

| Mile | For | Instruction |
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| 0.0 | 0.1 | Control #1/Start: Shell Station at 2290 Moore St, San Diego, CA, heading away from I-5, on Old Town Avenue. (Free all day parking at Pacific Highway and Taylor Street - see below). Get proof of passage, such as a receipt. |
| 0.1 | 0.1 | Turn LEFT on San Diego Avenue |
| 0.2 | 0.5 | Turn LEFT on Congress Street |
| 0.7 | 0.1 | Turn LEFT on Taylor Street |
| 0.8 | 1.0 | Turn RIGHT on Pacific Highway (Free parking here, at Trolley Station, during the ride.) |
| 1.8 | 2.3 | Continue across Sea World Drive. Pacific Highway changes name to E Mission Bay Drive |
| 4.1 | 0.8 | Turn RIGHT at stop sign, then immediate left at stop light to get on Mission Bay Drive. |
| 4.9 | 0.3 | Bear RIGHT on Damon Avenue, after Garnet Avenue. |
| 5.2 | 2.0 | Turn left at Santa Fe St |
| 7.2 | 1.1 | Start Rose Canyon Bike Path |
| 8.3 | 1.8 | Turn LEFT on Gilman St, heading under I-5 |
| 10.1 | 0.6 | Turn LEFT on Scholars Drive S |
| 10.7 | 1.2 | Turn LEFT on La Jolla Shores Drive and then an IMMEDIATE RIGHT on North Torrey Pines Road. Do not take La Jolla Shores Drive downhill to La Jolla. |
| 11.9 | 5.4 | Turn LEFT to stay on North Torrey Pines Road. Name changes to Camino Del Mar, |
| 17.3 | 14.4 | Bear LEFT to stay on Camino Del Mar. Do Not Bear Right on Jimmy Durante Blvd. |
| 31.7 | 12.3 | Control #2: 7-Eleven, 201 Oak Ave, Carlsbad. Get proof of passage, such as a receipt, from this 7-11, or any other business on Coast Hwy north of Carlsbad Village Drive, and then return south on PCH. |
| 44.0 | 3.0 | Control #3: Java Depot, 243 N Hwy 101, Solana Beach. Get proof of passage, such as a receipt and continue south on N Hwy 101. |
| 47.0 | 4.6 | After Del Mar, road changes name to North Torrey Pines Road |
| 51.6 | 1.6 | Turn Right to stay on North Torrey Pines Road. Do not continue on Genesee Avenue! |
| 53.2 | 0.2 | Road name changes to La Jolla Village Drive. |
| 53.4 | 0.1 | Bear RIGHT to take Gilman Street Exit. |
| 53.5 | 1.6 | Turn Right on Gilman Street |
| 55.1 | 1.1 | Immediately after passing under I-5, enter the Rose Canyon Bike Path on far side of intersection. |
| 56.2 | 2.0 | Rose Canyon Bike Path becomes Santa Fe Street. |
| 58.2 | 0.3 | Turn RIGHT on Damon Street |
| 58.5 | 0.7 | Turn LEFT On Mission Bay Drive |
| 59.2 | 0.1 | Take E Mission Bay Dr. Exit. Do not get onto I-5 |
| 59.3 | 2.3 | Turn Left (South) on E Mission Bay Drive |
| 61.6 | 1.0 | Road Name change to Pacific Coast Highway, after crossing Sea World Drive. |
| 62.6 | 0.1 | Turn LEFT on Taylor Street |
| 62.7 | 0.5 | Turn RIGHT on Congress Street |

Start at 6:00

7:42 to 9:24

8:44 to 10:44

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| 63.2 | 0.1 | Turn RIGHT on San Diego Avenue |
| 63.3 | 0.1 | Turn Right on Old Town Avenue |
| 63.4 | | Finish: Shell Station. Get Receipt. |

9:24 to 12:48