

THE LAUREL FOUNDATION RIDE FOR AIDS 10
APRIL 14-15, 2012
SAN DIEGO TO LOS ANGELES

*** ROUTE - DAY ONE ***

OBEY ALL TRAFFIC LAWS
 "C" MEANS CONTINUE ON SAME ROAD
 "/" MEANS NAME CHANGES IN ROUTE
 STAY HYDRATED!!!!
 WATCH YOUR TIME
 ROUTE OPENS @ 7AM & CLOSES @ 7PM

--	START AT SAN DIEGO AMTRAK STATION
R	BROADWAY (OUT OF TRAIN STATION)
R	PACIFIC HIGHWAY
/	PACIFIC HWY - VEER TO THE RIGHT WHERE IT INDICATES WASHINGTON ST.
R	WASHINGTON STREET
L	INDIA STREET
R	SAN DIEGO AVENUE
L	BEAR LEFT ON CONGRESS STREET
R	WALLACE STREET
L	SAN DIEGO AVENUE
L	TAYLOR STREET
R	PACIFIC HIGHWAY (OVER I-5)
R	EAST MISSION BAY DRIVE AFTER CROSSING SEA WORLD DRIVE (LIGHT)
R	AT DEAD END TURN RIGHT ONTO ROSE CREEK BIKE PATH - @ END OF BIKE PATH CROSS INTERSECTION ONTO DAMON AVE.
R	DAMON AVE.
L	SANTA FE ST. TO DEAD END, BECOMES
C	ROSE CANYON BIKE TRAIL
L	GILMAN DRIVE - @ INTERSECTION
L	LA JOLLA VILLAGE DRIVE WEST - AFTER UNDERPASS - WATCH FOR ONCOMING TRAFFIC
/	LA JOLLA VILLAGE DR. TO N. TORREY PINES ROAD TO GENESEE AVE.
L	N. TORREY PINES ROAD @ GENESEE AVE.
P1	MILE: 17 PIT #1 TOP OF HILL LA JOLLA OPEN 0730 - 0930
R	TORREY PINES (DOWN HILL TO THE BEACH!) TO CAMINO DEL MAR / SR21
C	VEER LEFT IN DEL MAR - OVER SAN DIEGUITO LAGOON - FOLLOW CAMINO DEL MAR / (FOR APPROX. 15 MILES)
L	CASSIDY STREET STOP LIGHT
C	THRU RR OVERPASS
R	PACIFIC STREET
P2	MILE: 37 PIT #2 BUCCANEER BEACH PARK - OCEANSIDE OPEN 0830 - 1100
R	PACIFIC STREET
C	SAN LUIS BAY BRIDGE
R	HARBOR DRIVE SOUTH
C	BEAR RIGHT AT TOP OF HILL
C	CAMP PENDLETON MAIN GATE, SHOW ID
C	VANDEGRIFT BLVD.
L	STUART MESA ROAD
L	GUARD GATE TO LAS PULGAS RD.

HELP LINES: MARGOT: (213) 300-2267
LORENZO: (562) 587-4836

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P3	MILE: 48 PIT #3 LAS PULGAS ROAD OPEN FOR LUNCH 1000 - 1230
L	ONTO BIKE TRAIL, FOLLOW SIGN
L	THRU TUNNEL UNDER FWY, MUDDY??
C	THRU FENCE @ END
C	PARK RANGER KIOSK / STOP SIGN
L	BIKE TRAIL (THRU CAMPGROUND & PAST NUCLEAR PLANT)
L	@ BIKE CROSSING SIGN, THRU FENCE INTO SAN ONOFRE STATE BEACH
R	VEER RIGHT ONTO AVENIDA DEL PRESIDENTE
L	AVENIDA VALENCIA
R	SOUTH OLA VISTA
L	SANTA BARBARA (CHANGES TO NORTH CALLE SEVILLE)
R	AVE PALIZADA
L	CALLE PUENTE (AVENIDA MIRAMAR RIGHT)
R	MARIPOSA
L	EL CAMINO REAL
/	COAST HIGHWAY NORTH (HWY 1)
L	BEACH ROAD TO ACCESS ENCLOSED BIKE PATH - VERY BUSY STREET THRU HERE
R	IMMEDIATE RIGHT ON TO BIKE PATH
P4	MILE: 65 PIT # 4 DOHENY STATE BEACH OPEN 1100 - 0300
C	RIDE THROUGH PARKING LOT TO EXIT
L	DANA POINT HARBOR DRIVE
R	GOLDEN LANTERN
L	PACIFIC COAST HWY
R	CROWN VALLEY PARKWAY
L	ALICIA PARKWAY
L	MOULTON PARKWAY
/	BECOMES IRVINE CENTER DRIVE @ LAKE FOREST INTERSECTION
L	GATEWAY CENTER
R	PACIFICA
--	DOUBLETREE HOTEL / IRVINE 90 PACIFICA

**CONGRATULATIONS DAY
ONE - 83 MILES**

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