

Mile	For	Instruction
		<b>Control #1: 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 receipt at this control.</b>
0.0	0.1	
0.1	0.1	Turn LEFT on San Diego Avenue
0.2	0.5	Bear LEFT on Congress Street
0.7	0.2	Turn RIGHT on Taylor Street ( <a href="#">Free parking here, at Trolley Station, during the ride.</a> )
0.9	0.4	Turn LEFT on Morena Blvd, go under I-8
1.3	3.8	Bear RIGHT on Linda Vista Road
5.1	3.8	Turn RIGHT on Mesa College Drive. Cross over Hwy 163 and I-805. Road name changes to Kearny Villa Road.
8.9	3.8	Turn LEFT to Stay on Kearny Villa Road
12.7	0.2	Turn RIGHT on Kearny Mesa Road
12.9	3.9	Turn RIGHT on Miramar Road, becomes Pomerado Road after I-15.
16.8	1.2	Turn RIGHT to stay on Pomerado Road.
18.0	5.7	Turn RIGHT on Scripps Poway Parkway. This is the second turn after a long fast descent. Caution.
23.7	10.8	Turn LEFT on Hwy 67 to Ramona. Becomes Main Street in Ramona.
34.5	3.0	<b>Control #1: 7-Eleven, 1076 Main St, Ramona, CA 92065, 760-789-1712. Get Receipt. After you get receipt, head back west on Main Street, do not continue to Santa Ysabel.</b>
37.5	2.0	Turn Right On Highland Valley Road.
39.5	0.3	Stay right to continue on Highland Valley Road. Do not take Traylor.
39.8	11.2	Turn Left on Highlad Valley Road.
51	0.6	Turn Left on Pomerado Road
51.6	1.2	Turn Right on Escala drive.
52.8	0.3	Turn Right on Bernardo Center Drive. Becomes Duenda
53.1	0.7	Turn Left on W Bernardo Drive.
53.8	1.5	<b>Control #2: Shell Station, 16998 W Bernardo Dr, San Diego, CA 92127, 858-487-7455. This is at the intersection of W Bernardo Drive and Rancho Bernardo Road. Get Receipt. After you get receipt, Continue south on W Bernardo Drive.</b>
55.3	0.3	Turn Right on Bernardo Center Drive
55.6	2.4	Turn Left on Camino Del Norte
58	2.2	Turn Right on Pomerado Road
60.2	2.0	Turn Right On Poway Road
62.2	2.2	At SW corner of intersection of Poway Road and Sabre Springs Parkway, get on bike path. The bike path runs parallel to the east side of I-15. The path crosses Scripps Poway Parkway.
64.4	0.5	Enter Erma Road
64.9	1.0	Turn Right on Scripps Ranch Blvd.
65.9	0.9	Continue straight to enter Carroll Canyon Road.
66.8	4.7	Turn Left on Black Mountain Road. Becomes Kearny Villa Road

**Control Hours**

**7:00**

**8:52 to 10:44**

**9:54 to 12:48**

71.5	3.8	Turn Right to stay on Kearny Villa Road. Becomes Mesa College Drive
75.3	3.8	Turn Left on Linda Vista Road
79.1	0.4	Turn LEFT on Morena Blvd, go under I-8
79.5	0.2	Turn RIGHT on Taylor Street
79.7	0.6	Turn LEFT on Congress Street
80.3	0.0	Turn Right on San Diego Avenue
80.3	0.1	Turn Right on Old Town Avenue
80.4		<b>Finish: Shell Station. Get Receipt.</b>

**11:18 to 15:36**