AIDS/LifeCycle Training Ride

Sports Basement to Mill Valley (R1)
- File Name -

	1	22
Category	Terrain	Mileage

Ride Leaders:

Key: R = Right L = Left X = Stop BR- Bear Right BL= Bear Left S= straight/forward

Mile Marker		Route/Street	Mile Marker		Route/Street
		Out of Sports Basement			
0	R	Old Mason Street			
0.3	R	Halleck			
0.5	R	Lincoln Blvd			
2.1	R	Battery East Rd (bike path)			
2.3	L	Golden Gate Bridge Bike Path			
		cross the bridge, go thru parking lot			
4.2	R	Conzelman			
4.5	L	Sausalito Lateral, becomes Alexander Ave			
5.2	L	South St (just follow along road to Bridgeway)			
5.3	R	2nd St			
5.6	R	Richardson			
5.8	L	Bridgeway			
8.1	R	Gate 6 Road			
8.1		**Rest Stop/ Re-group Mike's Bikes Sausalito**			
	R	Marin Bike Path			
9.6	X	Stop on bike path, get on to Miller Ave			
		watch for TRL to point you in the direction…			
11.4	X	Miller Ave ends at Coffee Depot.			
11.4		**Rest Stop Coffee Depot Mill Valley**			
		return on Miller Ave in direction you came			
13.2	L	Marin Bike Path			
14.6		**Re-group Mike's Bikes**			
14.6	R	Gate 6 Road			
14.6	L	Bridgeway			
17.3	R	Richardson			
17.5	L	2nd St			
17.8	L	South St.			
17.9		becomes Alexander, then Sausalito Lateral			
18.3	R	Conzelman Rd			
18.6		cross the GG bridge			
20	R	onto bike path at end of bridge			
20.4	S	Battery East Rd (bike path)			
20.6	L	Lincoln Blvd			
21.0	L	Cowles St. (follow bike route signs thru stable			
21.1	L	McDowell Ave			
21.2	L	(after stop sign) onto Crissy Field Ave			
21.4	R	Old Mason Street			
21.9	**R**	**Into Sports Basement Parking lot**			