



Ride to end AIDS

AIDS/LifeCycle Training Ride

**SB to Alpine Dam Loop (R8)**

turn thru town of mill valley, see mile 36.2

**Ride Leaders:**


	4	48.5
Category	Terrain	Mileage


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 parking lot	43.7	L 2nd Street (climb!)
0.0	R Old Mason Street	43.9	L South Street
0.3	R Halleck		becomes Alexander, then Sausalito Lateral
0.5	R Lincoln	45.2	R Conzelman
2.1	R Battery East (bike path)	45.3	L Into parking lot
2.3	L Golden Gate Bridge Bike path		cross GG bridge
	cross the bridge, go thru parking lot	47.1	R onto bike path off of bridge (bear L)
4.2	R Conzelman	47.3	L Lincoln
4.5	L Sausalito Lateral	47.7	L Cowles
5.2	L South Street	47.8	L McDowell
5.3	R 2nd Street	47.8	L Crissy Field Ave
5.6	R Richardson	47.9	R Old Mason St.
5.8	L Bridgeway	<b>48.5</b>	<b>R Into Sports Basement Parking Lot</b>
8.1	R Gate 6 Road		
8.1	Re-group Mike's Bikes Sausalito		
	R Marin Bike Path		
10.5	L E. Blithedale Ave		
10.6	R Camino Alto		
12.9	S becomes Corte Madera Ave		
13.1	S becomes Magnolia		
15.0	L Woodland (5 way stop signs at gas station)		
immed	R Kent (sort of a zig zag turn)		
	becomes Poplar, becomes Ross Common		
15.9	L Lagunitas Rd		
16.1	R Shady Lane		
16.6	R Bolinas Ave		
16.7	L San Anselmo Ave (at light)		
17.7	L to continue on San Anselmo		
18.1	S becomes Lansdale		
18.5	R Pastori		
18.5	L Center Blvd. (follow bike lane across)		
18.8	L Rest-stop- Coffee Roasters/Fat Angel bakery		
18.8	R out of Coffee roaster, onto Bolinas Rd.		
	(brief stop at dam to snack, then continue)		
28.4	L Ridgecrest Blvd (you're at the top!)		
	becomes Bolinas Ridge		
	(rolling hills known as the Seven Sisters)		
32.1	X Re-group/ rest: Pantoll parking lot		
	** option here to continue to top of Mt. Tam or:		
	R Pantoll Road- begin descent		
33.4	L <b>Panoramic Hwy (watch for traffic!)</b>		
	** option to stop at Ranger Station for water		
<b>36.2</b>	<b>L 4 corners intersection, go LEFT on Sequoia Villy Rd.</b>		
	begin descent into Mill Valley		
36.8	R Walsh		
36.9	BR onto Edgewood		
37.6	S becomes Molino		
38.0	L Montford		
38.2	S cross Miller, becomes La Goma		
38.3	BR Sycamore		
38.6	S Cross Camino Alto		
38.8	R Onto Marin Bike Path		
40.8	X Re-group Mike's Bikes Sausalito		
40.8	R Gate 6 Road (runs behind buildings)		
40.9	L Bridgeway		
43.6	R Richardson		