

| Mile | For | Instruction | |
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| 0.0 | 0.1 | Depart: 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) | Start time: 07:00 hrs |
| 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 | 2.0 | Bear LEFT to stay on Camino Del Mar. Do Not Bear Right on Jimmy Durante Blvd. | |
| 19.3 | 0.0 | Turn RIGHT on Lomas Santa Fe Dr. | |
| 19.3 | 0.1 | Control #1: Get Receipt at Minute Shops Liquor & Deli, 149 Lomas Santa Fe Dr., Solana Beach, CA 92075 (858) 755-1893. This store is on your right, 1 block after crossing the RR tracks. | Control Hours: 08:02 to 09:04 |
| 19.4 | 16.1 | Continue riding on Lomas Santa Fe Dr. Road name changes to Linea Del Cielo after you cross El Camino Real, and changes again to Paseo Delicias, then to Del Dios Highway, then to West Valley Pkwy. | |
| 35.5 | 0.4 | Bear RIGHT to stay on West Grand Avenue | |
| 35.9 | 0.8 | Road name changes to W 2nd Avenue | |
| 36.7 | 2.0 | Turn RIGHT on to E Grand Avenue | |
| 38.7 | 2.0 | Turn LEFT on Bear Valley Parkway | |
| 40.7 | 7.8 | Turn RIGHT on Lake Wohlford Road | |
| 48.5 | 5.0 | Turn RIGHT on Valley Center Road | |
| 53.5 | 5.0 | Turn RIGHT at Highway 76. Water available at store on north side of 76, just after you complete the turn. | |
| 58.5 | 6.7 | Turn LEFT on to South Grade Road. | |
| 65.2 | 0.1 | Turn LEFT at E Grade Road, towards the stores. | |
| 65.3 | 0.0 | Control #2: Get Receipt at General Store next to Mother's Restaurant. | Control Hours: 10:30 to 14:00 |
| 65.3 | 11.3 | South on East Grade Road to Santa Ysabel | |
| 76.6 | 4.5 | Turn LEFT on Highway 76 | |
| 81.1 | 7.1 | Turn RIGHT on Highway 79 | |

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| 88.2 | 0.1 | Control #3: Get Receipt at Don's Market in Santa Ysabel. 30250 Highway 78, Santa Ysabel, CA 92070 (760) 765-3272 | Control Hours: 11:44 to 16:28 |
| 88.3 | 5.7 | Turn RIGHT on Highway 78 | |
| 94.0 | 6.1 | Turn LEFT onto Old Julian Highway. Watch for Oncoming Traffic! | |
| 100.1 | 2.1 | Turn RIGHT to stay on Old Julian Highway. Road Changes name to 3rd Street. | |
| 102.2 | 11.7 | Turn LEFT on Main Street/Highway 67 | |
| 113.9 | 8.6 | Turn RIGHT on Scripps Poway Parkway. Do not turn on Poway Road. | |
| 122.5 | 0.9 | Stop before you cross under I-15. Enter the bike path, heading south, that runs parallel to I-15, on the east side. | |
| 123.4 | 0.4 | Leave bike path to enter Erma Road. | |
| 123.8 | 1.0 | Turn RIGHT on Scripps Ranch Blvd | |
| 124.8 | 1.0 | Road name changes to Carroll Canyon Road. Continue Straight <u>Do not</u> turn left to stay on Scripps Ranch Blvd. | |
| 125.8 | 0.1 | Turn LEFT on Black Mtn Road. | |
| 125.9 | 4.6 | Road name changes to Kearny Villa Road. | |
| 130.5 | 3.2 | Turn RIGHT to Stay on Kearny Villa Road. Do not go straight on Ruffin Road. | |
| 133.7 | 0.6 | As you approach I-805, road name changes to Mesa College Drive. Cross over I-805 and Highway 163. | |
| 134.3 | 2.5 | Turn LEFT on Linda Vista Road. | |
| 136.8 | 0.5 | Turn LEFT at Via Las Cumbres. Steep Descent. | |
| 137.3 | 0.7 | Turn LEFT at Friar's Road | |
| 138.0 | 0.6 | Turn RIGHT at Fashion Valley Road | |
| 138.6 | 2.3 | Turn LEFT at Hotel Circle North. Ride under I-5, road becomes Hotel Circle South, then Taylor Street. | |
| 140.9 | 0.6 | Turn LEFT on Congress Street | |
| 141.5 | 0.1 | Turn RIGHT on San Diego Avenue | |
| 141.6 | 0.1 | Turn RIGHT on Old Town Avenue | |
| 141.7 | | Finish: Shell Station. Get Reciept. | Control Hours: 14:36 to 22:12 |