

## ToughRider 400k Permanent

Mile	Dist	Instruction
<b>0.0</b>		<b><u>Start: Carlsbad (00:00 to 01:00)</u></b> Albertson's Center, 7602 El Camino Real
0.0	2.6	Exit south side of center onto La Costa Ave westward (towards to coast)
2.6	10.3	LEFT onto Coast Hwy 101 (PCH)
12.9	1.3	LEFT onto Carmel Valley Rd
<b>14.2</b>		<b><u>Control: Carmel Valley (00:46 to 01:32)</u></b> Shell Station, 3060 Carmel Valley Rd
14.2	0.5	Exit Control and continue eastward
14.7	0.2	RIGHT onto El Camino Real
14.9	3.2	After crossing bridge, turn RIGHT into bike entrance and immediately turn RIGHT onto bike path (will cross under El Camino Real)
18.1	5.6	First of several road crossings. Use light button to cross safely.
23.7	0.7	At Rancho Penasquitos Blvd, exit bike path and continue straight onto Azuaga St
24.4	0.7	At the end of Azuaga St, re-enter marked bike path on your left.
25.1	1.3	EXIT bike path and turn RIGHT onto Sabre Springs Pkwy
26.4	0.7	LEFT onto Poway Rd
27.1	1.2	RIGHT onto Springbrook Dr
28.3	6.4	LEFT onto Scripps Poway Pkwy
34.7	4.2	RIGHT onto Hwy 67 (fast downhill ahead)
38.9	2.5	LEFT onto Vigilante Rd, becomes Moreno Ave.
41.4	0.7	LEFT onto Willow Rd
42.1	1.0	RIGHT onto Ashwood St
43.1	2.9	LEFT onto Maplevue St/Lake Jennings Park Rd
46.0	3.8	After passing under I-8, turn LEFT onto Old Hwy 80 (services)
49.8	0.1	RIGHT onto Dunbar Ln
49.9	5.7	After passing I-8, turn LEFT onto Alpine Blvd
55.6	0.2	LEFT onto Via La Mancha/Willows Rd, crossing over I-8
55.8	0.8	After crossing I-8, turn RIGHT to continue on Willows Rd
56.6	2.0	LEFT onto Viejas Grade Rd
58.6	0.5	LEFT to continue on Viejas Grade Rd
59.1	4.4	Road surface changes to gravel
63.5	2.1	Road surface changes back to paved
65.6	0.0	LEFT onto Oak Grove Dr
<b>65.6</b>		<b><u>Control: Descanso (03:32 to 07:04)</u></b> Perkins Market, 24680 Viejas Blvd
65.6	1.6	Exit control back onto Oak Groove Dr/Hubbard Grove Dr
67.2	5.1	RIGHT onto Boulder Creek Rd
72.3	13.0	Road surfaces changes to gravel (steep up/down hills ahead)
85.3	2.8	Road changes back to paved
88.1	0.3	LEFT onto Pine Hills Rd
88.4	1.4	BEAR RIGHT onto Eagle Peak Rd
89.8	1.6	LEFT at "T" onto Pine Hills Rd
91.4	5.8	LEFT onto Hwy 78/79

97.2	38.3	RIGHT onto Hwy 79 (services)
135.5	16.6	RIGHT onto Sage Rd
152.1	5.2	LEFT onto Cactus Valley Rd, becomes State St
157.3	1.0	LEFT onto Stetson Ave
158.3	1.3	RIGHT onto S Lyons Ave
<b>159.6</b>		<b><u>Control: Hemet (08:34 to 17:18)</u></b> Denny's 1770 W Florida Ave (Hwy 79)
159.6	1.3	Exit Control southward on Lyons Ave
160.9	2.5	RIGHT onto Stetson Ave
163.4	1.5	LEFT onto Warren Rd
164.9	6.4	Warren Rd curves right, becomes Simpson Rd
171.3	1.2	LEFT onto Lindenberger Rd
172.5	1.6	RIGHT onto Newport Rd
174.1	6.1	LEFT Antelope Rd
180.2	4.3	RIGHT onto Clinton Keith Rd
<b>184.5</b>		<b><u>Control: Wildomar (09:00 to 19:52)</u></b> ARCO AM/PM, 36228 Hidden Springs Rd
184.5	0.7	Exit Control RIGHT onto Clinton Keith Rd
185.2	4.6	After crossing over I-15, turn LEFT onto Palomar St
189.8	1.0	After crossing bridge, turn RIGHT onto Guava St (becomes De Luz Rd)
190.8	1.6	Road surface changes to gravel
192.4	9.3	Road surface changes back to paved
<b>201.7</b>		<b><u>Info Control: DeLuz (10:50 to 21:40)</u></b> Junction of DeLuz Murrieta Rd & DeLuz Rd
201.7	9.2	Continue on DeLuz Rd to Fallbrook
210.9	0.1	RIGHT onto Mission Rd
211.0	2.6	LEFT to continue on Mission Rd
213.6	2.2	RIGHT onto Olive Hill Rd
215.8	3.2	LEFT to continue on Olive Hill Rd
219.1	1.7	RIGHT onto Hwy 76 (services)
220.8	4.1	RIGHT onto N River Rd
224.9	0.3	LEFT onto Vandegrift Blvd
225.2	0.1	LEFT onto College Blvd
225.3	7.1	After crossing Bridge, immediately turn RIGHT onto San Luis Rey bike path
232.4	0.1	EXIT SLR bike path onto Neptune St, continue STRAIGHT on Neptune St
232.5	0.1	RIGHT onto Coast Hwy 101 (PCH)
232.6		Control: Oceanside (12:30 to 25:00) Surfrider Chevron, 601 N Coast Hwy
232.6	0.2	RIGHT onto Surfrider Way
232.8	2.1	LEFT onto Pacific St, passing Oceanside Pier
234.9	0.1	LEFT onto Cassidy St
235.0	0.4	RIGHT onto Broadway St
235.4	6.9	LEFT onto Eaton St
242.3	2.5	LEFT onto La Costa Ave
244.8	0.1	Cross El Camino Real and turn LEFT into finish
244.9	0	Finish: Carlsbad (13:08 to 26:16) Albertson's Center, 7602 El Camino Real

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