

Mile	For	Instructions
		San Diego 1000K LOOP 2.
	1.6	EXIT MISSION VALLEY CONTROL 5 LEFT onto Hotel Circle S.
1.6	0.8	RIGHT onto Pacific Hwy.
2.4	2.5	Pass over I-5, then STRAIGHT across Sea World Dr. Pacific Hwy. changes to E. Mission Bay Dr.
4.9	0.8	RIGHT at stop sign, then immediate LEFT at stop light to get onto Mission Bay Dr. CAUTION: CARS EXITING I-5 ON YOUR RIGHT!
5.7	0.2	After crossing Garnet Ave., BEAR RIGHT onto Damon Ave.
5.9	2.0	LEFT onto Santa Fe St.
7.9	1.0	START Rose Canyon Bike Path
8.9	0.7	EXIT RC Bike Path. Turn RIGHT onto La Jolla Colony Dr.
9.6	0.4	RIGHT onto Palmilla Dr.
10.0	0.1	RIGHT onto Arriba St.
10.1	1.4	LEFT onto Regents Rd.
11.5	0.7	LEFT onto Genesee Ave.
12.2	1.0	RIGHT to ENTER I-5 onramp northbound to the next EXIT.
13.2	0.1	LEFT onto Roselle St.
13.3	0.2	RIGHT onto Sorrento Valley Blvd.
13.5	1.4	LEFT on Vista Sorrento Pkwy.
14.9	0.2	RIGHT on Carmel Mountain Rd.
15.1	4.6	LEFT on El Camino Real
19.7	3.4	RIGHT on San Dieguito Rd.
23.1	0.5	LEFT on El Apajo
23.6	1.0	BEAR RIGHT onto Via De Santa Fe
24.6	0.7	RIGHT on Via de la Valle
25.3	8.9	RIGHT on Paseo Delicias/Del Dios Hwy. toward Escondido.
34.2	0.5	LEFT on Citracado Pkwy.
34.7	0.2	RIGHT on Avenida del Diablo
34.9	0.4	LEFT on Hale Ave.
35.3	0.3	At stop sign, turn LEFT on Harmony Grove Rd.
35.6	0.4	LEFT to continue on Harmony Grove Rd.
36.0	0.6	STRAIGHT onto Kauana Loa Dr.
36.6	0.8	RIGHT on Country Club Ln.
37.4	0.1	LEFT on Progress Pl.
37.5	0.3	RIGHT on Corporate Dr.
37.8	0.3	LEFT on Meyers Ave
38.1	2.2	LEFT on Barham Dr.
40.3	0.6	BEAR RIGHT onto Twin Oaks Valley Rd.
40.9	0.1	LEFT on San Marcos Blvd.
41.0	0.2	CONTROL 4, SAN MARCOS : Circle K, 190 W. San Marcos Blvd., San Marcos, CA. Exit Control RIGHT onto Pico Ave. Control Open 15:59 (Fri) to 06:20 (Sat)
41.2	0.2	RIGHT on Richmar Ave.
41.4	2.9	LEFT on Twin Oaks Valley Rd
44.3	2.4	BEAR RIGHT at "Y" onto Deer Springs Rd.
46.7	14.3	After CROSSING over I-15, turn LEFT onto Champagne Blvd./Old Hwy. 395
61.0	0.3	RIGHT across I-15 to continue on Old Hwy.395.
61.3	6.9	LEFT at "T" to continue on Old Hwy. 395/Rainbow Canyon Rd.
68.2	0.2	LEFT on Pechanga Pkwy.
68.4	3.0	RIGHT on Hwy. 79
71.4	2.6	LEFT on Butterfield Stage Rd.
74.0	4.2	RIGHT on Rancho California Rd.
78.2	2.0	RIGHT on Glen Oaks Rd.
80.2	6.0	LEFT on Mesa Rd. Becomes E. Benton Rd.
86.2	6.6	LEFT onto Sage Rd.
92.8	5.2	LEFT on Cactus Valley Rd. After curve, road becomes State St.
98.0	1.0	LEFT on Stetson Aver.

99.0	1.3	RIGHT on S. Lyon Ave.
100.3	0.1	Turn LEFT onto W. Florida Ave./Hwy.74
100.4	1.3	CONTROL 5, HEMET CONTROL: Denny's, 1770 W. Florida Ave.(Hwy.74), Hemet, CA. Exit Control returning southbound on S. Lyon Ave. Control Open 19:10 (Fri) to 12:44 (Sat)
101.7	2.5	RIGHT on W. Stetson Ave.
104.2	1.5	LEFT on Warren Rd.
105.7	6.4	After curve, road name changes to Simpson Rd.
112.1	1.2	LEFT on Lindenberger Rd.
113.3	1.6	RIGHT on Newport Rd/Domenigoni Pkwy.
114.9	6.1	LEFT on Antelope Rd.
121.0	1.5	RIGHT on Clinton Keith Rd.
122.5	2.1	LEFT on California Oaks Rd.
124.6	0.4	After passing under I-15. road name changes to Kalmia St.
125.0	5.6	LEFT on Jefferson Ave.
130.6	1.4	Road name changes to Old Town Front St.
132.0	0.9	LEFT onto Hwy 79, passing under I-15
132.9	0.2	RIGHT on Pechanga Pkwy
133.1	6.9	RIGHT on Rainbow Canyon Rd. (Old Hwy. 395)
140.0	0.3	RIGHT on Old Hwy. 395, crossing I-15.
140.2	14.3	LEFT on Old Hwy. 395. CAUTION: CARS FROM RIGHT DO NOT STOP!!
154.5	7.3	After crossing Deer Springs Rd., road b/c Centre City Pkwy.
161.8	2.2	Turn RIGHT on Felicita Ave./17th Ave.
164.0	0.9	Turn LEFT on Via Rancho Pkwy.
164.9	0.9	Turn RIGHT to enter southbound I-15 on-ramp/Bike Lane. (If you want to take the Bike Path, see instructions at the bottom of the sheet.)
165.8	10.3	EXIT I-15 Bike Lane RIGHT onto Pomerado Rd.
176.1	4.1	Turn LEFT at top of hill to continue on Pomerado Rd.
180.2	4.0	After CROSSING over I-15, turn LEFT on Kearny Villa Rd.
184.2	3.1	After CROSSING OVER Hwy. 52, turn RIGHT to continue on Kearny Villa Rd.
187.3	0.6	Road name changes to Mesa College Dr.
187.9	1.2	After CROSSING OVER Hwy. 163, turn LEFT onto Linda Vista Rd.
189.2	1.3	Turn LEFT on Ulric St.
190.5	0.5	Turn RIGHT on Friars Rd.
191.0	0.6	Turn LEFT on Fashion Valley Rd
191.6	0.2	Turn LEFT on Hotel Circle N.
191.7	0.6	Turn RIGHT, passing under I-8, onto Hotel Circle S.
192.3	0.0	CONTROL 6, MISSION VALLEY CONTROL: Mission Valley Resort Control Open 00:12 (Sat) to 23:25 (Sat)
		While on Via Rancho Parkway, cross over I-15 and turn right into the Chevron Station driveway. Ride to the opposite side of the parking lot and exit it, onto an unmarked street which bears to your right. At the end of the street there is the entrance to the bike path, on the East side of I-15. The bike path heads south, then turns right to travel underneath I-15. As you come out from under I-15, the bike path heads north on the west side of I-15. After about 100 ft, turn left to continue the bike path. After about 0.1 mile, you'll enter a pedestrian bridge taking you across the lake. At the end of the bridge, turn left on Pomerado Road, heading east in the protected bike lane. After you cross over I-15, the protected bike lane ends and you can cross the street to resume travel on Pomerado Road.