

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	2.9
L	16.4	PASEO DE COLINAS	0.4
L	16.8	CAMINO CAPISTRANO	3.7
R	20.5	DEL OBISPO	3.7
L	24.2	PARK LANTERN / DOHENY BEACH	1.4
	25.6	L/R jog to PCH at PALISADES	2.7
R	28.3	PICO, to the bike trail thru SAN CLEMENTE	3.4
L	31.7	AVENIDA SAN LUIS REY	0.1
R	31.8	EL CAMINO REAL	0.5

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

L	32.3	EL CAMINO REAL	0.2
R	32.5	CHRISTIANOS	0.1
L	32.6	BIKE TRAIL just past SOUTH ON RAMP TO I-5	8.7
	41.3	Under I-5, then go Right	1.5
L	42.8	LAS PULGAS	0.3
	43.1	CAMP PENDLETON Gate, follow bike signs	
R	43.1	STUART MESA	7.3
R	50.4	VANDERGRIF	1.9
L	52.3	HARBOR DR, bear left	0.4
L	52.7	PACIFIC ST.	2.7
L	55.4	CASSIDY	0.1
R	55.5	BROADWAY	0.3
L	55.8	VISTA WAY	0.1
R	55.9	PCH / CARLSBAD BL	5.5
L	61.4	POINSETTIA LANE	0.3
L	61.7	AVE ENCINAS	0.1
R	61.8	RAINTREE DR.	0.1

Quality Inn & Suites

Questions / Comments

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SSD1.QIS

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	2.9
L	16.4	PASEO DE COLINAS	0.4
L	16.8	CAMINO CAPISTRANO	3.7
R	20.5	DEL OBISPO	3.7
L	24.2	PARK LANTERN / DOHENY BEACH	1.4
	25.6	L/R jog to PCH at PALISADES	2.7
R	28.3	PICO, to the bike trail thru SAN CLEMENTE	3.4
L	31.7	AVE SAN LUIS REY	0.1
R	31.8	EL CAMINO REAL	0.5

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

L	32.3	EL CAMINO REAL	0.2
R	32.5	CHRISTIANOS	0.1
L	32.6	BIKE TRAIL just past I-5 SOUTH ON-RAMP	8.7
	41.3	Under I-5, then take right fork	1.5
L	42.8	LAS PULGAS	0.3
	43.1	CAMP PENDLETON Gate, follow bike signs	
R	43.1	STUART MESA	7.3
R	50.4	VANDERGRIF	1.9
L	52.3	HARBOR DR, bear left	0.4
L	52.7	PACIFIC ST.	2.7
L	55.4	CASSIDY	0.1
R	55.5	BROADWAY	0.3
L	55.8	VISTA WAY	0.1
R	55.9	PCH / CARLSBAD BL / US-101 / TORREY PINES	20.9

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SOLSTICE CENTURY TO CARLSBAD

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@ 98 Miles

Dir Miles FLAT TO HILLY Dist

R	55.9	PCH / CARLSBAD BL / US-101 / TORREY PINES	20.9
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(Next turn at GENESSEE AVE.)

R	76.8	TORREY PINES / LA JOLLA VILLAGE	1.9
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(Veer RIGHT to GILMAN exit)

L	78.7	GILMAN	0.7
R	79.4	VILLA LA JOLLA DR.	0.4
R	79.8	LA JOLLA VILLAGE / TORREY PINES (to end)	2.0
L	81.8	TORREY PINES / US-101 / PCH / CARLSBAD BL	15.5
R	97.3	POINSETTA	0.3
L	97.6	AVE ENCINAS	0.1
R	97.7	RAINTREE DR.	0.1

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Questions / Comments

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SSD1C.QIS

SOLSTICE DAY 2: Carlsbad to Irvine

@ 61 Miles

Dir Miles FLAT TO HILLY Dist

L	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, through 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	6.2
L	36.0	L/R jog to Beach at PALISADES	1.1
	37.1	Over Bridge, 270' - LEFT turn up River Bike Trail	3.6
R	40.7	LA ZANJA	0.2
L	40.9	CAMINO CAPISTRANO	2.9
R	43.8	PASEO DE COLINAS	0.4
R	44.2	CABOT	2.9
L	47.1	PASEO DE VALENCIA	2.4
R	49.5	LOS ALISOS	1.1
L	50.6	MUIRLANDS / BARRANCA	9.4
L	60.0	HARVARD	0.4
R	60.4	CIVIC CENTER PLAZA	0.1

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Questions / Comments

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SSD2.QIS

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 Trail	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