

Mile	For	Instruction
0.0	0.1	Control 1/Start: 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)
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	0.7	Turn Right on La Jolla Colony Drive, away from I-5
9.0	0.4	Turn Right on Palmilla Dr
9.4	0.2	Turn Right on Arriba St
9.6	1.4	Turn Left on Regents Road
11.0	0.7	Turn Left on Genessee Avenue
11.7	0.5	Enter the I-5 Onramp heading north to the next exit.
12.2	0.5	Take the Sorrento Valley Road exit off I-5
12.7	0.1	Turn Left on Roselle Street
12.8	0.1	Turn Right on Sorrento Valley Blvd
12.9	1.4	Turn Left on Visata Sorrento Parkway
14.3	0.2	Turn Right on Carmel Mountain Road
14.5	5.2	Turn Left on El Camino Real
19.7	3.9	Turn Right on Via De La Valle
23.6	11.1	Turn Right on Paseo Delicias. Becomes Del Dios Highway, then West Valley Parkway, then West Grand Avenue, then West 2nd Avenue.
34.7	4.4	Left on North City Centre Parkway
39.1	1.9	Turn Left on Mesa Rock Road, to cross over to the west side of I-15, and then continue north.
41.0	0.2	Control #2: AM PM mini market at intersection of Mesa Rock Road and Deer Springs Road. Get proof of passage, such as a receipt. As you exit from the parking lot, turn left (East) on Deer Springs Road to Champagne Road.
41.2	6.6	Turn Left on Champagne Blvd. Becomes Old Hwy 395.
47.8	7.7	Cross over I-15 from the east side to the west side, heading north.
55.5	0.2	Turn right to cross over I-15 from the west side of I-15 to the east side.
55.7	7.0	Turn Left to continue North on Old Hwy 395. Becomes Rainbow Canyon Road as you approach Temecula.
62.7	0.2	Turn Left on Pala Road/Pechanga Pkwy
62.9	0.6	Turn Left on Hwy 79

		Control #3: 7-11 at 44535 Bedford Ct. Get proof of passage, such as a receipt, then return in the direction you came from on Hwy 79.
63.5	0.6	
64.1	0.1	Turn Right on Pala Road/Pechanga Pkwy
64.2	7.0	Turn Right on Rainbow Canyon Road
71.2	0.2	Turn right to cross over I-15 from the east side of I-15 to the west side.
71.4	7.4	Turn Left on Old Hwy 395
78.8	12.9	Cross over I-15 on Old Hwy 395. Name changes to Champagne Blvd, then North Centre City Pkwy.
91.7	11.5	Turn Right on West Valley Parkway. Becomes Del Dios Highway, then Paseo Delicios.
103.2	5.0	Turn Right on Linea Del Cielo at Y intersection in Rancho Santa Fe, heading toward Solana Beach.
		Control #4: Minute Shops Liquor & Deli, 149 Lomas Santa Fe Dr, Solana Beach (0.1 miles before the Amtrak station). Get proof of passage, such as a receipt.
108.2	0.1	
108.3	7.4	Turn Left on coast Highway. Becomes N Torrey Pines Road
115.7	1.6	Turn Right to stay on N Torrey Pines Road.
117.3	0.2	Road name changes to La Jolla Village Drive.
117.5	0.1	Bear RIGHT to take Gilman Street Exit.
117.6	1.6	Turn Right on Gilman Street
119.2	1.1	Immediately after passing under I-5, enter the Rose Canyon Bike Path on far side of intersection.
120.3	2.0	Rose Canyon Bike Path becomes Santa Fe Street.
122.3	0.3	Turn RIGHT on Damon Street
122.6	0.7	Turn LEFT On Mission Bay Drive
123.3	0.1	Take E Mission Bay Dr. Exit. Do not get onto I-5
123.4	2.3	Turn Left (South) on E Mission Bay Drive
125.7	1.0	Road Name change to Pacific Coast Highway, after crossing Sea World Drive.
126.7	0.1	Turn LEFT on Taylor Street
126.8	0.5	Turn RIGHT on Congress Street
127.3	0.1	Turn RIGHT on San Diego Avenue
127.4	0.1	Turn Right on Old Town Avenue
127.5		Control #5/Finish: Shell Station. Get proof of passage, such as receipt.