

128 Bankers Hill to Valley Ctr. 4548ft Elev. (Cardinal Directions: N,E,S,W)				79.9	
<i>Control Open and Close is elapsed time from start. Do not park in lot.</i>					
Leg	Dir	Type	Notes	Total	Climb
			<u>Note: Please take care of merging traffic at freeway ramps especially during rush hour traffic. Follow all rando reccomendations on bike safety.</u>		
	↑	Start/ Finish Control # 1/ # 3	Start 7-Eleven. 430 Spruce St. San Diego, CA. Start Control #1. Open 0:00, Close 1:00. Get receipt. Do not leave bike unattended, bring inside store at all controls if necessary. Read all of the cue sheet before beginning	0.0	
0	→	Right	Exit control right (W) onto Spruce St.	0.0	
0.1	→	Right	Turn right (N) onto 3rd Ave	0.1	
0.2	←	Left	Turn left (W) onto Walnut Ave	0.3	
0	→	Right	Turn right (N) onto 3rd Ave	0.3	
0.5	←	Left	Turn left (W) onto University Ave	0.8	
0.1	→	Right	Turn right (N) onto 1st Ave	0.8	
0.2	↑	Straight	Cross Washington St	1.0	
0.3	→	Right	Turn right (E) onto Lewis St	1.1	
0	←	Left	Turn left (N) onto Bachman Pl. Watch for potholes in pavement on the downhill portion!	1.1	Downhill 0.7
0.7	→	Right	Turn right (E) onto Hotel Cir S	1.9	
0.1	←	Bear Left	Cross under I-8 Freeway (Keep left to stay on Hotel Cir N)	2.0	
0.3	→	Right	Turn right (N) onto Fashion Valley Rd	2.2	
0.5	→	Right	Turn right (E) onto Friars Rd	2.7	
0.5	←	Left	Turn left (N) onto Ulric St	3.3	Cat 5 3.02mi
1.3	→	Right	Turn right (NE) onto Linda Vista Rd	4.6	4.63mi 3.2%
1.2	→	Right	Turn right (E) onto Mesa College Dr	5.8	
	↑	Straight	Cross SR-163 & I-805	6.2	
0.6	↑	Straight	Continue onto Kearny Villa Rd	6.4	
0.4	↑	Straight	Cross Aero Dr	6.8	
2.6	←	Left	Turn left (N) to stay on Kearny Villa Rd. Ruffin Rd is (S)	9.6	
	↑	Straight	Cross SR-163	10.9	
2.8	↑	Straight	Continue straight to stay on Kearny Villa Rd. (<i>Cross Miramar Way</i>)	12.6	
1	→	Right	Turn right (E) onto Miramar Rd	13.6	
	↑	Straight	Cross I-15 Freeway	13.9	
0.1	↑	Straight	Continue (E) onto Pomerado Rd	13.8	Cat 5 16.49mi
0.4	→	Right	Turn right (E) to stay on Pomerado Rd. Spring Canyon Rd is left	17.7	17.57 mi 2.4%
	↑	Straight	Continue (N) on Pomerado Rd	21.3	
	↑	Straight	Cross I-15 Freeway via Pedestrian path on right after stoplight	27.7	
10.2	↑	Straight	Continue onto W Bernardo Dr	27.9	
0	↑	Straight	Take the David Kreitzer Lake Hodges Bicycle Pedestrian Bridge (N) across Lake Hodges and bear right (E) towards freeway	27.9	
0.5	→	Right	Turn right (E) toward Sunset Dr	28.4	
0.1	↑	Straight	Cross under I-15 and head (N) towards Sunset Dr.	28.5	
0.6	↑	Straight	Bike path ends onto Sunset Dr	29.0	
0.2	→	Right	Turn right (E) onto Bear Valley Pkwy S	29.3	Cat 5 30.82mi
			Cross SR-78. Continue On Bear Valley Pkwy. <i>See option below</i>	32.6	32.07 2.6%

			<i>Optional: Turn right (E) on SR-78 & take 1st Left (N) on S Citrus Ave. Intersects with Bear Valley Pkwy. Adds 0.6 miles</i>		
2.8	→	Right	Turn right (NE) onto Valley Pkwy	35.4	
1.2	↑	Straight	Continue onto (N) Valley Center Rd	36.5	Cat 3 36.96mi
3.6	←	Left	Turn left onto Control #2	40.1	39.63mi 4.3%
		Control # 2	Control #2. Restaurant "Papa Bear's" or Gas Station 27421 Valley Ctr Rd Valley Ctr, CA 92082. or any business north of Rinehart Ln. Open 2:10, Close 4:20. Get receipt. Business open 6:00-21:00	40.1	
0	→	Right	Turn right (S) onto Valley Center Rd	40.2	
3.6	↑	Straight	Continue (S) onto Valley Pkwy. <i>See option below</i>	43.8	
			<i>Optional: Turn Left (S) On S Citrus Ave & Turn Right (W) on SR-78, then on Bear Valley Pkwy turn left (S). Adds 0.6 miles</i>		
3.3	↑	Straight	Continue (S) on Bear valley Pkwy	47.1	
3.8	←	Left	Turn left (S) onto Sunset Dr	50.9	
0.3	→	Right	Turn towards bike path at cul de sac	51.1	
	↑	Straight	Cross under I-15 Freeway	51.3	
0.6	←	Left	Turn left (W) toward David Kreitzer Lake Hodges Bicycle Pedestrian Bridge	51.7	
0.3	↑	Straight	Take the pedestrian overpass (E)	52.0	
0.4	↑	Straight	Continue (SE) onto Pomerado Rd	52.4	Cat 5 52.7mi
10	←	Left	Turn left (S) to stay on Pomerado Rd	62.4	54.08 mi 2.1%
3.1	↑	Straight	Continue on Pomerado Rd	65.5	61.7/63.2 3.8%
0.7	↑	Straight	Cross I-15 Freeway	66.2	
0.1	↑	Straight	Continue onto Miramar Rd	66.3	
0.2	←	Left	Turn left (S) onto Kearny Villa Rd	66.5	
0.8	←	Left	Continue (S) on Kearny Villa Rd <i>(Cross Miramar Way)</i>	67.3	
3.2	→	Right	Turn right (W) to stay on Kearny Villa Rd	70.5	
2.7	↑	Straight	Cross Aero Dr	73.2	
0.6	↑	Straight	Continue onto Mesa College Dr (cross I-805 & SR-163)	73.8	
0.5	←	Left	Turn left (SW) onto Linda Vista Rd	74.3	
1.2	←	Left	Turn left (SE) onto Ulric St. Watch stoplights and pavement on downhill!	75.5	
1.1	↑	Straight	Continue on Ulric St.	76.6	
0.3	→	Right	Turn right (W) onto Friars Rd	76.8	
0.5	←	Left	Turn left (S) onto Fashion Valley Rd	77.4	
0.6	←	Left	Turn left (E) onto Hotel Cir N & cross under I-8 to continue on Hotel Cir S	77.9	
0.3	←	Left	Turn left (S) onto Bachman Pl	78.2	Cat 5 78.44mi
	←	Left	Turn left (E) onto Lewis St	78.8	79.80mi 3.1%
0.8	→	Right	Turn right (S) onto 4th Ave	79.0	
0.7	↑	Straight	Cross walnut Ave to stay on 4th Ave.	79.7	
0.2	←	Left	Turn left (W) onto Spruce St	79.8	
		Control #3	Finish 7-Eleven. 430 Spruce St. San Diego, CA. Control #3. Open 4:16, Close 8:32. Get receipt.	79.9	