

Rainbow 200K BREVET 2009

Mile	For	Instruction
		Depart Doyle Park, 8137 Regents Rd, San Diego, CA
0.0	1.1	Head North on Regents Rd
1.1	0.5	Turn LEFT (West) onto Genesee Ave
1.6	0.3	Bear RIGHT (West) onto I-5 North Ramp
1.9	0.4	Merge onto I-5 [San Diego Fwy] (North)
2.3	0.3	On the ramp to I-5 [San Diego Fwy] (North); ** Stay on Shoulder ** CAREFUL!
2.6	0.1	Turn LEFT (North-West) onto Roselle St
2.7	0.0	Turn RIGHT (North-East) onto Sorrento Valley Blvd
2.7	1.4	Turn LEFT (North-West) onto Vista Sorrento Pkwy
4.1	0.6	Turn RIGHT (North-East) onto Carmel Mountain Rd
4.7	4.7	Turn LEFT (North-West) onto El Camino Real
9.4	3.3	Turn RIGHT (South-East) onto San Dieguito Rd
12.7	0.6	Turn LEFT (North) onto El Apajo
13.3	1.0	Bear RIGHT (North) onto Via de Santa Fe
14.3	9.5	Bear RIGHT (North) onto CR-S6 Paseo Delicias
23.8	0.5	Turn LEFT (West) onto W Citracado Pky
24.3	0.2	Turn RIGHT (East) onto Avenida del Diablo
24.5	0.4	Turn LEFT (North) onto S Hale Ave
24.9	0.4	Turn LEFT (West) onto Harmony Grove Rd ** SIGN HIDDEN **
25.3	0.3	Turn LEFT to STAY ON Harmony Grove Rd.
25.6	4.3	Turn LEFT to Continue on Harmony Grove Rd
29.9	2.9	Becomes Elfin Forest Rd
32.8	2.1	Turn RIGHT onto San Elijo Rd (Services)
34.9	3.0	INFO CONTROL #1 Summit. Answer Question on Card
37.9	3.7	Continue on Twin Oaks Valley Rd
41.6	2.2	Road Name changes to Deer Springs. Do not take left onto Twin Oaks
43.8	0.1	Turn LEFT on Mesa Rock Rd.
43.9		CONTROL #2 AM/PM Store. Open +2:04 - +4:40
43.9	0.2	Turn LEFT on Deer Springs Rd / Cross I-15
44.1	4.0	Turn LEFT (North) onto Champagne Blvd
48.1	5.4	Turn RIGHT (East) onto Old Castle Rd
53.5	3.5	Turn LEFT (North) onto Lilac Rd ON DOWNHILL! CAREFUL!
57.0	5.0	Turn LEFT (West) onto Couser Canyon Rd
62.0	0.1	Turn LEFT (West) onto SR-76 [HWY-76]

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62.1	5.1	Turn RIGHT (North-West) onto Rice Canyon Rd
67.2	0.1	Curve LEFT (West) onto 8th St
67.3	0.8	Turn RIGHT (North) on Rainbow Valley Blvd
68.1	0.3	Turn LEFT (West) onto 5th St (FIRE STATION for emergency water)
68.4	2.4	Control #3. Rainbow Store/Gas Station Open+ 3:14 - +7:20 Continue LEFT(South) on Old 395
70.8	0.3	Turn RIGHT Across I-15
71.1	0.7	Turn RIGHT onto E. Mission Rd
71.8	2.6	Bear LEFT onto Live Oak Park Rd
74.4	0.4	Turn RIGHT onto Reche Rd.
74.8	3.1	Turn LEFT onto Green Canyon Rd
77.9	2.9	Turn LEFT onto S. Mission Rd.
80.8	2.3	Turn RIGHT onto Hwy 76/Mission Rd
83.1	4.1	Turn RIGHT (North-West) onto N River Rd
87.2	0.3	Turn LEFT (South) onto Vandegrift Blvd
87.5	0.2	Turn LEFT onto College Blvd
87.7	1.8	After crossing bridge, turn RIGHT onto San Luis Rey Bike Path
89.5	5.6	Bear RIGHT, 1st of 3 bike underpasses: curve under each street
95.1	0.1	INFO CONTROL #4 EXIT Bike Path. Turn RIGHT onto N. Cleveland St.
95.2	0.1	Turn RIGHT (South-West) onto Surfrider Way
95.3	2.5	Turn LEFT (South-East) onto S Pacific St
97.8	0.1	Turn LEFT (North-East) onto Cassidy St
97.9	0.4	Turn RIGHT (South-East) onto Broadway St
98.3	0.1	Turn LEFT (North-East) onto Eaton St
98.4	20.9	Turn RIGHT (South-East) onto CR-S21 [S Coast Hwy/US-101] Follow Hwy-101 South.
119.3	0.3	Turn RIGHT (South) onto N Torrey Pines Rd (Genesee continues straight--don't take this)
119.6	0.6	Take first LEFT onto UCSD NorthPoint Dr. Becomes Hopkins as you veer right
120.2	0.5	Turn LEFT onto Voight Ln
120.7	0.7	Turn LEFT onto Voight Drive
121.4	0.1	CROSS Campus Point Dr.
121.5	0.1	RIGHT to stay on Voight Dr at Stop Sign (street is unmarked, continuing straight brings you into the UCSD Parking Lot)
121.6	0.1	Turn LEFT onto Health Sciences Dr
121.7	1.0	Turn RIGHT onto Regents Rd
122.7	0.1	Turn LEFT onto Berino Ct
122.8		FINISH. Arrive at Doyle Community Park Open +5:53 - +13:30