

ROLLERS TO BONSALL (201 km. / 125 mi.) - Perm. # 344

GO:	TO:	ACTION:	OPEN:	CLOSE:
0.0	0.0	DEPART CONTROL (1): 7- Eleven, 2920 Adrian St, San Diego, CA (619) 224-7979 -- behind gas station. Get receipt or brevet card endorsement - stamp, initials & 24 hr. time ("Proof" of passage). Parking along W. Point Loma Blvd, next to Formosa Slough Nature Preserve. EXIT: LEFT (North) on Adrian St.	6:00	7:00
0.1	0.1	RIGHT on W. Point Loma Blvd.		
0.4	0.5	Continue STRAIGHT, name changes to Sports Arena Blvd.		
0.2	0.7	LEFT on Hancock St., curves right and becomes Kurtz St.		
1.0	1.7	LEFT on Rosecrans St.		
0.2	1.9	Go under I-5, LEFT on Pacific Hwy (After 1 mi. becomes Mission Bay Dr.)		
3.3	5.2	RIGHT at stop sign; then turn LEFT at traffic signal to stay on Mission Bay Drive (CAUTION: One blk. ahead, freeway off-ramp merges from right.)		
0.8	6.0	Bear RIGHT on Damon Ave.		
0.3	6.3	LEFT on Santa Fe St.		
2.0	8.3	ENTER Rose Canyon Bike Path		
1.1	9.4	RIGHT on La Jolla Colony Dr.		
0.7	10.1	RIGHT on Palmilla Dr.		
0.4	10.5	RIGHT on Arriba St.		
0.2	10.7	LEFT on Regents Rd.		
0.5	11.2	RIGHT on Nobel Dr.		
2.2	13.4	RIGHT on Miramar Rd.		
1.0	14.4	LEFT on Camino Santa Fe		
2.2	16.6	RIGHT on Flanders Dr.		
2.1	18.7	LEFT on Westonhill Dr.		
0.1	18.8	RIGHT on Hillery Dr.		
0.7	19.5	LEFT on Black Mountain Rd.		
3.1	22.6	CONTROL (2): Shell Mini-Mart, at corner of Twin Trails Dr, San Diego, CA - (858) 780-0690. OK to use Rite-Aid or Jack-in-Box (next block). EXIT: Continue on Black Mtn. Road	7:12	8:24
2.1	24.7	LEFT on Carmel Valley Dr.		
1.1	25.8	RIGHT on Camino del Sur		
2.1	27.9	LEFT on San Dieguito Rd.		
2.6	30.5	RIGHT on El Apajo (bears right and becomes Via de Santa Fe)		
1.6	32.1	Bear RIGHT on Via de la Valle (Hwy S8)		
0.6	32.7	RIGHT on Paseo Delicias		
0.7	33.4	LEFT on El Montevideo		
1.5	34.9	LEFT on Via de Fortuna		
0.6	35.5	RIGHT on El Mirlo		
1.1	36.6	RIGHT on Rancho Santa Fe Rd.		
0.3	36.9	RIGHT to stay on Rancho Santa Fe Rd.		
2.6	39.5	LEFT on Olivenhain Rd.		
1.0	40.5	RIGHT on El Camino Real		
4.5	45.0	RIGHT on Palomar Airport Rd. (County Hwy S12) - becomes San Marcos Blvd.		
0.3	45.3	INFORMATION or RECEIPT CONTROL (3): Starbucks coming up on left at Loker Dr. -- see Brevet Card.	8:26	10:52
3.6	48.9	RIGHT on Discovery St.		
0.3	49.2	LEFT to stay on Discovery St.		
1.0	50.2	RIGHT on Craven Rd.		
0.9	51.1	LEFT on Rush Dr.		
0.3	51.4	RIGHT on Discovery St. (becomes E. Barham Dr.)		
2.8	54.2	RIGHT on W. Mission Rd. (CAUTION: RR tracks just before turn)		
2.6	56.8	CONTROL (4): 7-Eleven, 260 E. Mission Ave., Escondido, CA (760) 745-4760. Get Proof.	9:02	12:04

0.0	56.8	EXIT: West on Mission Ave. (back the way you came.)		
0.1	56.9	RIGHT on No. Broadway		
2.7	59.6	LEFT on Jesmond Dene Rd.		
2.5	62.1	Bear RIGHT on N. Centre City Pkwy (becomes Champaigne Blvd.-Old Hwy 395)		
5.8	67.9	LEFT on Camino del Rey (CAUTION: Narrow road, no bike lane or shoulder for part of next 2 mi.)		
4.8	72.7	RIGHT to stay on Camino del Rey		
0.3	73.0	CONTROL (5): ARCO AM/PM Mini-Mart & McDonalds, 5555 Mission Rd., Bonsall, CA (760)726-2628. Get Proof.	9:54	13:48
0.0	73.0	EXIT: East on Camino del Rey (back the way you came from.) [Alternative (in bad or wet weather, & if traffic is OK on Hwy 76) -- RIGHT on Hwy 76 to No. River Rd., rejoining at 76.9.]		
0.4	73.4	RIGHT on Old River Rd.		
2.5	75.9	RIGHT onto Bike Path & go over old (abandoned) highway bridge (0.1 mi. before flashing stop sign!)		
0.4	76.3	After going through/around gate, LEFT on Holly Ln. (unmarked), uphill at "Live Bait" sign. (CAUTION: Loose dogs reported.)		
0.3	76.6	LEFT to stay on Holly Ln., then RIGHT at bottom of hill (CAUTION: Speed bumps, pot holes, sand on pavement.)		
0.3	76.9	LEFT on No. River Rd (unmarked)		
3.3	80.2	LEFT on Vandegriff Blvd. (7-11 on opposite corner)		
0.3	80.5	LEFT on College Blvd.		
0.2	80.7	RIGHT into parking lot, immediately after crossing bridge; ENTER bike path.		
7.3	88.0	LEFT on Neptune Way		
0.1	88.1	RIGHT on N. Coast Hwy (County Hwy S21)		
0.2	88.3	CONTROL (6): Circle-K, 420 N Coast Hwy, Oceanside, CA (760) 967-7306. Get Proof. EXIT: LEFT (South) on Coast Hwy.	10:44	15:28
0.9	89.2	RIGHT on Wisconsin Ave. (historic 101 Cafe, 631 So. Coast Hwy, Oceanside, established 1928)		
0.3	89.5	LEFT on S. Pacific St. (Bucaneer Park ahead on left.)		
1.1	90.6	LEFT on Cassidy St., through tunnel. (CAUTION: RR tracks ahead.)		
0.2	90.8	RIGHT on Coast Hwy (County Hwy S21) - becomes Camino del Mar in 14.7 mi.; Torrey Pines Rd. after 17 mi. (Note: two blks. ahead, Pacific Coast Cycles, 2003 S Coast Hwy, Oceanside, CA. (760) 967-4900) Say Hi to Chuck!)		
21.3	112.1	RIGHT to stay on Torrey Pines Rd., becomes La Jolla Village Dr.		
1.6	113.7	Bear RIGHT onto off-ramp (CAUTION: Steep downhill, Stop sign at bottom!) OR follow own route through UCSD Campus to Gilman Dr.		
0.2	113.9	RIGHT on Gilman Dr.		
1.6	115.5	Go under I-5, ENTER bike path - other side of intersection (CAUTION: Drainage grate under I-5.)		
3.1	118.6	RIGHT on Damon Ave.		
0.3	118.9	LEFT on Mission Bay Dr. (CAUTION: After 1 blk, two lanes turn right; in 4 blks, fast moving traffic merging from right.)		
0.8	119.7	RIGHT at traffic light, then LEFT at stop sign, to stay on Mission Bay Dr.		
2.3	122.0	RIGHT on Sea World Dr. [To avoid traffic, at 2nd traffic light take bike path on river levee to 2nd bridge (rejoining at 123.7)]		
1.4	123.4	Bear LEFT -- Sea World Dr. becomes Sunset Cliffs Blvd.		
0.3	123.7	ENTER BIKE PATH to right, to cross bridge over river channel.		
0.5	124.2	Bear LEFT onto Nimitz Blvd. (Use CAUTION in heavy traffic.)		
0.2	124.4	LEFT on West Point Loma Blvd. (Consider using cross-walks.)		
0.6	125.0	RIGHT on Adrian St.		
0.1	125.1	FINI CONTROL (7): 7-Eleven, 2920 Adrian St., San Diego, CA. Get Proof, and you're done. Congratulations!	12:42	19:24