

101k on the 101 & 56 WTH. 2444ft Elev. (Cardinal Directions: N,E,S,W) C#=Climb Category. 63.2mi					
<u>Control Open and Close is elapsed time from start. Do not park in lot.</u>					
Leg	Dir	Total	Type	Notes	Climb
0.0			START Control # 1	Sunny Donuts or any business in intersection. Start 9330 Clairemont Mesa Blvd, San Diego, CA 92123. Get receipt. Open 0:00, Close 1:00. <u>Do not leave bike unattended, bring inside store at all controls if necessary.</u>	
0.0	←		Left	From parking lot head East. Turn left (N) onto Ruffin Rd	
0.5	↑	0.7	Straight	Continue straight (N) onto Kearny Villa Rd	
2.8	↑	3.5	Straight	Continue straight (N) to stay on Kearny Villa Rd, cross Miramar Way.	
1.6	↑	5.1	Straight	Continue onto Black Mountain Rd (N)	C5_7.84-9.33
4.0	↑	9.0	Straight	Cross over SR-56	3.90%
0.2	→	9.2	Right	Turn right onto Twin Trails Dr. (SE) Signalized intersection.	
0.1	→	9.3	Right Control # 2	Turn right into gas station 9205 Twin Trails Dr San Diego, CA 92129. Get receipt. Open 0:30 Close 1:00	
0.1	←	9.4	Left	Turn left onto Twin Trails Dr to exit control & Left (S) on Black Mountain Rd.	
0.3	↑	9.7	Straight	Continue onto Black Mountain Rd (S) Cross over SR-56	
0.1	→	9.8	Right	After freeway off ramp turn right (W) onto SR-56 Bike Trail	
5.7	←	15.5	Left	Slight left at end of cul de sac to stay on SR 56 Bike Trail	
1.2	←	16.7	Left	Turn left (S) up small rise to stay on SR 56 Bike Trail	
0.0	→	16.7	Right	Turn right (W) onto Tang Dr	
0.1	→	16.8	Right	Turn right (N) onto Carmel Creek Rd	
0.1	↑	16.9	Straight	Cross over SR-56	
0.1	←	17.0	Left	Turn left (W) onto Valley Centre Dr	
0.1	←	17.1	Left	Turn left (S) onto Kilroy Driveway. 1st Signalized intersection after Carmel Creek Rd.	
0		17.1	Left Control # 3	Gas Station/Starbucks. 3861 Valley Center Dr. Get receipt. Open 0:56 Close 1:52 to exit control right on Kilroy driveway	
0.1	←	17.2	Left	Turn left (W) onto Valley Centre Dr	
0.4	←	17.6	Left	Turn left (S) onto El Camino Real	
0.1	→	17.7	Right	Turn right (W) onto Carmel Valley Rd	C5_18.61-20.16
1.8	→	19.5	Right	Slight right (N) stoplight at S Camino Del Mar	2.50%
0.1	↑	19.5	Straight	Continue (N) onto S Camino Del Mar	
1.7	←	21.2	Left	Slight left onto Camino Del Mar two vehicle lanes over the bridge	
1.1	↑	22.4	Straight	Continue (N) onto Hwy 101	
2.6	↑	25.0	Straight	Continue onto S Coast Hwy 101	
5.6	→	30.6	Right	Turn right (E) onto Avenida Encinas	
0.8	→	31.4	Right	Turn right (E) at Loganberry Dr (shopping mall)	
0		31.4	Left Control # 4	Starbucks or any business in shopping mall. 7130 Avenida Encinas Carlsbad Ca 92011. Get receipt. Open 1:42 Close 3:24	
0.2	←	31.6	Left	Turn left (W) onto Loganberry Dr to exit control	
0.2	←	31.8	Left	Turn left (S) onto Avenida Encinas	
0.8	←	32.6	Left	Turn left (S) onto County Hwy S21/Carlsbad Blvd/Hwy 101	
3.4	→	36.1	Right	Turn right (W) onto W D St. Stoplight.	
0.0	←	36.1	Left	Turn 1st left (S) onto 2nd St. Stop sign.	
0.7	←	36.8	Left	Turn left (E) onto W K st.	
0.0	→	36.8	Right	Turn right (S) onto Hwy 101	
2.9	↑	39.7	Straight	Continue (S) onto N Hwy 101. Stoplight top of small rise.	
1.4	↑	41.1	Straight	Continue onto Camino Del Mar. Stoplight. Watch for parked cars and doors.	C5_41.51-43.19
3.0	↑	44.1	Straight	Continue (S) onto N Torrey Pines Rd. Watch for parking cars at bottom of hill.	C4_44.43-46.67
3.6	→	47.7	Right	Turn right (SW) to stay on N Torrey Pines Rd. Stoplight.	2.1%, 3.6%

1.2 ←	48.9 Left	Turn left (E) onto La Jolla Shores Dr. Stoplight.	
0.0 →	48.9 Right	Turn right (S) onto Scholars Dr S. watch downhill speed.	
0.6 →	49.5 Right	Turn right (S) onto Gilman Dr	
1.8 →	51.3 Right	Slight right onto Rose Canyon Bicycle Path	
0.7 →	51.9 Right	Slight right to stay on Rose Canyon Bicycle Path, upper path.	
0.4 ↑	52.4 Straight	Continue (S) onto Santa Fe St	
2.0 →	54.4 Right	Turn right (W) onto Damon Ave	
0.2 ←	54.6 Left	Turn left (S) onto Mission Bay Dr	
0.2 →	54.8 Right	Turn right (W) onto Magnolia Ave	
0.3 ←	55.1 Left	Turn left (S) onto Rose Creek Trail at end of cul de sac. Watch for cyclists.	
0.1 →	55.2 Right	90 degree right at basket ball courts (S) thru fence to stay on Rose Creek Trail	
0.3 ←	55.5 Left	Turn left (E) onto N Mission Bay Dr. Watch for traffic of all kinds.	
2.8 ↑	58.4 Straight	Continue onto Fiesta Island Rd/Pacific Hwy after Stoplight.	C4_57.31-63.16
1.0 ←	59.3 Left	Turn left (E) onto Taylor St. Stoplight.	1.00%
0.4 →	59.7 Right	Turn right (E) onto Presidio Dr	
0.1 ←	59.8 Left	Turn left (N) to stay on Presidio Dr	
0.4 ←	60.2 Left	Slight left to stay on Presidio Dr. (Uphill). Cross Coso way	
0.4 ←	60.6 Left	Turn left (NE) onto Trias St	
0.1 →	60.7 Right	Turn right (SE) onto Fort Stockton Dr	
0.5 ←	61.2 Left	Turn left (NE) (small rise) onto W Lewis St	
0.5 →	61.7 Right	Turn right (S) onto Hawk St	
0.1 ←	61.8 Left	Turn left (E) onto Fort Stockton Dr	
0.1 →	61.8 Right	Turn right (S) onto Goldfinch St	
0.1 ←	61.9 Left	Turn left (E) onto W University Ave	
0.5 →	62.5 Right	Turn right (S) onto 3rd Ave	
0.5 ←	62.9 Left	Turn left (E) onto Walnut Ave	
0.0 →	63.0 Right	Turn right (S) onto 3rd Ave	
0.1 ←	63.1 Left	Turn left (E) onto Spruce St. & cross 4th Ave	
0.1 ←	63.2 Left FINISH Control # 5	7 Eleven. 430 Spruce St San Diego Ca. Get receipt. Open 3:22 Close 6:44	