AIDS LIFECYCLE
Ride to end AIDS
AIDS/LifeCycle Training Ride

Cotati-Tomales Loop		
File Name	Category	Terrain	Mileage
	3	43.6

Ride Leaders:

R = Right L = Left X = Stop BR = Bear Right BL = Bear Left >>> = Becomes

Mile Marker		Route/Street	Mile Marker		Route/Street
	Start	Helen Putnam Park - Myrtle & Macklin, Cotati			
0.1	R	Myrtle Ave			
0.5	>	Valparaiso			
2.2	L	W. Sierra			
2.9	L	Stomny Point Road			
6.4	R	Roblar RD			
7.6	R	Canfield RD			
8.8	L	Stay on Canfield			
12.9	L	Bloomfield Road			
16.9	R	Valley Ford Rd			
17.9	L	Middle Road			
18.8	R	Marsh Road			
21.4	L	Franlkin School Road			
22.8	L	Whitaker Bluff Road			
24.7	R	Middle Road			
25.8	L	Dillion Beach Road			
25.8	X	Tomales Bakery (REST STOP)			
28	R	Highway 1 (North)			
31.2	R	Fallon-Two Rock Road			
33.8	L	Carmody Road			
34.2	L	Valley Ford Road			
40.7	R	Roblar Rd			
41.4	L	Stony Point Road			
43.1	R	W. Sierra Road			
43.5	R	Valparaiso			
43.6	>	Valparaiso becomes Myrtle			
	END	Helen Putnam Park - Myrtle & Macklin, Cotati			