

RAINBOW RAMBLE - 200K (124 mi.) - Perm No. 461

GO:	TO:	ACTION:	OPEN:	CLOSE:
0.0	0.0	<b>DEPART CONTROL (1): 7-Eleven, 2190 Bacon St, San Diego, CA - (619) 226-0711. Get receipt or brevet card endorsement ("Proof"). Note: Rubber stamp is RUSA's preferred method. [Parking 3 blks. North in Robb Field Park.] EXIT: North on Bacon St.</b>	6:00	7:00
0.1	0.1	RIGHT on West Pt. Loma Blvd.		
1.8	1.9	LEFT on Hancock St., curves right and becomes Kurtz St.		
1.1	3.0	LEFT on Rosecrans St. (becomes Taylor St. in 0.3 mi.)		
0.6	3.6	LEFT on Morena Blvd. (CAUTION: In 0.1 mi., merging freeway off-ramps both North and South of I-8 bridge)		
0.4	4.0	Bear RIGHT onto Linda Vista Rd.		
4.5	8.5	RIGHT on Aero Dr.		
0.1	8.6	LEFT on Kearny Villa Rd.		
2.8	11.4	LEFT to stay on Kearny Villa Rd.		
3.8	15.2	RIGHT on Kearny Mesa Rd. (Rough pavement!)		
0.1	15.3	RIGHT on Miramar Rd., crosses I-15 and becomes Pomerado Rd. (CAUTION: Freeway on- and off-ramps.)		
4.0	19.3	RIGHT to stay on Pomerado Rd. (CAUTION: Fast descent for 1 mi., with traffic signal at bottom.)		
10.0	29.3	LEFT on I-15 onramp, and follow bike lane over bridge		
0.7	30.0	RIGHT thru guardrail onto Bike Path		
0.2	30.2	EXIT Bike Path; CONTINUE on Sunset Dr.		
0.1	30.3	<b>LEFT into CONTROL (2): Chevron Mini-Mart or next door at Shell Mini-Mart, 105 E Via Rancho Pkwy, Escondido, CA - (760) 743-609. Get Proof! EXIT: RIGHT on Via Rancho Pkwy, becomes Bear Valley Pkwy</b>	7:38	9:16
2.3	32.6	LEFT on Sunset Dr. (Escondido, CA)		
0.5	33.1	Bear RIGHT on Juniper St.		
2.1	35.2	LEFT on Pennsylvania Ave.		
0.1	35.3	RIGHT on North Broadway		
3.1	38.4	LEFT on Jesmond Dene Rd. [Water & restrooms in park on left before turn.]		
2.5	40.9	RIGHT on Centre City Pkwy (in 0.6 mi., becomes Champaign Blvd. - Old Hwy 395)		
14.9	55.8	RIGHT to stay on Old Hwy 395 (cross I-15)		
0.3	56.1	LEFT to stay on Old Hwy 395		
2.1	58.2	RIGHT on 5th St.		

0.0	58.2	<b>CONTROL (3): Rainbow Mini-Mart, 4811- 5th St, Rainbow, CA (760) 728-1822. Get Proof!</b> <b>EXIT: RIGHT on 5th St. [Rainbow Park - water/restrooms in 0.5 mi.]</b>	9:08	12:16
0.7	58.9	RIGHT on Rainbow Valley Blvd.		
0.2	59.1	RIGHT to stay on Rainbow Valley Blvd.		
1.0	60.1	LEFT on Old Hwy 395		
1.5	61.6	RIGHT to stay on Old Hwy 395 (cross I-15)		
0.3	61.9	RIGHT on Mission Rd. (County Hwy S-13)		
0.7	62.6	LEFT on Live Oak Park Rd.		
2.7	65.3	RIGHT on Reche Rd.		
1.2	66.5	LEFT on Stagecoach Ln.		
2.0	68.5	LEFT on Mission Rd.		
0.1	68.6	RIGHT on Olive Hill Rd. (short 14% climb!)		
1.8	70.4	RIGHT to stay on Olive Hill Rd. (Burma Rd.)		
1.0	71.4	LEFT on Sleeping Indian Rd. (Hermosa Dr.)		
3.1	74.5	<b>!!CAUTION: Fast &amp; steep descent (10%)!!</b>		
2.2	76.7	RIGHT on North River Rd. (SS) <b>!!Loose gravel &amp; pot holes!!</b>		
2.1	78.8	LEFT on Vandegrift Blvd. [7-Eleven on West side of intersection]		
0.3	79.1	LEFT on College Blvd. (Oceanside, CA)		
0.2	79.3	RIGHT into parking lot, take bike path on river levy (Careful! Bad driveway entry.)		
7.2	86.5	LEFT on Neptune Way		
0.1	86.6	RIGHT on Coast Hwy (County Hwy S-21)		
0.2	86.8	<b>CONTROL (4): Circle-K, 420 N Coast Hwy, Oceanside, CA - (760) 967-7306. Get Proof!</b> <b>EXIT: West on Sportfisher Dr.</b>	10:40	15:20
0.2	87.0	RIGHT on Cleveland St.		
0.1	87.1	LEFT on Surfrider Way		
0.1	87.2	LEFT on Pacific St.		
2.0	89.2	LEFT on Cassidy St. (go thru tunnel)		
0.2	89.4	RIGHT on Coast Hwy (County Hwy S-21) [Pacific Coast Cyclery on right in two blks - say hello to Chuck!]		
15.8	105.2	CAUTION: Fast traffic merging from right, after RR trestle. (Del Mar, CA)		
1.7	106.9	Name changes to Torrey Pines Rd.		
3.7	110.6	RIGHT to stay on Torrey Pines Rd. [OK to use your preferred route thru UCSD, to Gilman Dr.]		
1.2	111.8	LEFT at La Jolla Shores Dr., enter UCSD campus, and then bear RIGHT on frontage rd. (Scholars Dr.)		
0.6	112.4	RIGHT on Gilman Dr.		
1.8	114.2	Enter bike path, across off-ramp after going under I-5		

3.2	117.4	RIGHT on Damon St.		
0.2	117.6	LEFT on Mission Bay Dr. (CAUTION (1): At next light, two lanes of traffic turn right!) (CAUTION (2): In 0.3 mi., fast traffic merging from right.)		
0.8	118.4	RIGHT, and then LEFT at Stop sign to stay on Mission Bay Dr. (Do NOT enter freeway)		
2.4	120.8	CROSS Sea World Dr., becomes Pacific Hwy		
0.6	121.4	RIGHT onto bike path, at South end of bridge. (Easy to miss!)		
2.4	123.8	LEFT and then quick RIGHT into park road (becomes Bacon St. in two blks.)		
0.5	124.3	<b>FINI CONTROL (5): 7-Eleven, 2190 Bacon St, San Diego, CA - (619) 226-0711. Get Proof!</b>	12:40	19:20

**Alternative route beginning at Mile 65.3:  
(Longer but with resupply options and less climbing.)**

2.8	65.3	RIGHT on Reche Rd. (Fallbrook, CA)
0.4	65.7	LEFT on Green Canyon Rd.
3.2	68.9	LEFT on Mission Rd.
2.9	71.8	RIGHT to stay on Mission Rd. (now Hwy 76) [AM/PM & Micky D's in 0.4 mi.]
0.4	72.2	LEFT on Camino del Rey [Option: If Hwy 76 traffic is light, you may continue for 2.3 mi. to No. River Rd.]
0.3	72.5	RIGHT on Old River Rd.
2.1	74.6	RIGHT onto bike path over old bridge (0.1 mi. before flashing Stop sign.)
0.4	75.0	EXIT bike path through/around gate (CAUTION glass and debris); THEN LEFT ON HOLLY LANE (up short hill, may be unmarked)
0.2	75.2	LEFT to stay on Holly Lane, THEN RIGHT at bottom of short hill (CAUTION: Pot holes, sand and dirt on pavement, loose dogs!)
0.3	75.5	LEFT on No. River Rd.
1.2	76.7	STRAIGHT on No. River Rd., rejoining at mile 76.6. [Note: Alternate route is 0.2 mi. longer.]