

		Hemet 400K To Abandon call RBA at (619) 403-1437
Mile	For	Instructions
0.0	0.1	START: 06:00 7-Eleven/Vista Palomar Park, 3251 Business Park Dr., Vista, Ca 92083. (760)726-8150 Exit from north side of Vista Palomar Park
0.1	0.8	LEFT onto Poinsettia Ave/Lions Head
1.0	0.4	RIGHT onto S. Melrose Dr.
1.4	4.4	LEFT onto Faraday Ave
5.8	1.8	LEFT onto Cannon Rd at "T"
7.6	17.9	LEFT onto CH-S21 (Coast Hwy)
25.5	1.6	RIGHT on N Torrey Pines Rd
27.1	0.2	Road name changes to La Jolla Village Dr
27.3	1.5	RIGHT on Ramp to Gilman Dr
28.8	3.2	Cross under I-5 and RIGHT to enter Rose Canyon Bike Path. Becomes Santa Fe Ave
32.0	0.2	RIGHT onto Damon Ave
32.2	0.1	LEFT onto Mission Bay Dr
32.3	0.3	LEFT onto Garnet/Balboa Ave. CAUTION. AFTER MAKING TURN CARS ENTERING FROM RIGHT AT HIGH SPEED
32.6	3.0	RIGHT onto Morena
35.6	0.3	LEFT onto Napa
35.9	1.5	LEFT onto Friars Rd (Caution RR Tracks)
37.4	0.6	RIGHT onto Fashion Valley Rd
38.0	0.2	LEFT onto Hotel Circle N
38.2	3.8	LEFT at Light onto Camino de la Riena/Camino del rio North
42.0	0.4	LEFT turn on Ward Ave
42.4	0.4	BECOMES Rancho Mission Rd at Stop Light
42.8	0.6	RIGHT turn on Friars Rd.
43.4	6.5	BEAR LEFT onto Mission Gorge Rd
49.9	0.4	RIGHT onto Mesa Rd
50.3	3.4	LEFT onto Prospect Ave
53.7	0.4	RIGHT onto Graves Ave
54.1	2.9	LEFT onto Pepper Dr
57.0	3.1	LEFT onto E Main St / I-8 Business
60.1	0.2	RIGHT onto Lake Jennings Park Rd
60.3	3.8	LEFT onto Olde Hwy 80
64.1	0.1	RIGHT onto Alpine Blvd under freeway
64.2	2.9	LEFT onto Alpine Blvd
67.1	0.1	LEFT onto Tavern Rd. Take first RIGHT into Carl Jr's
67.2	0.0	CONTROL 1 Carl Jr's. Open: 09:09-13:08
67.2	2.9	LEFT on Tavern, RIGHT on Alpine Blvd (return the way you came)
70.1	0.1	RIGHT on Alpine Blvd under freeway
70.2	3.8	LEFT turn onto Old Hwy 80
74.0	2.9	RIGHT turn onto Lake Jennings Park Rd
76.9	1.0	RIGHT turn onto Ashwood St.

77.9	0.7	LEFT turn onto Willow Rd
78.6	2.5	RIGHT turn onto Moreno Ave.
81.1	18.0	RIGHT turn onto SR67/Main St towards Ramona CAUTION: Busy Rd, narrow shoulders, ride single file
99.1	0.7	RIGHT turn onto 3rd St (just past Sizzler's and before leaving town)
99.8	1.4	LEFT to continue on Old Julian Highway
101.2	6.1	LEFT to continue on Old Julian Highway
107.3	5.8	RIGHT onto SR78/Julian Rd. CAUTION: Busy Rd, narrow shoulders, ride single file
113.1	0.0	CONTROL 2 Dudley's Bakery Open: 11:18-18:00
113.1	38.6	LEFT onto SR79 towards Warner Springs
151.7	16.6	RIGHT onto CR-R3 [Sage Rd]
168.3	1.3	LEFT onto CR-R3 [Cactus Valley Rd]
169.6	3.9	Road Veers RIGHT onto CR-R3 [State St]
173.5	1.0	LEFT onto W Stetson Ave
174.5	1.3	RIGHT onto S Lyon Ave
175.8	0.1	LEFT onto W. Florida, SR-74 [SR-79]
175.9		CONTROL #3: At Denny's 1770 W Florida Ave, Hemet, CA (909) 925-8616; Open 14:08-00:08 (ALT: Shell or Burger King) GET RECEIPT!!
175.9	1.3	RIGHT on S Lyon Ave
177.2	2.5	RIGHT on Stetson Ave (Careful of RR Tracks)
179.7	1.7	LEFT on Warren Rd (Careful of RR Tracks)
181.4	0.3	At Stop Sign, turn LEFT to continue on Warren
181.7	5.4	RIGHT onto Domenigoni Pkwy [E Newport Rd]
187.1	1.3	Continue STRAIGHT onto Newport Rd
188.4	6.1	LEFT onto Antelope Rd
194.5	1.5	RIGHT onto Clinton Keith Rd
196.0	2.3	LEFT onto Calif Oaks Rd
198.3	0.3	Road name changes to Kalmia St
198.6	4.7	LEFT onto Jefferson Ave
203.3	2.3	Road name changes to Front St
205.6	0.9	LEFT on SR-79
206.5	0.2	RIGHT onto Pechenga Pkwy
206.7	2.6	RIGHT onto Rainbow Canyon Rd [Old Highway 395]
209.3	4.4	Keep STRAIGHT onto Old HWY-395 [Frontage Rd]
213.7	0.2	RIGHT across I-15 to stay on US-395 [Old Highway 395]
213.9	4.4	LEFT On US-395 CAUTION: CARS FROM RIGHT DO NOT STOP
218.3	0.0	CONTROL 4 Mobile Station, corner US-395/Mission Rd/SR76 Open 16:15 - 04:40
218.3	4.7	Continue STRAIGHT on US395
223.0	4.5	RIGHT turn onto Camino Del Rey

227.5	2.6	BEAR LEFT onto Old River Rd. (at traffic island, school on left, church straight ahead) CAUTION: ONCOMING TRAFFIC (IN TWO PLACES) DOES NOT STOP!
230.1	0.7	LEFT turn onto MISSION Rd/Ave/SR76 Caution: Busy Rd Ride Single File
230.8	4.1	LEFT turn onto N. River Rd
234.9	0.3	LEFT turn onto Vandegrift Blvd
235.2	0.1	LEFT turn onto College
235.3	7.3	RIGHT turn into parking lot after crossing bridge. Proceed to Bike Lane (BEAR LEFT towards Coast)
242.6	0.1	LEFT on Neptune then RIGHT on Cleveland
242.7	0.1	RIGHT turn onto Surfrider Way
242.8	2.4	LEFT turn onto Pacific St.
245.2	0.1	LEFT turn onto Cassidy
245.3	0.4	RIGHT turn onto Broadway
245.7	0.1	LEFT turn onto Eaton
245.8	3.6	RIGHT turn onto Coast Highway
249.4	6.4	LEFT onto Palomar Airport Rd
255.8	0.1	LEFT onto Business Park Rd and LEFT into Vista Palomar Park
255.9	0.0	Finish: 7-Eleven/Vista Palomar Park, 3251 Business Park Dr., Vista, Ca 92083. (760)726-8150 Open: 18:08-09:00