Turn-by-turn Description. YELLOW arrows on road mark all turns. Yellow/Black arrow signs & cones also mark turns.					
32 mi	45 mi	20 mi	Turn	Street	Notes
0.0	0.0	0.0	Left	W. Ash St	START: 1600 Pacific Hwy, in SD County Ofcs Bld south Waterfront Park
.1	0.1	0.0	Right	Pacific Hwy	OTAKT: 1000 Facility, in OD Godiny Glos Bid South Waterholit Falk
.6	0.6	0.6	Left	Harbor Drive	Watch for old RR tracks, rough road surface, and construction zone
5.2	5.2	5.2	Veer Right	Civic Center Drive	Get in left lane, make quick left turn
.2	5.2	5.2	Left	Cleveland Avenue	Watch for old RR tracks
.9	5.9	5.9	Right	Bay Marina Drive	Get in left lane
0.0	6.0	6.0	Left	Marina Way	Caution 4 speed bumps ahead
6.5	6.5	6.5	Left	Enter Bikepath on left	Use caution at curb/gate. Red Zone 2.5 miles. Watch for cyclists &
				,	walkers in other direction. Ride single file to right. 20 mph max.
6.6	6.6	6.6	Straight	Bikepath under freeways	Do not go left onto bridges, straight 2.5 miles to Bonita Plaza
9.0	9.0	9.0	Veer Right	Plaza Bonita Road	Pass through gate, at sidewalk Y-Intersection go right
					NOTE: 20 MILE ROUTE TURN AROUND (Skip down to mile 51.9)
0.0	9.0		Rest Stop #1	Grassy area	Outside exit from bikepath
.2	9.2		Right	Plaza Bonita Road	Follow sidewalk, connects to Plaze Bonita Road
0.0	10.0		Left	Bonita Road	Major intersection, obey streetlights
13.2	13.2		Straight	San Miguel Rd	At stoplight, Bonita Rd turns left <b>DO NOT GO LEFT</b> (golf crs on left side)
					REMAIN STRAIGHT onto San Miguel Rd
					Red Zone next 2 mi, narrow road, use caution, stay right, single file
4.1	14.1		Right	Proctor Valley Road	Red Zone continues, narrow road, use caution, stay right, single fle
4.7	14.7		Left	San Miguel Ranch Rd	Hill begins, road becomes Mt. Miguel Rd, after climb descent to major int.
6.6	16.6		Left	Proctor Valley Road	Major intersection, obey streetlights
7.6	17.6		Right	Hunte Parkway	Major intersection, obey streetlights
8.7	18.7		Left	Otay Lakes Road	Move to left lane. Major intersection, obey streetlights
9.6	19.6		Right	Wueste Rd	Road to Olympic Training Center (3-mile out-and-back)
0.4	20.4		Left	Olympic Parkway	Quick left back onto Wueste Rd
0.5	20.5		Left	Wueste Rd	To park gate. Do not enter park.
2.0	22.0		Rest Stop #2	Lower Otay Lakes Park	Proceed straight to turn around point, then return to Rest Stop #2.
2.6	22.6		Turnaround	At park gate	Use caution making u-turn
2.6	22.6		Straight	Wueste Road	Dight into goding let avial left Deat Oten #0 to fee left and on the co
3.2	23.2		Rest Stop #2	Lower Otay Lakes Park	Right into parking lot, quick left, Rest Stop #2 to far left under trees.
5.0	25.0		Right	Olympic Parkway Wueste Rd	
5.1	25.1		Right Right	Otay Lakes Road	Dad Zana 12 mi was systems soution vide single file to right of white line
25.8 32.2	25.8		Left	Otay Lakes Road Otay Lakes Road	Red Zone 13 mi, use extreme caution, ride single file to right of white line.  NOTE: 45 MILE ROUTE TURN LEFT (Skip down to mile 39.6)
	25.6		Rest Stop #3	Thousand Trails RV	Parking lot on right side, move bicycles completely off Otay Lakes Rd
2.3			Turnaround	Thousand Trails RV	Return on Otay Lakes Rd, use caution, stay right, ride single file.
9.6	26.7		Right	Hunte Parkway	Major intersection
0.6	20.7		Right	Proctor Valley Road	Major intersection. 62-mile course turn right.
0.0	27.7		Left	Proctor Valley Road	NOTE: 45 MILE ROUTE TURN LEFT (Skip to mile 44.3)
1.4			Right	Proctor Valley Road	Road becomes Northwoods Dr.
2.0				Northwoods Dr.	Turnaround at T-intesection/entrance to trail head/open space.
			- amarouna	Tronumedae 2.1	NOTE: Locals have stolen signs & removed arrows in past (sorry!).
2.5			Left	Proctor Valley Road	
4.3	29.8		Right	Mt Miguel Road	After climb, use extreme caution on descent: uneven curb height
-			<u> </u>	<u> </u>	Becomes San Miguel Ranch Rd
6.2	31.7		Right	Unmarked T-intersection	Red Zone 2 mi., caution, narrow road, ride single file to right
			Ŭ		Becomes Proctor Valley Rd
6.8	32.3		Left	San Miguel Rd	Use caution 1 mile to stoplight
7.7	33.2		Straight	Bonita Road	Becomes Bonita Rd at stoplight, golf course on right side
0.9	35.4		Right	Plaza Bonita Road	
51.9	36.4		Veer Left	Plaza Bonita Road	Move to left lane after tall "Westfield Bonita Plaza" sign, then left.
					Watch carefully for sidewalk entrance to Sweetwater bikepath on left
1.9	36.4	9.2	Rest Stop #4	Grassy area	Entrance to bikepath
1.9	36.4	9.2	Straight	Enter Bikepath thru gate	Red Zone 2.5 mi, caution at gate, single file, ride to right.
			Straight	Bikepath under freeways	Do not go onto bridges, watch for bumpy surfaces.
4.5	39.0		Right	Marina Way	Caution going over curb, watch for 4 speed bumps
5.0	39.5		Right	Bay Marina Dr	Quickly move to left lane
5.0	39.5	12.3	Left	Cleveland Avenue	Watch for old RR tracks
5.7	40.2	13.0	Right	Civic Center Drive	Quickly move to left lane
55.7	40.2	13.0	Left	Harbor Drive	Red Zone 4 mi, watch for old RR tracks. 20 mph max.
					Stay LEFT of chain barrier. Narrow bike lane, uneven surfaces on Harbor Dr.
					Naval Base, shipyard, convention center on left side
0.4	44.9	17.7	Right	Pacific Hwy	Major intersetion N. Harbor Dr and Pacific Hwy
0.9	45.4		Left	Ash St	Stay in right lane, look for Finish/dismount point on sidewalk.
31.1	45.6	18.4	Right	Waterfront Park South	Watch for Vol's on sidewalk. Dismount point = <b>FINISH!</b>