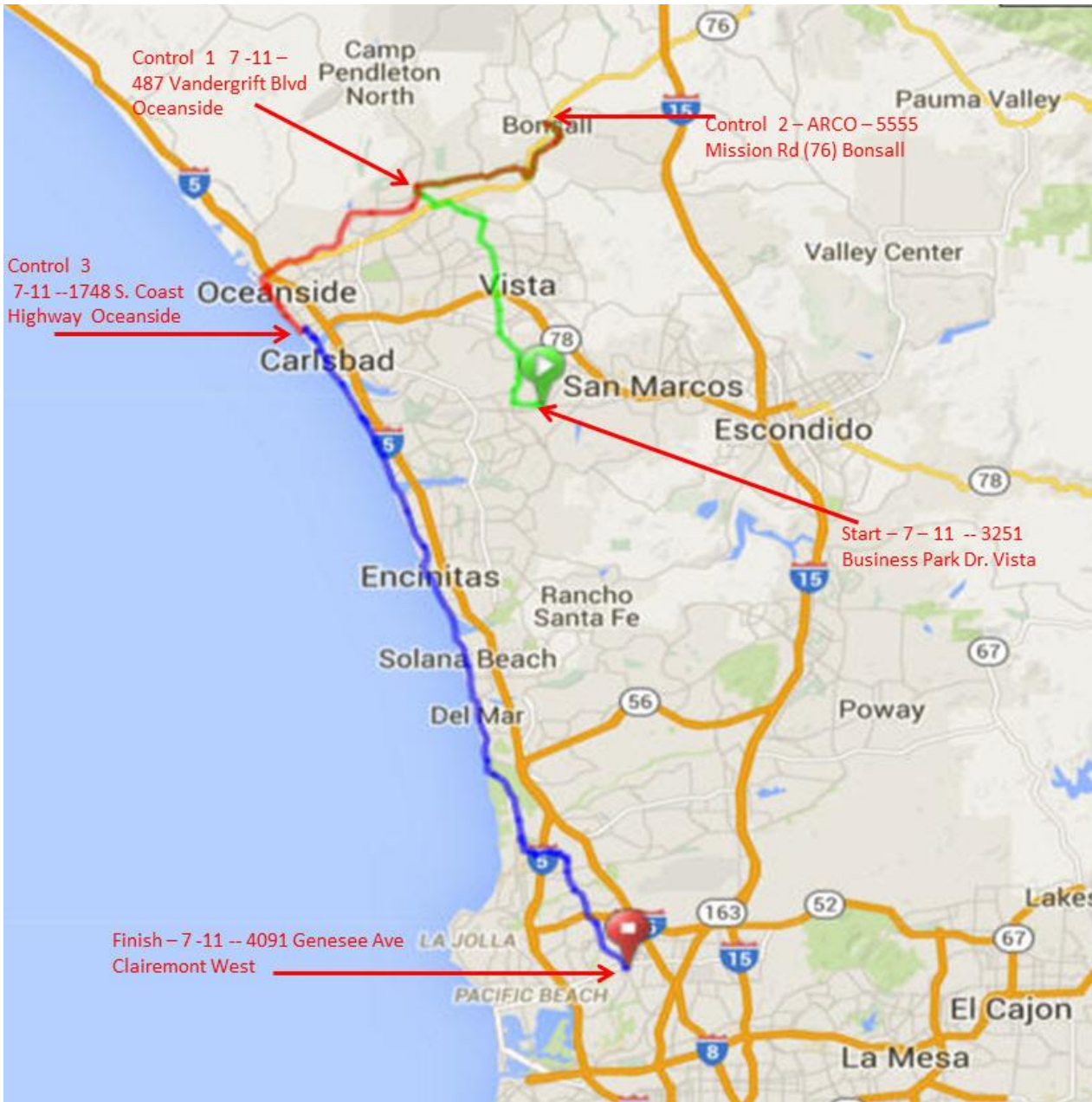
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