



AIDS/LifeCycle Training Ride

Alpine Dam Loop - Clockwise

212 SBP CW AD

Ride Leaders:

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| | 4 | 50.69 |
| Category | Terrain | Mileage |
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| Mile Marker | Route/Street | Mile Marker | Route/Street |
|-------------|--------------|-------------|---|
| 0 | Start | 29.88 | S Fairfax Bolinas Rd becomes Old Bolinas Fairfax Rd |
| 0 | R | 30.25 | S Old Bolinas Fairfax Rd becomes Bolinas Rd |
| 0.23 | R | 32.53 | (5) The Coffee Roastery |
| 0.47 | R | 32.53 | R Broadway Blvd |
| 2 | R | 32.64 | S Broadway Blvd becomes Center Blvd |
| 2.25 | S | 32.89 | R Pastori Ave |
| 3.96 | L | 32.91 | L Lansdale Ave |
| 4.14 | R | 33.25 | S Lansdale Ave becomes San Anselmo Ave |
| 4.19 | L | 34.23 | R To stay on San Anselmo Ave |
| 5.14 | S | 34.72 | R Bolinas Ave |
| 5.37 | S | 34.76 | L Shady Ln |
| 5.46 | R | 35.31 | L Lagunitas Rd |
| 5.65 | R | 35.44 | R Ross Cmn |
| 5.69 | L | 35.58 | S Ross Cmn becomes Poplar Ave |
| 8.05 | R | 35.82 | S Poplar Ave becomes Kent Ave |
| 8.07 | L | 36.32 | S College Ave (Cross Woodland) |
| 8.11 | (1) | 36.46 | S College Ave becomes Magnolia Ave |
| 8.11 | JOIN | 38.27 | S Magnolia Ave becomes Corte Madera Ave |
| 9.5 | R | 39.58 | S Corte Madera Ave becomes Camino Alto |
| 11.06 | Jog R | 40.91 | L E Blithedale Ave |
| 11.21 | R | 41.01 | R Mill Valley Sausalito Bike Path |
| 11.23 | L | 43.32 | (6) Mike's Bikes |
| 11.33 | L | 43.36 | R Gate 6 Rd |
| 11.37 | R | 43.38 | L Bridgeway |
| 11.46 | (2) | 45.75 | R Richardson St |
| 11.47 | R | 45.79 | L 2nd St |
| 11.49 | L | 45.98 | L South St |
| 11.73 | L | 46.06 | S South St becomes Alexander Ave |
| 11.83 | R | 46.3 | S Alexander Ave becomes Sausalito-Lateral |
| 12.14 | L | 47.24 | R Conzelman |
| 12.89 | R | 47.29 | L Into Bridge Parking Lot |
| 13.07 | L | 47.47 | R West Sidewalk GG Bridge |
| 13.77 | R | 49.18 | S Under GG Bridge veer left for Battery East Rd |
| 18.02 | (3) | 49.43 | L Lincoln Blvd |
| 18.02 | S | 49.92 | L Cowles St |
| 19.33 | L | 50.06 | L McDowell Ave |
| 22.19 | S | 50.12 | L Crissy Field Ave |
| 22.97 | R | 50.21 | R Old Mason St |
| 25.12 | (4) | 50.69 | FINISH Sports Basement Presidio |
| 25.12 | S | | Continue on Fairfax Bolinas Rd |

