

San Diego Top to Bottom 201K Permanent #2535

MILE	GO	FOR	INSTRUCTION
0.0	START #1	0.1	McDonald's , 487 College Blvd, Oceanside, CA. (OPEN: 00:00-01:00) Obtain proof of START from local business with time and date stamp. Exit up to College Blvd.
0.1	Left	0.4	College Blvd
0.5	Right	1.8	Enter Bike Path on the right, Pass under College Blvd. westward. San Luis Rey River Trail
2.3	Right	5.6	Bear RIGHT at each underpass ahead.
7.8	Right	0.4	Cleveland St
8.2	CONTROL #2	0.2	Pierview Market or other establishment near 218 N Cleveland St, Oceanside (OPEN: +00:26 Close +0:52)
8.3	Right	0.1	Mission
8.4	Left	1.8	Pacific St
10.2	Left	0.1	Cassidy St
10.3	Right	0.3	Broadway
10.5	Straight	0.1	Straight on Broadway St
10.7	Left	0.1	Eaton
10.8	Right	0.4	Coast Hwy
11.2	Straight	20.5	At the traffic circle, Slight Right stay on Coast Hwy
31.7	Right	1.7	Torrey Pines Rd
33.4	Right	0.1	After curve Down ramp to Gilman Dr
33.6	Right	1.6	Gilman Dr
35.2	Right	1.1	Ride under I-5, cross intersection, immediately enter Rose Canyon Bike Path at sidewalk on Right
36.3	Straight	2.0	Exit bike path onto Sante Fe St
38.3	Right	0.2	Damon Ave
38.5	Straight	0.2	Straight across intersection then DOWN STAIRS
38.7	Right	0.6	Stay right for two underpass, caution narrow and bumpy
39.3	Right	0.0	Mission Bay Dr
39.4	Straight	1.0	Cross bridge
40.4	Straight	0.3	Straight on Pacific Beach Dr
40.7	Right	0.7	Stay on Pacific Beach Dr
41.4	Left	1.3	Mission Blvd, (Public restrooms straight across Mission)
42.7	CONTROL #3	0.0	Starbucks or any establishment near corner of Mission Blvd and Mission Bay, 824 W. Mission Bay Dr. Mission Beach, CA (Open +02:18 Close +04:36)
42.8	Left	0.9	Mission Bay Dr
42.9	RR		Public Restroom on Right, Bonita Cove Park
43.7	Right	0.0	Quivira Access
43.7	Left	0.6	Immediate Left on Quivira Rd
44.3	Left	0.3	As road curves to the right, go Left up marked Bike Path, Cross over bridge
44.5	Right	0.0	Immediately after bridge Right down ramp
44.6	Right	0.6	U-Turn under bridge (head east)
45.2	Left	1.3	Keep left underpass

46.5	Right	0.0	go under Hwy-5 underpasses, then Right to exit bike path
46.5	Right	1.1	Pacific Hwy
47.6	Caution	3.0	After underpass, Caution Merging Traffic
48.1	Right	7.2	Bear Right at Washington St off ramp, Straight ahead back onto Pacific Hwy (Safety First)
50.6	Left	5.2	Harbor Dr
55.3	Right	1.3	Civic Center Dr becomes Tidelands
55.8	Caution	0.8	Caution crossing Railroad Tacks
56.6	Left	0.2	w 32nd St
56.8	Straight	0.4	Enter Bike Path, straight ahead.
57.2	Left	0.9	Hard left, before HWY-5 underpass
58.1	Straight	3.0	Exit Bike Path at Gunpowder Point Dr, Head straight (south) on Bay Blvd
61.1	Right	0.3	Frontage Road
61.4	Right	0.6	Enter Saturn Blvd Bike Path on the left (avoid the path with chain link fence)
62.0	Straight	0.2	Continue onto Saturn Blvd
62.2	CONTROL #4	0.0	Mini Mart -Gas Station, or establishment near 1890 Palm Ave, Imperial Beach (Open 03:20 Close +06:20)
62.3	Reverse	0.9	Reverse Direction on Saturn Blvd
63.1	Straight	0.7	Exit Bike Path Straight ahead (North) on Frontage Rd
63.8	Right	2.6	Bay Blvd
66.4	Left	0.9	Enter Bike Path on the left side of street at Gunpowder Point Dr
67.3	Right	0.4	Hard right to stay on Bayshore Bikeway
67.7	Straight	0.2	Exit Bike Path, Straight on 32nd St
67.9	Right	0.9	Tidelands Ave
68.8	Caution	0.4	Caution crossing Railroad Tacks
69.2	Left	4.6	Harbor Dr
73.9	Right	2.3	Pacific
76.2	Straight	0.5	Frontage Rd
76.7	Left	0.0	Couts
76.7	Right	1.3	Pacific Hwy
78.1	Right	0.0	Enter Ocean Beach Bike Path, after Hwy-8 underpass (Secure Self Storage Sign)
78.1	Left	1.9	Left - Pacific Hwy underpass
80.0	Right	0.1	Slight right Sunset Cliffs underpass
80.1	Left	0.0	Sharp left to stay on Ocean Beach Bike Path
80.1	Left	0.2	Left on Bridge (two way bike path)
80.3	Left	0.1	Exit Bike Path on left, immediately after crossing bridge.
80.4	Right	0.6	Quivira Way
80.9	Right	0.0	Quivira Access
81.0	Left	0.9	Mission Bay Dr
81.9	CONTROL #5	0.0	Starbucks or any establishment near corner of Mission Blvd and Mission Bay, 824 W. Mission Bay Dr. San Diego, CA (Open +04:24 Close +08:48)

81.9	Right	1.3	Mission Blvd
83.2	Right	0.7	Pacific Beach Dr.
83.9	Left	0.4	Stay on Pacific Beach Dr
84.3	Left	0.0	Stay on Pacific Beach Dr
84.3	Straight	0.5	Straight on Bike Path, pass by Camp land on the Bay
84.8	Left	0.5	Rose Creek Trail
85.3	Left	0.3	Left thru fence opening to stay on Rose Creek Trail
85.6	Left	0.5	Underpass
86.1	Straight	0.2	Up Stairs, the use Cross walk, Straight across intersection to Damon Ave.
86.3	Left	2.0	Sante Fe St
88.4	Straight	1.1	Enter Rose Canyon Bike Path
89.5	Left	1.8	Exit Bike Path then Left onto Gilman Dr
91.3	Left	0.6	Scholars Dr
91.8	Left	0.0	La Jolla Shores Dr
91.9	Right	1.2	Torrey Pines Rd
93.0	Left	20.6	Torrey Pines Rd
113.6	Straight	0.4	At the traffic circle, continue straight onto Carlsbad Blvd/State St
114.0	Left	0.1	Eaton St
114.1	Right	0.4	Broadway St
114.5	Left	0.1	Cassidy St
114.6	Right	1.8	Pacific St
116.4	Right	0.1	Mission Ave
116.5	Left	0.1	Cleveland St
116.6	CONTROL #6	0.4	Pierview Market or other establishment near 218 N Cleveland St, Oceanside (Open + 06:16 Close +12:32)
117.0	Left	2.4	Neptune Way enter San Luis Rey River Trail
119.4	Left	4.8	Keep left 3 underpasses
124.2	Right	0.1	Exit bike path before College Blvd, at Mance Buchanon Park
124.3	Right	0.4	College Blvd
124.7	Right	0.2	Via Cupeno (Enter Shopping Center)
124.9	FINISH #7		FINISH: McDonald's , 487 College Blvd, Oceanside, CA. (OPEN:+06:42 - CLOSE:+13:24) Obtain proof of FINISH from local business with time and date stamp.