



Ride to end AIDS

AIDS/LifeCycle Training Ride

East Bay Cat2 Ride 04
File Name

	3	33
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	18	L	San Pablo Avenue
0.2	R	Camino Pablo >>> San Pablo Dam Road	19	L	Pinole Valley Rd. / Valley Ave.
2	R	Bear Creek Road (Welcome to "The Bears")	19.3	L	Pinole Valley Rd. >>> Alhambra Valley Rd.
10.6	L	Alhambra Valley Rd. >>> Pinole Valley Rd.	24	R	Castro Ranch Road
16.7	R	Pinole Valley Rd.	26.2	L	San Pablo Dam Road >>> Camino Pablo
17	R	San Pablo Avenue	33	R	Orinda BART
18	R	REST STOP: Starbucks Coffee	33.1	X	FINISH