AIDS/LifeCycle Training Ride

South Bay Cat 2 San Francisco

Ride Leaders:

	2	95
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	SANTA CRUZ ALPINE ROAD
10.3	S	SANTA CRUZ >>ALAMEDA DE LAS PULGAS
12.7	L	WOODSIDE RD HI 84(MINOR CLIMB)
14.8	L	**REST STOP@ROBERTS MARKET**
14.8	S	CONTINUE ON CANADA RD
22.4	L	HYW 92 (SIGNAL)
23.1	R	HYW 35 (SIGNAL)
26.2	R	HAYNES/GOLF COURSE
26.4	L	SKYLINE/BLACK MOUNTAIN (STOP SIGN)
29.3	S	**ENTER I-280@ TRUSDALE NO PASSING**
29.8	R	EXIT I-280@ MILBRAE (EXIT 40)
29.9	S	CONTINUE ON SKYLINE (STOP SIGN)
30.6	S	**ENTER I-280@LARKSPUR NO PASSING**
31.1	R	EXIT I-280@ HIWAY 35 (EXIT 41)
32.6	R	SAN BRUNO (SIGNAL)
32.8	R	**LUNARDI'S(EXIT LEFT UPHILL TO SKYLINE)**
33	R	SKYLINE
37.2	X	CROSS HIWAY 1(**USE EXTREME CAUTION)**
41.6	L	GREAT HIGHWAY(SIGNAL) USE ROAD/PATH
44.9	R	FULTON (SIGNAL)
45	L	LA PLAYA (STOP SIGN)
45.1	R	**SAFEWAY REST STOP # 3**
	R	***DON'T LEAVE BIKES UNATTENDED!!!***
		EXIT LEFT TO RETURN TO LA PLAYA
45.2	R	FULTON (STOP SIGN)
45.3	L	GREAT HIGHWAY (SIGNAL)
48.6	R	SKYLINE-HIWAY 35 BEGIN CLIMB
52.7	X	HWY 1 (**EXTREME CAUTION**)

Mile Marker		Route/Street
58.4	S	**ENTER I-280 NO PASSING ON FREEWAY**
59	S	**EXIT I-280@LARKSPUR/MILLBRAE EXIT 41**
59.2	L	LARKSPUR(@ END OF OFF-RAMP
59.3	R	IMMEDIATE RIGHT ON SKYLINE (1 ST STOP SIGN)
60	S	CONTINUE ON MILLBRAE (STOP SIGN)
60.1	R	VALLEJO>>FRONTERA
60.8	R	HUNT (STOP SIGN)
60.9	R	TROUSDALE(STOP SIGN **STEEP** CLIMB)
61	L	SKYLINE (STOP SIGN)
64	R	GOLF COURSE(STOP SIGN)
64.2	L	SKYLINE (STOP SIGN)
65.5	L	CRYSTAL SPRINGS (3-WAY STOP)
66.4	R	POLHEMUS (STOP SIGN)
67.8	L	DE ANZA (STOP SIGN)
67.9	L	**STARBUCKS ET AL.REST STOP #4**
		VILLAGE.RETURN TO DE ANZA EXIT RIGHT
68	L	POLHEMUS (STOP SIGN)
68.7	X	CROSS HIWAY 92>>RALSTON
68.8	R	ONTO BIKE PATH(THRU PARKING LOT)
		OPPOSITE RAMP TO HWY 92
69.4	X	CROSS OVER I-280 ON BIKE BRIDGE
69.7	L	CANADA RD(THRU GAP IN FENCE)
77	L	HIWAY 84 (4 WAY STOP)
79	R	ALAMEDA DE LAS PULGAS
81	R	**REST STOP 5 STARBUCKS @ AVY**
		OR LUTTICKEN'S DELI
81.4	S	CONINUE ON SANTA CRUZ
81.8	L	JUNIPERO SERRA
90.4	L	FREMONT/LOYOLA/A STREET.
90.5	***L***	MIRAMONTE
92	R	CUESTA DR
92.4	R	GRANT
93.9	L	FREMONT STREET.
95.5	L	STARBUCKS PARKING LOT!!!!!!
		YOU DID IT! STRETCH & DRINK
		LOTS OF FLUIDS!