



AIDS/LifeCycle Training Ride

Mill Valley Out and Back

401 ML MV

Ride Leaders:


	2	26.9
Category	Terrain	Mileage


Mile Marker		Route/Street	Mile Marker		Route/Street
0	START	McLaren Lodge, Golden Gate Park	13.29	R	Miller Ave
0.07	R	John F Kennedy Dr	13.38	(2)	The Depot, Mill Valley
0.12	R	Conservatory Dr E	13.41	L	Miller Ave
0.44	R	Arguello Blvd	15.3	L	Mill Valley Sausalito Bike Path
1.88	L	Washington Blvd	16.69	(3)	Mike's Bikes
3.45	R	Lincoln Blvd	16.73	R	Gate 6 Rd
3.74	L	Merchant Rd	16.75	L	Bridgeway
3.91	L	Battery Cranston Rd	19.11	R	Richardson St
4.15	L	Sidewalk GG Bridge, follow under to West Side	19.15	L	2nd St
5.88	L	Into Bridge Parking Lot	19.34	L	South St
6.06	R	Conzelman	19.42	S	South St becomes Alexander Ave
6.11	L	Sausalito-Lateral	19.66	S	Alexander Ave becomes Sausalito-Lateral
7.05	S	Sausalito-Lateral becomes Alexander Ave	20.6	R	Conzelman
7.29	S	Alexander Ave becomes South St	20.65	L	Into Bridge Parking Lot
7.37	R	2nd St	20.83	R	West Sidewalk GG Bridge
7.56	R	Richardson St	22.64	R	Battery Cranston Rd
7.61	L	Bridgeway	22.8	R	Merchant Rd
9.98	R	Gate 6 Rd	22.97	S	Ralston Ave (Cross Lincoln Blvd)
10	L	Gate 6 1/2 Rd	23.26	R	Greenough Ave
10.03	(1)	Mike's Bikes	23.35	R	Kobbe Ave
10.03	JOIN	Mill Valley Sausalito Bike Path	23.39	L	Harrison Blvd
11.42	R	Exit Bike Path onto Miller Ave	23.49	L	Washington Blvd
12.98	Jog R	Presidio Ave (at Millwood St)	24.84	R	Arguello Blvd
13.13	R	Forrest St	26.28	R	Conservatory Dr W
13.15	L	Laurelwood Ave	26.48	L	John F Kennedy Dr
13.25	L	Sunnyside Ave	26.9	FINISH	McLaren Lodge, Golden Gate Park

