AIDS LIFECYCLE
Ride to end AIDS
AIDS/LifeCycle Training Ride

South Bay Cat 2 Sunol Ride 70mi

Ride Leaders:

	2	70
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**
37.2	L/S	CONTINUE ON RAMP TO HIGHWAY 84
43.5	L	MISSION BLVD HIWAY 238

Mile Marker		Route/Street
47.9	R	REST STOP #3 SUBWAY/STARBUCKS
		ACROSS FROM OHLONE COLLEGE
47.9	S	CONTINUE ON MISSION BLVD
49.8	L	PASEO PADRE BLVD
50.6	S	BECOMES WARREN
51.7	L	WARM SPRINGS BLVD
53.8	R	DIXON LANDING ROAD (880 CROSSING)
54.7	L	MCCARTHY BLVD(SIGNAL)
57.2	S	237 CROSSING
58.1	R	TASMAN DRIVE
61.7	L	GREAT AMERICAN PKWY
62.9	S	BECOMES BOWERS AFTER 101
64.8	R	CENTRAL EXPRESSWAY
67.4	L	NORTH MARY AVENUE
69.9	R	STARBUCKS LOT 1291 S MARY AVE.
		SIGN OUT AND STRECTH!!