

121 El Capitan Dam ride. 3059ft Elev. (Cardinal Directions: N,E,S,W) "L"=Left, "R"=Right

Control Open and Close is elapsed time from start. Do not park in lot.

Leg	Total	Dir	Type	Notes	Climb
	0.0	↑	Start/ Finish Control # 1/ # 3	Start 7-Eleven. 430 Spruce St. San Diego, CA 92103. Start Control #1. Open 0:00, Close 1:00. Get receipt. <u>Do not leave bike unattended, bring inside store at all controls if necessary. Study cue sheet before sending waiver.</u> Turn "R" (W) onto Spruce St.	
	0.0	←	"L"	onto 4th Ave	
0.5	0.5	→	"R"	onto Laurel St	Steep downhill
0.7	1.2	↑	Straight	Watch for train tracks!	
0.3	1.5	→	"R"	Keep "R" to stay on W Laurel St. Merges with Harbor Dr. Airport runway will be on your "R".	
0.2	1.7	↑	Straight	Continue onto N Harbor Dr	
0.5	2.2	←	"L"	onto Rent a Car Access (stoplight with lane)	
0.0	2.2	→	"R"	(W) onto bike path/sidewalk toward Harbor Island Dr.	
1.5	3.7	↑	Straight	Continue on bike path/sidewalk past Spanish Landing Park & cross under N Harbor Dr. on dirt path	
0.1	3.8	←	"L"	(N) onto paved road. Chain link fence will be in front of you. You will make a hairpin	
0.0	3.9	↑	Straight	Continue onto (W) Halsey Rd. Cross channel on bridge	
0.2	4.0	→	"R"	(NE) at flag pole before Navy Ship museum toward Chauncey Rd	
0.1	4.1	→	"R"	Sidewalk/bike path is Chauncey Rd, past restrooms	
0.2	4.3	←	"L"	(NW) onto Womble Rd, first large parking lot with large bldg on "R" hand side	
0.3	4.6	→	"R"	onto Truxtun Rd	
0.1	4.7		Control #2	Control #2. Starbucks, Panera Bread or Vons (2495 Truxtun Rd #100, San Diego CA 92106). Get Receipt. Open 0:32 Close 1:32	
0.1	4.8	→	"R"	onto Roosevelt Rd	
0.2	5.0	←	"L"	onto Historic Decatur Rd	
0.4	5.4	→	"R"	onto Truxtun Rd. Restaurant on "R" hand side head towards main gate.	
0.0	5.4	←	"L"	onto Lytton St	
0.2	5.6	→	"R"	onto Rosecrans St	
0.7	6.3	→	"R"	Bear "R" onto Rosecrans St	
0.3	6.6	↑	Straight	Cross under I-5 Freeway	
0.1	6.7	←	"L"	onto Pacific Hwy at stoplight	
0.3	7.0	→	"R"	(E) onto Ocean Beach Bike Path after crossing under I-8	
0.3	7.3	↑	Straight	Continue (E) on Ocean Beach Bike Path	
0.5	7.8	↑	Straight	Continue onto Hotel Circle Place	
0.2	8.0	←	"L"	Bear left onto Hotel Circle N	
1.3	9.3	←	"L"	onto Camino De La Reina at stoplight. Do not cross under I-8 freeway.	
0.4	9.7	↑	Straight	Cross under SR-163	
1.4	11.1	↑	Straight	continue onto Camino Del Rio N	
0.4	11.5	↑	Straight	Cross under I-805	
1.4	12.9	↑	Straight	Cross under I-15	
0.2	13.1	←	"L"	(N) onto Ward Rd	
0.1	13.2	↑	Straight	Becomes Rancho Mission Rd	
0.2	13.4	→	"R"	(W) onto San Diego Mission Rd	
0.6	14.0	←	"L"	(N) onto Fairmount Ave	
0.2	14.2	→	"R"	(W) onto Vandever Ave	
0.1	14.3	←	"L"	(N) onto Riverdale St.	
0.2	14.5	→	"R"	(NE) onto Friars Rd	
0.1	14.6	←	"L"	Bear "L" onto Mission Gorge Rd (NE)	Cat 3 @16.0

5.6	20.2	←	"L"	(NE) onto W Hills Pkwy	Cat 4 @17.7
0.3	20.5	↑	Straight	Cross over the river and under the SR-52	
0.4	20.9	→	"R"	(E) onto Mast Blvd	
3.9	24.8	←	"L"	(N) onto Los Ranchitos Rd	
0.5	25.3	→	"R"	(E) onto El Nopal	
0.9	26.2	→	"R"	(S) onto Riverford Rd	
0.1	26.3	←	"L"	(NE) onto Riverside Dr becomes Lakeside becomes Channel Rd	
1.5	27.8	←	"L"	(E) onto Mapleview St	
1.0	28.8	↑	Straight	Continue onto Lake Jennings Park Rd	
0.6	29.4	←	"L"	(NE) onto El Monte Rd	
0.0	29.4		Control #3	"L" to go into control. Control #3. 7-Eleven 10205 Lake Jennings Park Road 92040. Get receipt. To exit control "L" onto El Monte Rd, Head NE. Open 1:34, Close 3:08	
6.6	36.0	↑	Straight	Go past the Dam continue on EL Monte Rd into park	
1.5	37.5		Control #4	Control #4. Informational control, go past the restrooms to the southernmost boat ramp. Answer question, note time. El Monte Rd. CA 91901 Note time of passage. Go back the way you came. Open 02:00 Close 04:00	
7.9	45.4	→	"R"	(NW) onto Lake Jennings Park Rd	
0.6	46.0	↑	Straight	Continue onto Mapleview St	
1.0	47.0	→	"R"	(N) onto Channel Rd	
0.2	47.2	↑	Straight	Continue straight onto Lakeside Ave	
0.3	47.5	↑	Straight	Continue onto Riverside Dr	
1.0	48.5	→	"R"	(N) onto Riverford Rd	
0.1	48.6	←	"L"	(W) onto El Nopal	
1.5	50.1	←	"L"	(S) onto Magnolia Ave	
0.6	50.7	→	"R"	(W) onto Mast Blvd	
3.1	53.8	←	"L"	(S) onto W Hills Pkwy	
0.7	54.5	→	"R"	(W) onto Mission Gorge Rd	Cat 5 @54.5
5.7	60.2	↑	Straight	Continue onto Friars Rd	
0.1	60.3	←	"L"	(S) onto Riverdale St	
0.2	60.5	→	"R"	(W) onto Vandever Ave	
0.1	60.6	→	"R"	(S) onto Fairmount Ave	
0.2	60.8	→	"R"	(W) onto San Diego Mission Rd	
0.5	61.3	←	"L"	(S) onto Rancho Mission Rd continue onto Ward Rd	
0.4	61.7	→	"R"	(W) onto Camino Del Rio N	
2.0	63.7	↑	Straight	Continue onto Camino De La Reina	
1.8	65.5	→	"R"	(NW) @ street light onto Hotel Cir N	
1.2	66.7	→	"R"	Bear "R" onto Hotel Circle Place	
0.2	66.9	↑	Straight	Continue onto Ocean Beach Bike Path	
0.5	67.4	→	"R"	Keep "R" to stay on Ocean Beach Bike Path	
0.3	67.7	←	"R"	Slight "R" to stay on Ocean Beach Bike Path	
0.1	67.8	←	"L"	Go under Pacific Hwy and sharp left (E) on bike path to go onto Pacific Hwy	
0.0	67.8	→	"R"	"R" on Pacific Hwy	
0.3	68.1	→	"R"	(SW) onto Rosecrans St	
0.4	68.5	←	"L"	(S) to stay on Rosecrans St	
0.7	69.2	←	"L"	(SE) onto Lytton St	
0.1	69.3	→	"R"	(SW) onto Truxtun Rd	
0.1	69.4	→	"R"	(NW) to stay on Truxtun Rd	
0.5	69.9	↑	Control #5	Control #5. Starbucks, Panera Bread (2445 Truxtun Rd) or Vons. Get receipt. Open 3:44 Close 7:28	
0.2	70.1	←	"L"	(SE) onto Womble Rd	
0.3	70.4	→	"R"	(SW) onto Chauncey Rd	
0.3	70.7	←	"L"	(W) toward Halsey Rd	

0.0	70.7	←	"L"	(S) onto Halsey Rd	
0.2	70.9	→	"R"	toward N Harbor Dr on dirt road the way you came. Go under N Harbor Dr. and follow bike path past Laurel St, past Solar Turbines bldg. Go (S)	
2.1	73.0	←	"L"	(E) toward N Harbor Dr. at W Hawthorn St	
0.0	73.0	→	"R"	Immediate turn (S) onto N Harbor Dr	
0.5	73.5	←	"L"	(E) onto W Grape St. 1 block (S) of Hawthorne. Watch for merging traffic towards I-5, get in middle lane after Columbia St. or walk your bike across State St.	
0.2	73.7	↑	<i>Straight</i>	<i>Watch for train tracks!</i>	
0.4	74.1	↑	Straight	Continue uphill after crossing under I-5 onto Grape Street	
0.2	74.3	←	"L"	(N) onto 5th Ave	
0.8	75.1	←	"L"	(W) onto Spruce St	
0.1	75.2	↑	Start/ Finish Control # 1/ # 6	Finish 7-Eleven. 430 Spruce St. San Diego, CA 92103. Control #6. Open 4:02 , Close 8:04 . Get receipt.	