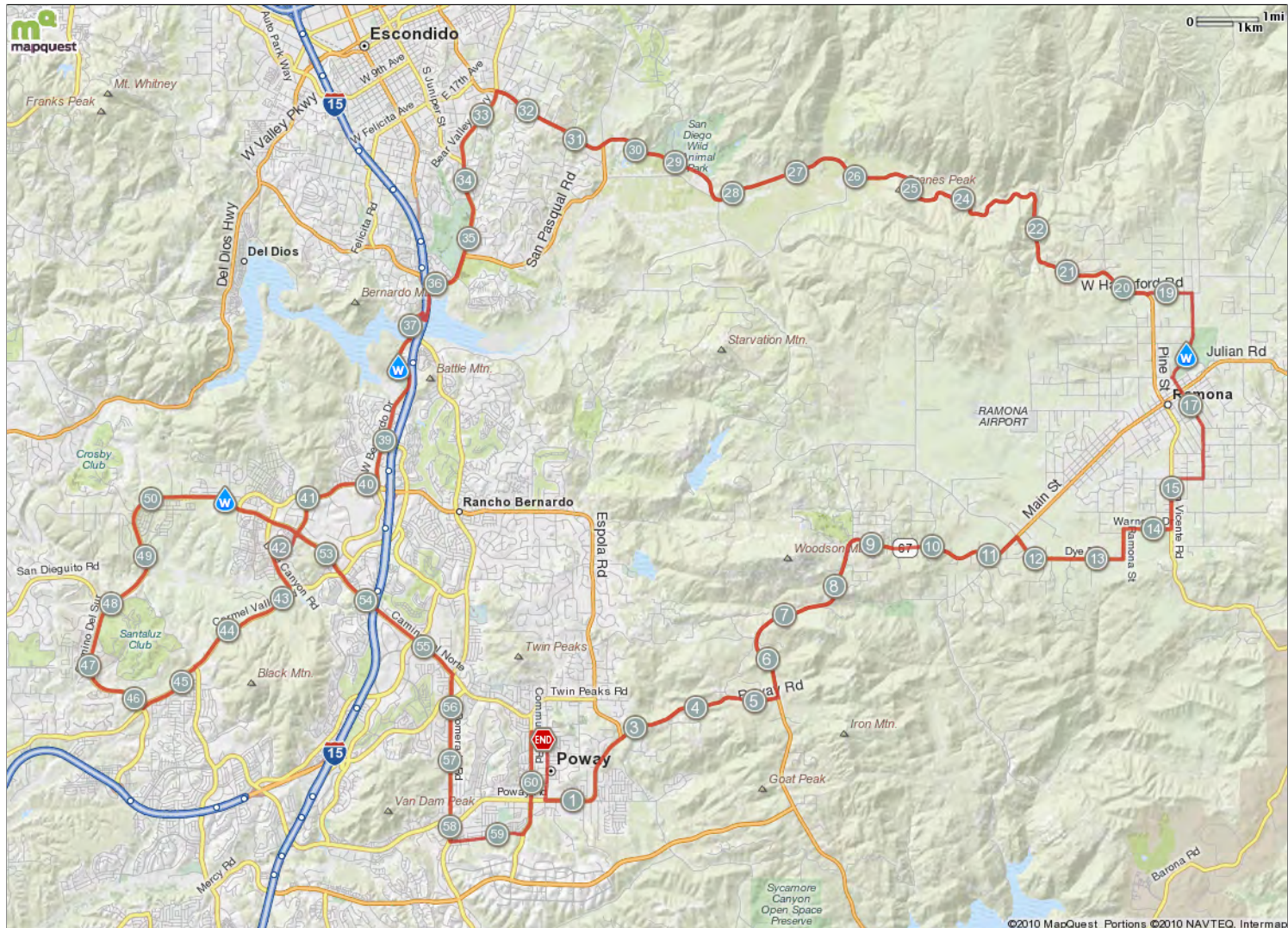


ROUTE DESCRIPTION:
No Description Provided



	<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	12.7	32
(L) Bear Valley Parkway/Via Rancho Pkwy	3.3	35.3
(L) Sunset/end of street enter bike path to bike bridge	2	37.3
(R)West Bernardo Dr off of bridge AID STATION RB community parking lot first Entrance just after exiting I-15 shoulder	2	39.3
(R) Rancho Bernardo Rd	1.2	40.5
(L) Camino San Bernardo	1.1	41.6
(L) Dove Canyon Rd	.7	42.3
(R) Bernardo Center Dr/Carmel Valley Rd	3	45.3
(R) Camino Del Sur(AID STATION)Camino Del Norte	10	55.3
(R) Pomerado Road	3	58.3
(L) Metate	1.3	59.5
(L) Community Road	2	61.8
(R) Aubrey	.2	62