

Mile	For	Instruction
0.0	0.1	Control #1: Shell Station at 2290 Moore St, San Diego, CA, heading away from I-5, on Old Town Avenue. (Free all day parking at Pacific Highway and Taylor Street - see below). Get proof of passage, such as a receipt.
0.1	0.1	Turn LEFT on San Diego Avenue
0.2	0.5	Bear LEFT on Congress Street
0.7	0.2	Turn RIGHT on Taylor Street (Free parking here, at Trolley Station, during the ride.)
0.9	0.4	Turn LEFT on Morena Blvd, go under I-8. Watch for traffic exiting from I-8, on your right.
1.3	3.8	Bear RIGHT on Linda Vista Road
5.1	3.8	Turn RIGHT on Mesa College Drive. Cross over Hwy 163 and I-805. Road name changes to Kearny Villa Road.
8.9	3.8	Turn LEFT to Stay on Kearny Villa Road
12.7	0.2	Turn RIGHT on Kearny Mesa Road
12.9	3.9	Turn RIGHT on Miramar Road, becomes Pomerado Road after I-15.
16.8	1.2	Turn RIGHT to stay on Pomerado Road.
18.0	5.7	Turn RIGHT on Scripps Poway Parkway.
23.7	11.7	Turn LEFT on Hwy 67 to Ramona. Becomes Main Street in Ramona.
35.4	2.0	Turn RIGHT on 3rd Street. Becomes Old Julian Highway.
37.4	6.1	Turn LEFT to Stay on Old Julian Highway
43.5	5.9	Bear RIGHT On Highway 67/78/Julian Road. Continue through Santa Ysabel to Julian. Consider refueling and rehydrating at Don's Market in Santa Ysabel.
49.4	6.7	Control #2: Don's Market, Santa Ysabel. Get Proof of Passage, such as receipt, then continue on 78/Julian Road to Julian.
56.1	0.3	Turn Right on Main Street in Julian.
56.4	5.9	Turn RIGHT on Hwy 79 to Lake Cuyamaca.
62.3	14.4	Continue riding to Lake Cuyamaca, do not turn Left on Sunrise Hwy to Mt Laguna. Services may be available at lodge on west side of Lake Cuyamaca.
76.7	2.7	Turn Right to Stay on 79
79.4	5.5	Cross under I-8. Road changes to Japatul Valley Road.
84.9	7.8	Turn Left on Lyon's Valley Road (depending on time of day, may be services at store at intersection).
92.7	7.9	Turn Left on Honey Springs road
100.6	0.1	Turn Left on Highway 94
100.7	15.2	Turn Right on Otay Lakes Road. Becomes Telegraph Canyon, and then becomes L Street
115.9	3.6	Control #3: Subway, 559 Telegraph Canyon Rd. , Chula Vista. Get Proof of Passage, such as receipt, then continue on Telegraph Canyon Rd.
119.5	1.8	Turn Right on Bay Blvd

121.3	1.5	At the intersection of E Street and Bay blvd, look straight ahead and off to the left to see the beginning of a bke path. Take the bike path for about a mlie. You'll come to a T intersection with another bike path, and you'll turn right.
122.8	0.4	Turn Right on Marina Way
123.2	0.2	Turn Right on Bay Marina Blvd
123.4	0.7	Turn Left on Cleveland Avenue
124.1	4.7	Turn Left on Tidelands Avenu/Civic Center drive and then an immediate left on Harbor Drive.
128.8	1.5	Turn Right on Coast Highway.
130.3	0.8	Take the Washington Street Frontage Road Exit. Do not continue on the Coast Highway overpass.
131.1	0.3	Continue on the Frontage Road. Do not continue on Coast Hwy to the left of the Frontage Road.
131.4	0.2	Turn Right on Noelle Street
131.6	0.5	Turn LEFT on San Diego Avenue
132.1	0.2	Turn Left on Old Town Avenue
132.3		Control #4: Shell Station at 2290 Moore St, Get proof of passage, such as a receipt.