AIDS/LifeCycle Training Ride

South Bay Cat Series Ride #12

Ride Leaders:

	2.5	80
Category	Terrain	Mileage

Ride Leaders:

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

Mile Marker		Route/Street
0	R	FREMONT STREET
2	R	FREMONT STREET(CURVES RIGHT)
2.1	L	ENTRANCE TO FOOTHILL EXPRESSWAY
10	R	ALPINE ROAD
10.1	R	SAND HILL ROAD
11.4	R	ARBORETUM RD
11.8	L	PALM DRIVE(AFTER ALMA,UNIVERSITY)
12.2	S	UNIVERSITY AVE
16.8	R	BAYFRONT EXPRESSWAY (SIGNAL)
16.8	L	DUMBARTON BRIDGE BIKE PATH
18.6	D/L	CONTINUE ON FRONTAGE ROAD
21.7	R	THORTON ROAD
23.3	R	**STARBUCKS@SYCAMORE STREET**
23.3	S	EXIT STARBUCKS CONTINUE ON THORTON
24.7	S	CROSSING 880 OVER PASS USE CAUTION
26.3	L	PASEO PADRE BLVD
26.9	R	ISHERWOOD(NO RIGHT ON RED)
27.4	S	ISHERWOOD BECOMES QUARRY LAKES
28	R	OSPREY (STOP SIGN)
28.1	R	ALVARDO NILES
28.4	S	ALVARDO NILES BECOMES NILES
29.3	L	UNDER R/R BRIDGE
30.6	S	NILES CAYON RD HWY 84
		TIGHT SHOULDER IN SPOTS FOR 6.4 MI
37	R	SUNOL OFF-RAMP
37.1	R	**SUNOL MERCANTILE REST STOP# 2**
37.1	L/R	CROSS TRKS TURN RIGHT ON TO
37.1		FT. HILL BLVD (PARK& RESTROOM 2 MI)
40.7	R	CASTLEWOOD DR
40.9	R	PLEASANTON-SUNOL BLVD
44.5	L	PALOMA RD. (HIGHWAY 84)

Mile Marker		Route/Street
S	45	CALVERAS RD (UNDER 680)
S	49.8	START OF CLIMB
S	55.2	SUMMIT
R	59.6	FELTER/CALVERAS RD
L	61	ED LEVINE PARK OPTIONAL R/R
L	61	CALVERAS RD (DOWN HILL)
S	62.1	PIEDMONT RD(STOP SIGN)
S	63	CARE AROUND 680 ENTRANCE
R	63.6	MILPITAS BLVD
L	63.7	**SAFEWAY, QIZZNO'S ET AL R/R #3**
L	63.7	MILPITAS BLVD
L	65.5	DIXON LANDING ROAD (880 CROSSING)
L	66.4	MCCARTHY BLVD (SIGNAL)
S	68.9	237 CROSSING (OVERPASS)
R	69.8	TASMAN DRIVE
L	73.4	GREAT AMERICAN PKWY
S	74.6	BOWERS (AFTER 101)
R	76.5	CENTRAL EXPRESSWAY
L	79.1	N. MARY AVE
R	81.6	STARBUCKS LOT. 1291 S.MARY
		SIGN OUT! STRETCH! HYDRATE!