



Ride to end AIDS

AIDS/LifeCycle Training Ride

East Bay Cat2 Ride 03
File Name

	3	30
Category	Terrain	Mileage

Ride Leaders:

R = Right L = Left X = Stop BR = Bear Right BL = Bear Left >>> = Becomes

Mile Marker		Route/Street	Mile Marker		Route/Street
0	X	Over bridge to exit BART station	15	L	San Pablo Avenue
0.2	R	Camino Pablo >>> San Pablo Dam Road	16	L	Pinole Valley Rd. / Valley Ave.
7.6	R	Castro Ranch Road	16.3	L	Pinole Valley Rd. >>> Alhambra Valley Rd.
9.8	L	Alhambra Valley Rd. >>> Pinole Valley Rd.	20.3	R	Castro Ranch Road
13.7	R	Pinole Valley Rd.	22.5	L	San Pablo Dam Road >>> Camino Pablo
14	R	San Pablo Avenue	29.9	R	Orinda BART
15	R	REST STOP: Starbucks Coffee	30	X	FINISH