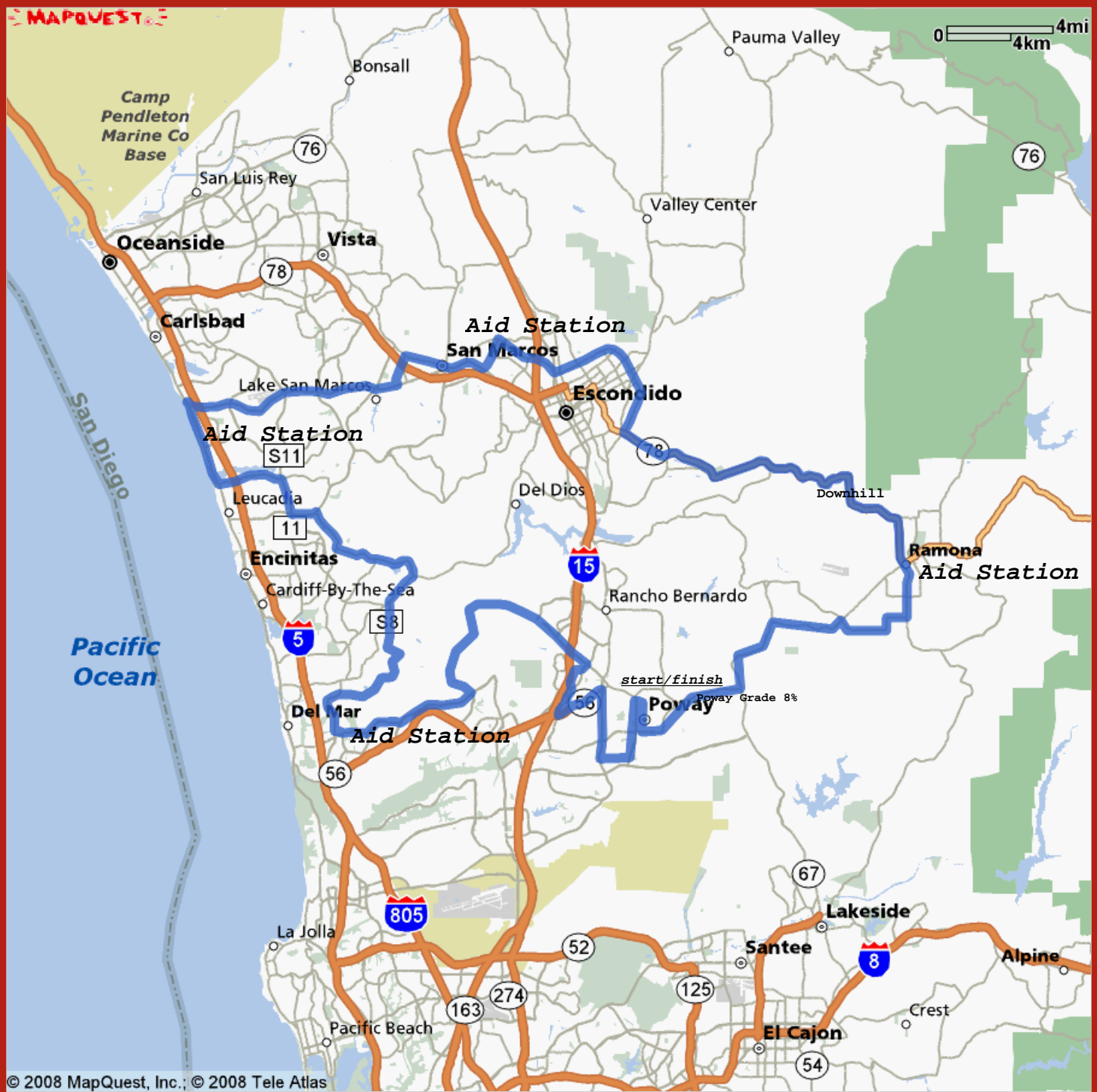
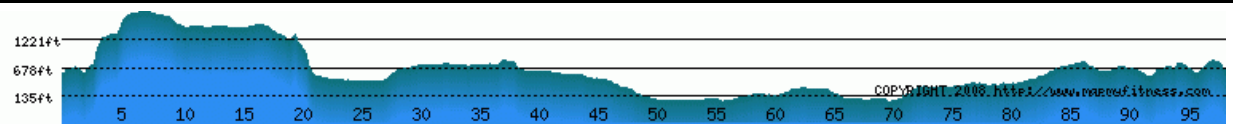


ROUTE DESCRIPTION:
102 miles Tour de Poway



ELEVATION PROFILE FOR: **102 Tour de Poway**



	<u>Segment Mile</u>	<u>Total Distance</u>
(R) Midland	1	1
(L) Poway Rd	4.5	5.5
(L) Hwy 67	6	11.5
(R) Dye Rd\Ramona Rd\Warnock	3	14.5
(L) San Vicente Rd	.7	15.2
(R) Hanson Lane	.5	15.7
(L)Ashley Rd turns into Seventh and crosses main st)	1.6	17.3
(R) Elm St(Aid Station at Adult Soft Ball Fields)	1.3	18.6
(L) Haverford	.7	19.3
(R) Hwy 78	12.6	31.9
(R) Citrus	2.1	34
(R) Bear Valley Parkway	.5	34.5
(R) Valley Parkway	.5	35
(L) El Norte Parkway	3.5	38.5
(R) Broadway	1.4	39.9
(L) Country Club Lane	2	41.9
(L) Country Club Lane	.1	42
(R) El Norte Parkway	.2	42.2
(L) Woodland Parkway (AID STATION Helen Bougher Park)	1.2	43.4
(R) Mission	3.1	46.5
(L) Los Posas Rd	1.1	47.6
(R) San Marcos Blvd/Palomar Airport Rd	7.8	55.4
(R) Paseo Del Norte	1.1	56.5
(L) Cannon Rd(Aid Station at corner of PCH Cannon Park)	.5	57
(L) Carlsbad Blvd South –PCH	3.8	60.8
(L) La Costa Ave	2.5	63.3
(R) El Camino Real	1.3	64.6
(L) Olivenhain Rd	1	65.6
(R) Rancho Sante Fe Rd	1.5	67.1
(L) El Camino Del Norte	3.5	70.6
(R) Paseo Delicia	1.3	71.9
(L) Via De La Valle	.5	72.4
(L) Via De Santa Fe	1.6	74
(R) San Dieguito Rd	3.3	77.3
(L) El Camino Real	2	79.3
(L) Del Mar Heights Rd(AID STATION) Ashley Falls Dr	2.7	82
(L) Carmel Valley Rd	3	85
(L) Cam Del Sur/(AID STATION)Cam Del Norte	10	95
(R) Pomerado Road	2.5	97.5
(L) Metate	1.3	98.8
(L) Community Road	1.5	100.3
(R) Aubrey to Finish-corner of Aubrey & Midland	.2	100.5