

Mile	For	Instruction
0.0		<b>Start Starbucks Coffee, 6701 El Cajon Blvd. San Diego. Parking available across the street at Ralphs Grocery</b>
0.0	2.4	RIGHT onto Montezuma Rd
2.4	0.4	Take Exit to Right onto Fairemount Ave.
2.8	4.3	RIGHT onto Bicycle Overpass. Exit overpass and turn LEFT onto Camino Del Rio N/Camino De La Riena
7.1	0.2	BEAR RIGHT onto Hotel Circle North at Light
7.3	0.5	RIGHT turn onto Fashion Valley Rd
7.8	2.3	LEFT onto Friar's Road
7.8	0.0	<b>CONTROL 1: ARCO Station 6899 Friars Road Open: +00:26 Close: +00:52 Continue on Friar's Rd out of control</b>
10.1	0.3	RIGHT onto SeaWorld Drive
10.4	2.3	LEFT onto E. Mission Bay Dr
12.7	0.8	Right at Second Stop Sign and immediate left to continue on Mission Bay Dr
13.5	0.3	BEAR RIGHT onto Damon Ave
13.8	2.0	LEFT onto Santa Fe Ave
15.8	1.1	Road ends. Continue onto Rose Canyon Bike Path
16.9	1.8	Bike Path ends. LEFT onto Gilman Dr.
18.7	0.5	LEFT onto Osler/Scholar's Drive
19.2	1.2	LEFT and then RIGHT onto N. Torrey Pines Rd
20.4	3.7	LEFT to continue on N. Torrey Pines Rd
24.1	1.8	Road Name changes to Camino Del Mar
25.9	1.0	BEAR LEFT to Continue on Camino Del Mar. Do not take Jimmy Durante Ave
26.9	14.4	Road name changes to US 101/Coast Highway
41.3	0.2	LEFT onto EATON
41.5	0.4	RIGHT onto Broadway
41.9	0.1	LEFT onto Cassidy
42.0	2.0	RIGHT onto Pacific St
44.0	0.1	RIGHT onto Surfrider Way
44.1	0.1	LEFT onto Cleveland St.
44.2	0.1	LEFT onto Neptune Way
44.3	5.8	RIGHT onto Bike Path
50.1	0.9	Exit Bike Path at Douglas Ave. Go RIGHT at Douglas Ave
51.0	0.1	Cross Mission Ave. to Taco Bell
51.1		<b>CONTROL 2: TACO Bell. Obtain Proof of Passage Open: +2:44 Close: +5:28</b>
51.1	1.0	RIGHT out of Control on Douglas Ave
52.1	5.8	LEFT onto Bike Path
57.9	0.2	Bike Path ends. Left onto Neptune Way and immediate RIGHT onto Cleveland St.
58.1	0.1	RIGHT onto Surfrider Way
58.2	2.0	LEFT onto Pacific St
60.2	0.1	LEFT onto Cassidy
60.3	0.2	LEFT onto EATON
60.5	17.3	RIGHT onto Hwy 101/Pacific Highway
77.8	3.7	Name CHANGES to N. Torrey Pines Rd

81.5	1.8	RIGHT turn to Continue on N. Torrey Pines Rd
83.3	1.6	Take Exit to Gilman Dr
84.9	1.1	Enter Rose Canyon Bike Path on Left
86.0	2.0	Bike Path ends. Continue on Santa Fe St
88.0	0.3	RIGHT Turn onto Damon Ave
88.3	0.3	LEFT turn onto Mission Bay Dr.
88.6	2.3	Take EXIT onto E. Mission Bay Dr (do not go straight onto Interstate 5) and immediate LEFT to continue
90.9	0.3	RIGHT onto SeaWorld Drive
91.2	2.3	LEFT onto Friar's Road
91.2	0.0	<b>CONTROL 3: ARCO Station 6899 Friars Road Open: +04:54 Close: +09:48 Continue on Fashion Valley Rd out of control</b>
93.5	0.5	RIGHT onto Fashion Valley Rd
94.0	0.2	LEFT onto Hotel Circle N
94.2	2.8	BEAR LEFT onto Camino De La Riena/Camino Del Rio N
97.0	0.2	RIGHT onto Mission City Parkway
97.2	1.8	LEFT onto Camino Del Rio S
99.0	2.7	Merge LEFT and continue on Overpass. Road name changes to Montezuma Rd.
101.7		<b>FINISH. STARBUCKS. Open: +5:28 Close: +10:56</b>