



AIDS/LifeCycle Training Ride

Mill Valley Out and Back

201 SBP MV

Ride Leaders:

	2	22.15
Category	Terrain	Mileage

Mile Marker	Route/Street	Mile Marker	Route/Street
0	Start Sports Basement Presidio	11.37	R Miller Ave
0	R Old Mason St	11.47	(2) The Depot, Mill Valley
0.23	R Halleck St	11.49	L Miller Ave
0.47	R Lincoln Blvd	13.38	L Mill Valley Sausalito Bike Path
2	R Battery East Rd (Bike Route)	14.77	(3) Mike's Bikes
2.25	S Pass under the GG Bridge to the West Sidewalk	14.81	R Gate 6 Rd
3.96	L Into Bridge Parking Lot	14.83	L Bridgeway
4.14	R Conzelman	17.2	R Richardson St
4.19	L Sausalito-Lateral	17.24	L 2nd St
5.14	S Sausalito-Lateral becomes Alexander Ave	17.43	L South St
5.37	S Alexander Ave becomes South St	17.52	S South St becomes Alexander Ave
5.46	R 2nd St	17.76	S Alexander Ave becomes Sausalito-Lateral
5.65	R Richardson St	18.69	R Conzelman
5.69	L Bridgeway	18.74	L Into Bridge Parking Lot
8.05	R Gate 6 Rd	20.65	R West Sidewalk GG Bridge
8.07	L Gate 6 1/2 Rd	20.9	S Under GG Bridge veer left for Battery East Rd
8.11	(1) Mike's Bikes	21.38	L Lincoln Blvd
8.11	JOIN Mill Valley Sausalito Bike Path	21.52	L Cowles St
9.5	R Exit Bike Path onto Miller Ave	21.58	L McDowell Ave
11.06	Jog R Presidio Ave (at Millwood St)	21.65	L Crissy Field Ave
11.22	R Forrest St	21.67	R Old Mason St
11.23	L Laurelwood Ave	22.15	FINISH Sports Basement Presidio
11.33	L Sunnyside Ave		

