

Mile	For	Instruction
0.0	0.9	<b>Control #1. Avenue Liquor &amp; Wine Shop, 878 Orange Ave., Coronado, CA. Get Proof of Passage, such as a receipt. Head south on Orange Avenue.</b>
0.9	8.0	Leave Orange Avenue and get on southbound bike path (to the left of Orange avenue.
8.9	0.1	The bike path ends at the end of 13th street. Continue south on 13th to Palm avenue
9.0	0.8	Turn Left On Palm Avenue
9.8	0.5	Turn Left on Saturn Blvd.
10.3	0.3	Enter northbound bike path at the end of Saturn Blvd.
10.6	0.3	Bike path ends, continue north on Frontage Road.
10.9	3.0	Turn Left on Anita Road (unmarked, but it's the first left).
13.9	1.2	At the intersection of Bay Blvd and E Street, look ahead and off to the left to enter the bike path. After a mile or so, the bike path will come to a T intersection with another bike path. Turn Right at the T to stay on course.
15.1	0.5	Exit Bike Path and turn right on Marina Way
15.6	0.2	Turn Right on Bay Marina Drive
15.8	0.7	Turn Left on Cleveland Avenue
16.5	4.7	Turn Right on Tideland Avenue/Civic Center and then an immediate left on Harbor Drive.
21.2	1.8	Turn Right on Pacific Coast highway
23.0	3.0	Exit PCH and take Frontage road. Do not ride on PCH overpass. Rejoin PCH in a half mile or so.
26.0	2.4	Road changes name to Mission Bay Drive after crossing Sea World Drive.
28.4	0.5	Turn Right at East Mission Bay onramp exit, then immediate left on Mission Bay Drive.
28.9	0.3	<b>Control #2: 7-Eleven, 4527 Mission Bay Dr., San Diego, CA. Continue N on Mission Bay Drive.</b>
29.2	0.2	Bear Right on Damon Avenue
29.4	2.0	Turn Left on Santa Fe Street
31.4	1.1	Begin Rose Canyon Bike Path
32.5	1.7	Rose Canyon Bike path ends. Left on Gilman Drive.
34.2	1.9	Turn Left on the La Jolla Village Drive onramp. La Jolla Village Drive becomes North Torrey Pines Road.
36.1	5.5	Turn Left to stay on North Torrey Pines Road.
41.6	5.3	Bear Left on Camino Del Mar. Do not take Jimmie Durante Blvd.
46.9	10.8	<b>Control #3: Swami's Cafe &amp; Juice Bar, 1163 S. Coast Hwy 101. Encinitas, CA. Get Proof of passage, such as a receipt. Then return southbound.</b>
57.7	1.6	Turn Right to stay on North Torrey Pines Road. Do not continue on Genesee Avenue!
59.3	0.2	Road name changes to La Jolla Village Drive.
59.5	0.1	Bear RIGHT to take Gilman Street Exit.
59.6	1.6	Turn Right on Gilman Street
61.2	1.1	Immediately after crossing the intersection under I-5, enter the Rose Canyon Bike Path on south side of Gilman.
62.3	2.0	Rose Canyon Bike Path becomes Santa Fe Street.

64.3	0.3	Turn RIGHT on Damon Street
64.6	0.0	Turn LEFT On Mission Bay Drive
64.6	0.7	<b>Control #4. McDonald's. 4711 Mission Bay Dr. San Diego, CA. Then continue south on Mission Bay Dr.</b>
65.3	0.1	Take E Mission Bay Dr. Exit. Do not get onto I-5
65.4	2.3	Turn Left (South) on E Mission Bay Drive
67.7	1.0	Road Name change to Pacific Coast Highway, after crossing Sea World Drive.
68.7	0.1	Turn Left on Taylor Street
68.8	0.5	Turn Right on Congress Street
69.3	0.6	Bear Right to join San Diego Avenue
69.9	0.1	Turn Left on Noelle
70.0	0.3	Turn Left on Hancock Street
70.3	0.1	Turn Right on West Washington Street
70.4	2.3	Turn Left on Pacific Coast Highway, after passing under overpass.
72.7	4.6	Turn Left on Harbor Drive
77.3	0.7	Turn Right on Civic Center Drive, then an immediate left on Cleveland Drive.
78.0	0.2	Turn Right on Bay Marina Drive
78.2	0.5	Turn Left on Marina Way
78.7	1.2	when the road turns right, look on to the left to enter the bike path. After about 0.1 miles, the path turns to the right. After another 0.1 miles, the path turns to the left. After another 0.1 miles, turn to the left to split off from the current path. You will be entering the Gordy Smith pedestrian bridge. <b>Do not continue riding eastbound under I-5 toward National City.</b>
79.9	3.1	The bike path will end at the intersection of Bay Blvd and E street. Head south on Bay Blvd.
83.0	0.2	Turn Right on Frontage Road at the unmarked T- intersection.
83.2	0.4	At the first stop sign, look straight ahead to see entrance to the bike path.
83.6	0.5	The bike path will end, by putting you at the end of Saturn Blvd. Toward to then, the path has become a wide road, but there is only a narrow gate off to the left. Do not stay to the right as you exit or you will collide with a steel gate.
84.1	0.7	Turn Right on Palm Avenue
84.8	0.2	Turn Right on 13th street
85.0	8.3	At the end of 13th street is the beginning of the next bike path.
93.3	0.5	Leave bike path and head north on Orange Avenue
93.8		<b>Control #5/Finish. Avenue Liquor &amp; Wine Shop, 878 Orange Ave., Coronado, CA. Get Proof of Passage, such as a receipt.</b>