AIDS/LifeCycle Training Ride

SB Cat 2 90 miles		
File Name	Category	Terrain	Mileage
	3	91

Ride Leaders:

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

Mile Marker		Route/Street	Mile Marker		Route/Street
		Starbucks Parking Lot			STRETCH AT ALL STOPS
		1291 S. Mary Ave Sunnyvale			EAT BEFORE YOUR HUNGRY
0	R	Fremont (out of parking lot)			DRINK BEFORE YOU ARE THIRSTY
2	R	Fremont (Curves right)			
2.1	L	Entrance to Foothill Expressway			
10	R	Alpine Road			
10.1	L	Sand Hill Road			
13	R	Whiskey Hill Road(not marked well)			
14.4	L	Woodside Rd Hwy 84			
14.6	X	**REST STOP 1 Roberts Market**			
14.6	S	Canada Road			
23	L	Half Moon Road (Hwy 92) Long Climb			
25	L	Hwy 35 (be careful crossing) More climbing			
37.5	X	**REST STOP 2 Corner Market@ Hwy 35/84**			
37.5	R	junction			
37.5	R	West on Hwy 84. 7 mile descent watch			
		speed			
L	52.5	Hwy 1. (Be careful crossing)			
R	52.6	Enter San Gregorio State Beach Park			
		Bathrooms Views (ALC lunch Day 1)			
L	52.6	Hwy 1. (Be careful crossing)			
R	52.7	Hwy 84 San Gregorio Rd			
L	53.5	Pit Stop/Water etc San Gregorio Store			
L	53.5	Hwy 84 San Gregorio Rd			
X	68.5	**REST STOP 3 Corner Market@ Hwy 35/84**			
		Exit left to continue on Hwy 84			
X	74.5	**Pit Stop/Water etc @ Roberts Market**			
S	74.5	Hwy 84 steep descent			
R	76.7	Alameda De Las Pulgas			
x	80.3	Sand Hill Road			
L	80.5	Junipero Serra Blvd/Ft Hill Xpressway			
R	88.8	Exit Loyola			
L	88.9	Loyola			
R	89	Miramonte			
L	89.1	Fremont Blvd			
L	91.2	South Mary Ave			
		Starbucks Parking Lot			
		Congrats! You did it!!!!			