

Mile	For	Instruction
0.0	0.2	Control #1: Albertsons Market, 422 W Washington St., San Diego, CA 92103, 619-291-1277. Get receipt here or at the Wells Fargo ATM., then turn right onto Washington Street, west towards I-5.
0.2	0.1	Turn Right on Goldfinch Street.
0.3	0.5	Turn Left on Fort Stockton Drive.
0.8	0.6	Turn Left on Sunset Blvd.
1.4	0.6	Turn Right on Juan Street
2.0	0.2	Turn Left on Taylor Street
2.2	1.0	Turn RIGHT on Pacific Highway
3.2	2.4	Continue across Sea World Drive. Pacific Highway changes name to E Mission Bay Drive
5.6	0.8	Turn RIGHT at stop sign, then immediate left at stop light to get on Mission Bay Drive.
6.4	0.2	Bear RIGHT on Damon Avenue, after Garnet Avenue.
6.6	2.0	Turn left at Santa Fe St
8.6	1.1	Start Rose Canyon Bike Path
9.7	1.8	Turn LEFT on Gilman St, heading under I-5
11.5	0.6	Turn LEFT on Scholars Drive S
12.1	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.
13.3	5.4	Turn LEFT to stay on North Torrey Pines Road. Name changes to Camino Del Mar,
18.7	14.5	Bear LEFT to stay on Camino Del Mar. Do Not Bear Right on Jimmy Durante Blvd.
33.2	0.1	Control #2: 7-Eleven, 201 Oak Ave., Carlsbad, CA 92008, 760-729-6211. The 7-11 is situated on the corner of Oak and PCH. Get Receipt and continue north on Coast Highway
33.3	0.4	Turn Right on Carlsbad Blvd
33.7	0.4	Turn Right on Harding Street
34.1	0.1	Turn Left on Chestnut Avenue
34.2	0.5	Turn Right on Pio Pico Drive
34.7	1.5	Turn Left on Tamarack Avenue
36.2	3.3	Turn Right on El Camino Real
39.5	6.3	Turn Left on Palomar Airport Road. Name changes to W San Marcos Blvd.
45.8	1.3	Turn Right on Rancheros Drive
47.1	0.1	Turn Right on Woodland Pkwy
47.2	1.1	Turn Left on Barham Drive
48.3	0.1	Turn Right on E Mission Road
48.4	2.3	Turn Right on N Citracado Pkwy. Name changes to Vineyard Avenue then Auto Park Way.
50.7	1.2	Road name changes to 9th Avenue
51.9	1.0	Turn Right on S Escondido Blvd
52.9	1.6	Bear Right to Stay on S Escondido Blvd
54.5	0.2	Road turns to the left, into a residential neighborhood, and the road name changes from Escondido Blvd to El Ku Ave.

Start at 13:00

14:46 to 16:32

54.7	0.1	El Ku Ave dead ends. Off to the left there's an opening in a fence that lets you enter onto a bike/pedestrian path. Enter path, go about 100m, turn right, cross a pedestrian bridge, and follow the path to Beethoven Dr.
54.8	0.4	Turn Right on Beethoven Drive. Road changes name to Del Lago Blvd after crossing over I-15
55.2	0.1	Control #3: Shell Foodmart. 3480 Del Lago Blvd., Escondido, CA 92029, 760-735-9846. Get Receipt then continue on Del Lago Blvd.
55.3	3.0	Turn Right on Via Rancho Blvd (head west, away from the I-15 onramp).
58.3	13.6	Turn Left on Del Dios Hwy. Name changes to Paseo Delicious as you approach Rancho Santa Fe, then to Linea Del Cielo in Rancho Santa Fe, and then Lomas Santa Fe in Solana Beach. Also, must take a right to continue on Linea Del Cielo in Rancho Santa Fe.
71.9	0.2	Control #4: Minute Shops Liquor & Deli. 149 Lomas Santa Fe Dr., Solana Beach, CA 92075, 858-755-1893. Get Receipt then continue on Lomas Santa Fe.
72.1	7.4	Turn Left on Coast Highway. After Del Mar, road changes name to North Torrey Pines Road
79.5	1.5	Turn Right to stay on North Torrey Pines Road. Do not continue on Genesee Avenue!
81.0	0.2	Road name changes to La Jolla Village Drive.
81.2	0.2	Bear RIGHT to take Gilman Street Exit.
81.4	1.6	Turn Right on Gilman Street
83.0	1.1	Immediately after passing under I-5, enter the Rose Canyon Bike Path on far side of intersection.
84.1	2.0	Rose Canyon Bike Path becomes Santa Fe Street.
86.1	0.2	Turn RIGHT on Damon Street
86.3	0.8	Turn LEFT On Mission Bay Drive
87.1	0.0	Take E Mission Bay Dr. Exit. Do not get onto I-5
87.1	2.3	Turn Left (South) on E Mission Bay Drive
89.4	1.0	Road Name change to Pacific Coast Highway, after crossing Sea World Drive.
90.4	0.2	Turn LEFT on Taylor Street
90.6	0.7	Turn RIGHT on Juan Street
91.3	0.6	Turn Left on Sunset Blvd.
91.9	0.5	Bear Right to turn on Fort Stockton Drive
92.4	0.0	Turn Right on Goldfinch Street.
92.4	0.3	Turn Left on W Washington Street.
92.7		Control #5/Finish. Albertsons Market, 422 W Washington St., San Diego, CA 92103, 619-291-1277. Get Receipt.

15:58 to 18:56

16:52 to 20:44

17:58 to 22:56