

DAY 1: SOLSTICE RIDE TO CARLSBAD

@ 62 Miles

Dir Miles 2100' CLIMB Dist

R	0.0	BIKE TRAIL behind CITY HALL to HARVARD	0.6
S	0.6	BARRANCA / MUIRLANDS	9.4
R	10.0	LOS ALISOS	1.1
L	11.1	PASEO DE VALENCIA	2.4
R	13.5	CABOT	1.8
L	15.3	RAPID FALLS RD to trail	0.0
R	15.3	Oso Creek Bike Trail	0.3
R	15.6	FORBES RD to MetroLink Station	0.8
	16.4	Stairs UNDER Tracks	
R	16.4	CAMINO CAPISTRANO	4.2
R	20.6	DEL OBISPO	3.7
L	24.3	PARK LANTERN / DOHENY BEACH	1.4
	25.7	L/R jog to PCH at PALISADES	2.7
R	28.4	PICO, to Bike Route thru SAN CLEMENTE	3.4
L	31.8	AVENIDA SAN LUIS REY	0.1
R	31.9	EL CAMINO REAL	0.5

<<< FOOD / REST STOP: CARLS JR >>>

L	32.4	EL CAMINO REAL	0.2
R	32.6	CHRISTIANOS	0.1
L	32.7	BIKE TRAIL just past SOUTH ON RAMP TO I-5	8.7
	41.4	Under I-5, then Right	1.5
L	42.9	LAS PULGAS	0.3
	43.2	CAMP PENDLETON Gate, follow bike signs	
R	43.2	STUART MESA	7.3
R	50.5	VANDERGRIF	1.9
L	52.4	HARBOR DR, bear left	0.4
L	52.8	PACIFIC ST (New Bridge!)	2.7
L	55.5	CASSIDY	0.1
R	55.6	BROADWAY	0.3
L	55.9	VISTA WAY	0.1
R	56.0	PCH / CARLSBAD BL	5.5
L	61.5	POINSETTIA LANE	0.3
L	61.8	AVE ENCINAS	0.1
R	61.9	RAINTREE DR	0.1

Motel 6 on the left

SS09.SAT

Questions / Comments

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SOLSTICE DAY 2: Carlsbad to Irvine

@ 61 Miles

Dir Miles FLAT TO HILLY Dist

R	0.0	RAINTREE DR.	0.1
L	0.1	AVE ENCINAS	0.1
R	0.2	POINSETTIA LANE	0.3
R	0.5	CARLSBAD BL / PCH	5.7
L	6.2	VISTA WAY	0.1
R	6.3	BROADWAY	0.3
L	6.6	CASSIDY	0.1
R	6.7	PACIFIC ST	2.7
R	9.4	HARBOR DR	0.4
R	9.8	VANDERGRIF	1.9
		CAMP PENDLETON Gate, follow bike signs	
L	11.7	STUART MESA	7.3
L	19.0	LAS PULGAS, Leave Marine Base, jog R	0.3
R	19.3	BIKE TRAIL just past RR underpass	1.5
	20.8	Under I-5, thru campground, pass San Onofre	8.7
R	29.5	CHRISTIANOS	0.1
L	29.6	EL CAMINO REAL	0.2

<<< FOOD / REST STOP: CARLS JR >>>

R	29.8	EL CAMINO REAL	7.0
L	36.8	CAMINO CAPISTRANO	6.3
L	43.1	MetroLink Station	0.0
R	43.1	FORBES RD	0.8
L	43.9	Oso Creek Bike Trail	0.3
R	44.2	CABOT	1.8
L	46.0	PASEO DE VALENCIA	2.4
R	48.4	LOS ALISOS	1.1
L	49.5	MUIRLANDS / BARRANCA	9.4
L	58.9	HARVARD	0.4
R	59.3	CIVIC CENTER PLAZA	0.1

Motel 6 to City Hall

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Questions / Comments

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SOLSTICE CENTURY TO CARLSBAD

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@ 98 Miles

Dir Miles FLAT TO HILLY Dist

R	0.0	BIKE TRAIL behind CITY HALL to HARVARD	0.6
S	0.6	BARRANCA / MUIRLANDS	9.4
R	10.0	LOS ALISOS	1.1
L	11.1	PASEO DE VALENCIA	2.4
R	13.5	CABOT	1.8
L	15.3	RAPID FALLS RD to trail	0.0
R	15.3	Oso Creek Bike Trail	0.3
R	15.6	FORBES RD to MetroLink Station	0.8
	16.4	Stairs UNDER Tracks	
R	16.4	CAMINO CAPISTRANO	4.2
R	20.6	DEL OBISPO	3.7
L	24.3	PARK LANTERN / DOHENY BEACH	1.4
	25.7	L/R jog to PCH at PALISADES	2.7
R	28.4	PICO, to Bike Route thru SAN CLEMENTE	3.4
L	31.8	AVENIDA SAN LUIS REY	0.1
R	31.9	EL CAMINO REAL	0.5

<<< FOOD/REST STOP: CARLS JR >>>

L	32.4	EL CAMINO REAL	0.2
R	32.6	CHRISTIANOS	0.1
L	32.7	BIKE TRAIL just past SOUTH ON RAMP TO I-5	8.7
	41.4	Under I-5, then right	1.5
L	42.9	LAS PULGAS	0.3
	43.2	CAMP PENDLETON Gate, follow bike signs	
R	43.2	STUART MESA	7.3
R	50.5	VANDERGRIF	1.9
L	52.4	HARBOR DR, bear left	0.4
L	52.8	PACIFIC ST (New Bridge!)	2.7
L	55.5	CASSIDY	0.1
R	55.6	BROADWAY	0.3
L	55.9	VISTA WAY	0.1
R	56.0	PCH / CARLSBAD BL / US-101 / TORREY PINES	20.9

Motel 6 on the left

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Questions / Comments

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SOLSTICE CENTURY TO CARLSBAD

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(Continued From Page 1)

@ 98 Miles

Dir Miles FLAT TO HILLY Dist

R	56.0	PCH / CARLSBAD BL / US-101 / TORREY PINES	20.9
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(Next turn at GENESSEE AVE.)

R	76.9	TORREY PINES / LA JOLLA VILLAGE	1.9
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(Veer RIGHT to GILMAN exit)

L	78.8	GILMAN	0.7
R	79.5	VILLA LA JOLLA DR.	0.4
R	79.9	LA JOLLA VILLAGE / TORREY PINES (to end)	2.0
L	81.9	TORREY PINES / US-101 / PCH / CARLSBAD BL	15.5
R	97.4	POINSETTA	0.3
L	97.7	AVE ENCINAS	0.1
R	97.8	RAINTREE DR.	0.1

Motel 6 on the left

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SOLSTICE CENTURY TO CARLSBAD

@ 98 Miles

Dir Miles FLAT TO HILLY Dist

R	0.0	BIKE TRAIL behind CITY HALL to HARVARD	0.6
S	0.6	BARRANCA / MUIRLANDS	9.4
R	10.0	LOS ALISOS	1.1
L	11.1	PASEO DE VALENCIA	2.4
R	13.5	CABOT	1.8
L	15.3	RAPID FALLS RD to trail	0.0
R	15.3	Oso Creek Bike Trail	0.3
R	15.6	FORBES RD to MetroLink Station	0.8
	16.4	Stairs UNDER Tracks	
R	16.4	CAMINO CAPISTRANO	4.2
R	20.6	DEL OBISPO	3.7
L	24.3	PARK LANTERN / DOHENY BEACH	1.4
	25.7	L/R jog to PCH at PALISADES	2.7
R	28.4	PICO, to Bike Route thru SAN CLEMENTE	3.4
L	31.8	AVENIDA SAN LUIS REY	0.1
R	31.9	EL CAMINO REAL	0.5

<<< FOOD/REST STOP: CARLS JR >>>

L	32.4	EL CAMINO REAL	0.2
R	32.6	CHRISTIANOS	0.1
L	32.7	BIKE TRAIL just past SOUTH ON RAMP TO I-5	8.7
	41.4	Under I-5, then right	1.5
L	42.9	LAS PULGAS	0.3
	43.2	CAMP PENDLETON Gate, follow bike signs	
R	43.2	STUART MESA	7.3
R	50.5	VANDERGRIF	1.9
L	52.4	HARBOR DR, bear left	0.4
L	52.8	PACIFIC ST (New Bridge!)	2.7
L	55.5	CASSIDY	0.1
R	55.6	BROADWAY	0.3
L	55.9	VISTA WAY	0.1
R	56.0	PCH / CARLSBAD BL / US-101 / TORREY PINES	20.9

(Next turn at GENESSEE AVE.)

R	76.9	TORREY PINES / LA JOLLA VILLAGE	1.9
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(Veer RIGHT to GILMAN exit)

L	78.8	GILMAN	0.7
R	79.5	VILLA LA JOLLA DR.	0.4
R	79.9	LA JOLLA VILLAGE / TORREY PINES (to end)	2.0
L	81.9	TORREY PINES / US-101 / PCH / CARLSBAD BL	15.5
R	97.4	POINSETTA	0.3
L	97.7	AVE ENCINAS	0.1
R	97.8	RAINTREE DR.	0.1

Motel 6 on the left

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Questions / Comments

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SUNDAY SOCIAL - LONG PLUS

@ 60 Miles

Dir Miles HILLY Dist

L	0.0	IRVINE CENTER DR	3.4
L	3.4	BARRANCA / MUIRLANDS	4.7
R	8.1	LOS ALISOS	1.1
L	9.2	PASEO DE VALENCIA	2.4
R	11.6	CABOT	2.9
L	14.5	PASEO DE COLINAS	0.4
L	14.9	CAMINO CAPISTRANO	3.7
R	18.6	DEL OBISPO	3.7
L	22.3	PARK LANTERN / DOHENY BEACH	1.4
	23.7	L/R jog to PCH at PALISADES	2.7
R	26.4	PICO, to the bike trail thru SAN CLEMENTE	3.4
L	29.8	AVENIDA SAN LUIS REY	0.1
R	29.9	EL CAMINO REAL	0.5

<<< FOOD / REST STOP: CARLS JR >>>

returning to Deerfield Park

R	30.4	EL CAMINO REAL	6.2
L	36.6	L/R jog to Beach at PALISADES	1.1
	37.7	Over Bridge, 270' - LEFT turn up River Bike Route	3.6
R	41.3	LA ZANJA	0.2
L	41.5	CAMINO CAPISTRANO	2.9
R	44.4	PASEO DE COLINAS	0.4
R	44.8	CABOT	2.9
L	47.7	PASEO DE VALENCIA	2.4
R	50.1	LOS ALISOS	1.1
L	51.2	MUIRLANDS / BARRANCA	4.7
R	55.9	IRVINE CENTER DR	3.3
R	59.2	DEERWOOD	0.2

Questions / Comments

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SSSunLP