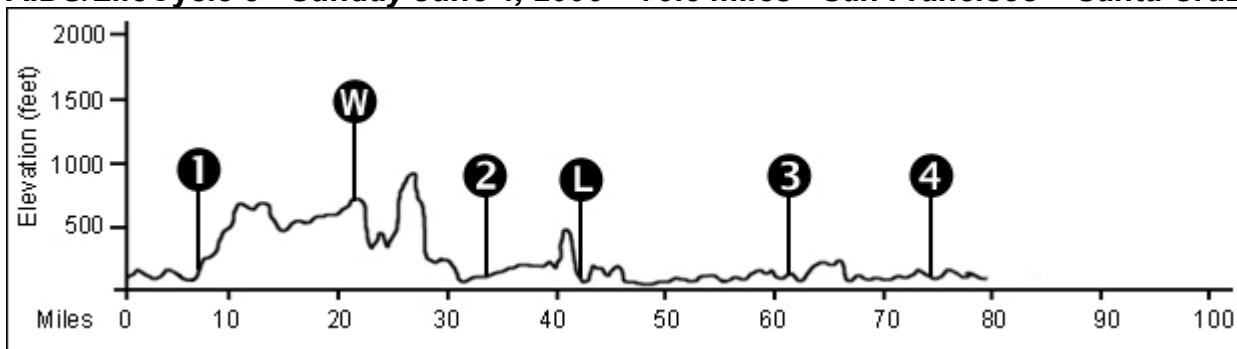


**AIDS/LifeCycle 5 - Sunday June 4, 2006 – 79.3 miles - San Francisco – Santa Cruz**

**Day 1**



- 0.0 **L** Out of the Cow Palace - Gate 5 Geneva @ Calgary
- 0.3 Begin climbing
- 1.5 **L** Alemany Blvd
- 2.3 **R** Sickles
- 2.5 **Straight** to enter Sagamore
- 2.8 **R** Brotherhood Way
- 4.0 **L** Lake Merced Blvd
- 4.5 **R** road becomes John Muir Drive along Lake Merced
- 5.6 **L** Skyline Blvd, Hwy 35 (1/2 mile climb)
- 6.8 **R** Olympic Way into

**Rest Stop 1 – Mile 6.8**  
**John Daly Boulevard, Daly City**  
 Rest Stop Hours: 6:30am – 9am

- 7.0 **R** Out of Rest Stop #1 to return S. onto Skyline Blvd
- 14.7 **Enter** Hwy 280 Entrance (use extreme caution)
- 15.4 **Enter** Hwy 280
- 15.7 **Exit** Larkspur Drive Exit
- 15.9 **L** At end of ramp to cross under Hwy 280
- 15.9 **R** Hillcrest Ave/Skyline Blvd (caution – no shoulder)
- 16.7 **R** Vallejo
- 17.3 **R** Hunt
- 17.5 **R** Trousdale (Begin Climbing)
- 17.6 **L** Skyline Blvd/Hwy 35
- 20.4 **R** Hayne / Golf Course Lane
- 20.6 **L** Skyline Blvd
- 22.0 **R Into:**

**Water Stop – Mile 22.0**  
**Crystal Springs Reservoir Vista Point**  
 Water Stop Hours: 7am – 10:30am

- 22.0 **R** Out of Water Stop onto Skyline Blvd / Hwy 35
- 23.4 **R** Hwy 92-Hwy 35 to Half Moon Bay  
**HEAVY TRAFFIC – USE EXTREME CAUTION!**  
**Ride Single File, No Passing**  
**(Begin 1.8 mile climb)**
- 25.0 **Caution: Steep Downhill, Control Your Speed!**
- 30.4 **L** Hwy 1
- 32.2 **R** Redondo Beach Road
- 32.3 **R Into:**

**Rest Stop 2 – Mile 32.3**  
**Coastside Infant Toddler Center**  
 Rest Stop Hours: 8am – 12 Noon

- 32.3 **L** Out of Rest Stop #2 onto Redondo Beach Rd
- 32.3 **R** Hwy 1 South (rolling hills)
- 41.1 **R Into:**

**Lunch – Mile 41.1**  
**San Gregorio State Beach**  
 Lunch Stop Hours: 9am – 3pm

- 41.2 **R** Out of Lunch onto Hwy 1 South  
*Caution: Heavy traffic.*

61.3 **R Into:**  
**Rest Stop 3 – Mile 61.3**  
**Greyhound Rock Public Fishing Access**  
 Rest Stop Hours: 10am – 4:30pm

- 61.4 **R** Out of Rest Stop 3 onto Hwy 1 South
- 74.1 **R Into:**

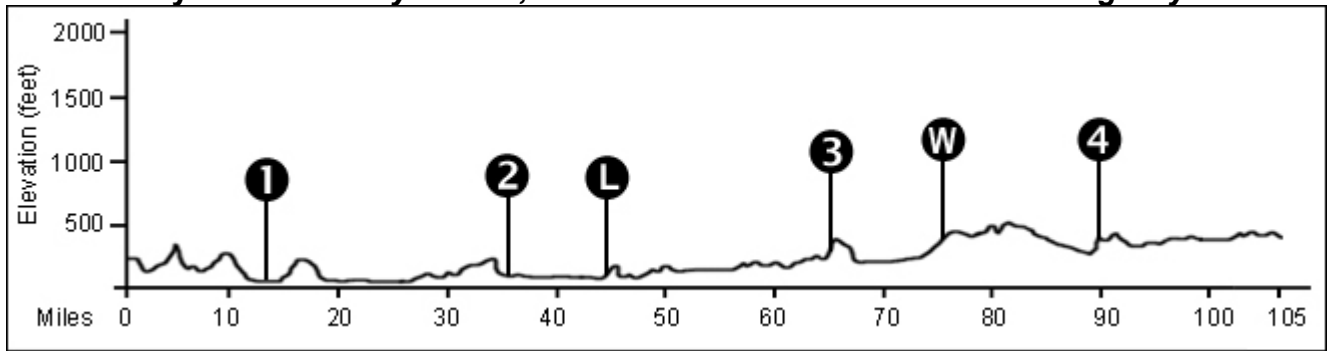
**Rest Stop 4 – Mile 74.1**  
**Wilder Ranch State Park**  
 Rest Stop Hours: 11am – 6pm

- Return to Wilder Ranch Entrance
- 74.5 **R** Hwy 1 South (becomes Mission @ Mile 77.0)  
**Caution Heavy Traffic**  
 Enter City of Santa Cruz
- 77.8 **R** Walnut Avenue
- 78.1 **L** Chestnut *Caution: Railroad Crossing*
- 78.2 **Veer Left** on Chestnut St Extension
- 78.4 **L** Mission
- 78.4 **R** Highland
- 78.5 **R** High
- 78.6 **L** To enter bike path at end of High
- 78.8 **R** Coral
- 79.1 **L** Harvey West Blvd
- 79.3 **L Into Bike Parking:**

**Camp 1 – Harvey West Park Ball Field**  
**Route closes at 7pm**  
**Welcome to Camp 1!**  
**Remember to Stretch, Hydrate and Eat!**

Total miles traveled: Approx 79.3 (14.5% of total route)  
 Miles to go: Approx 466.7 (85.5% of total route)

# Day 2



0.0 Out of Harvey West Park – Bike Parking

0.0 **R** Harvey West Park Blvd

0.2 **R** Coral

0.3 **R** Limkiln to Continue on Coral

0.3 **R** River Street

0.8 **R** N. Pacific

1.3 **L** Soquel Ave *Caution! Merging into Heavy Traffic*

9.7 **R** To Continue on Soquel Drive

10.6 **R** Freedom *Caution! Heavy Traffic*

10.9 **L** Bonita

11.8 **R** San Andreas

13.7 **R** Seawind **Into:**

**Rest Stop 1 – Mile 13.7**

**Manresa State Beach**

Rest Stop Hours: 7am – 10:30am

13.7 **R** Out of Rest Stop #1 onto San Andreas

18.9 **L** Beach

19.1 **R** Thurwachter Rd. – becomes McGowan Rd.

20.2 **R** Trafton Rd. at the "T"

21.7 **L** Bluff Road

22.5 **L** Jensen Road

23.2 **R** Rt. 1 / Cabrillo Hwy. *Caution: Heavy Traffic*

28.8 **R** Molera Road

32.2 **R** Monte Rd

33.9 **L** Del Monte Blvd. / Neponset

36.2 **L** Beach Road

36.7 **R** DeForest Rd **Into:**

**Rest Stop 2 – Mile 36.7**

**Windy Hill Park at Beach & DeForest**

Rest Stop Hours: 8am – 12 Noon

36.7 **L** Out of Rest Stop #2 onto DeForest Rd.

37.2 **L** Reservation Road / G17

39.6 **L** Blanco Road

43.0 **L** Davis Road

44.2 **R** Central

44.8 **L** Villa

45.0 **R** **Into:**

**Lunch – Mile 45.0**

**Central Park, Salinas**

Lunch Stop Hours: 9am – 2pm

45.0 **R** Out of Lunch to return to Park St

45.0 **R** Homestead

45.6 **R** Iverson

46.2 **L** Woodside Drive (continue L on Woodside Dr)

46.4 **R** Riker

46.6 **L** Blanco Road

46.8 **R** S Main Street / Hwy 68

49.3 **R** Exit to River / Reservation Road

49.5 **L** River Road

54.6 **R** **Into**

**Toilet Stop – Mile 54.6**

**Buena Vista School**

**No services available – Just Toilets!**

54.6 **R** Return to River Road (Southbound)

58.6 **R** G17 / River Road

65.3 **L** **Into:**

**Rest Stop 3 – Mile 65.3**

**Pessagno Winery**

Rest Stop Hours: 10am – 4 pm

65.3 **L** Out of Rest Stop #3 return to River Road

66.0 **R** G17 / River Road towards Soledad Mission

74.8 **L** Mission

75.2 **R** Ft. Romie/G17

75.3 **R** **Into:**

**Water Stop – Mile 75.4**

**Mission La Soledad**

Water Stop Hours: 11am – 5pm

75.6 **R** Out of Mission onto Ft. Romie

77.1 **R** Arroyo Seco/G17

77.2 **L** Arroyo Seco/G17

85.0 **L** Elm - Left at "Y" / G16

90.7 **R** **Into:**

**Rest Stop 4 – Mile 90.7**

**Holy Trinity Church**

Rest Stop Hours: 12 – 6pm

90.7 **R** Out of Rest Stop #4 -return to Elm

93.6 **R** Metz Road / G15

103.1 **R** San Antonio. *CAUTION RAILROAD CROSSING!*

104.7 **R** Broadway – enter San Lorenzo Park

105.4 **R** After Kiosk

105.4 **L** **Into Bike Parking**

**Camp 2 - San Lorenzo County Park**

**Route closes at 7pm**

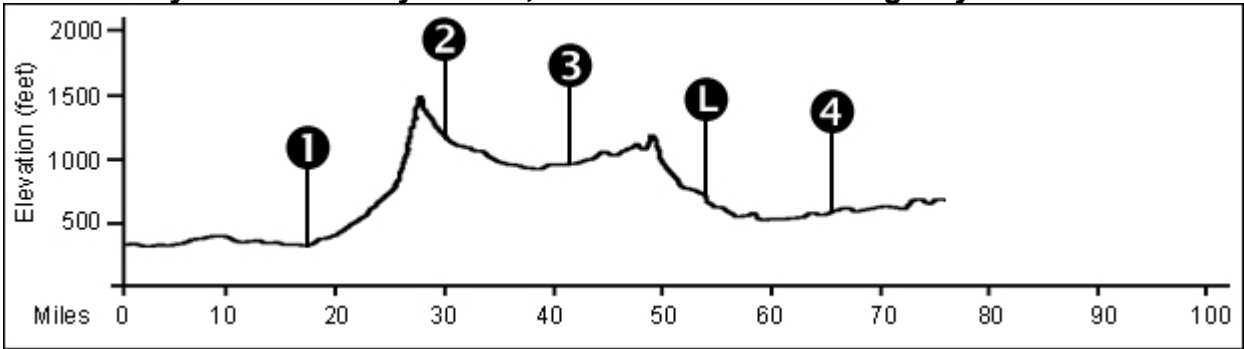
**Welcome to Camp 2!**

**Remember to Stretch, Hydrate and Eat!**

Total miles traveled: Approx 184.7 (33.8% of total route)

Miles to go: Approx 361.3 (66.2% of total route)

# Day 3



0.0 Return to Campground Entrance and cross Broadway

0.7 **R** Canal

1.0 **L** Division

1.7 **R** S. First St/G15

2.6 **L** Mesa Verde (unmarked) @ John Gill Ranch Sign

5.0 **L** Wild Horse Road (to cross under US 101)

5.2 **R** Cattleman

10.8 **R** Rt. 198

12.4 **R** Oasis Road becomes San Lucas Road

17.9 **L** Jolon Road/G14

18.9 **R** **Into:**

### Rest Stop 1 – Mile 18.9

**Salinan Nation Cultural Center**

Rest Stop Hours: 7am – 10:30am

18.9 **R** return to Jolon Road

21.2 **↑** **Begin Quadbuster Climb (1.3 miles)**

30.0 **R** **Into:**

### Rest Stop 2 – Mile 30

**St. Luke's Episcopal Church**

Rest Stop Hours: 8am – 12:30pm

30.0 **R** return to Jolon Road/G18

42.3 **R** **Into:**

### Rest Stop 3 – Mile 42.3

**Pleyto Plaza Store**

Rest Stop Hours: 9am – 2:30pm

42.3 **R** Return to Jolon Rd/G18 (Begin 0.5 mile Climb)

51.5 **R** Enter US101 South. *Caution- Stay single file!*

52.6 **R** Exit US101 at Bradley (exit #251)

52.8 **L** at stop sign off exit and ride under US 101  
Bradely Rd/Stonesifer

52.9 **R** to continue on Bradley Rd

54.0 **L** **Into:**

### Lunch – Mile 54

**Town of Bradley**

Lunch Stop Hours: 10am – 4:30pm

**Straight** to continue on Bradley Rd

59.5 **Straight** to enter US101 South

60.4 **Exit** US 101 - Camp Roberts

60.7 **Straight** to return to US 101 South

62.9 **Exit** US 101 (Exit #241B)

60.7 **Straight** to return to US 101 South

63.4 **Exit** US 101 San Miguel (Mission St - Exit #241A)

63.5 **L** Mission Street (not marked)

65.8 **R** **Into:**

### Rest Stop 4 – Mile 65.8

**Mission San Miguel**

Rest Stop Hours: 11am – 6pm

65.9 **L** Out of Rest Stop onto Mission Street

66.4 **R** 14th Street / River Rd

71.3 **R** Wellsona Rd – at "T"

71.4 **L** at bend – road becomes River Road

76.4 **R** Creston

76.6 **R** Riverside Ave

77.2 **R** Gregory

77.2 **L** **Into Bike Parking:**

### Camp 3 - Paso Robles Midstate Fairgrounds

**Route closes at 7pm**

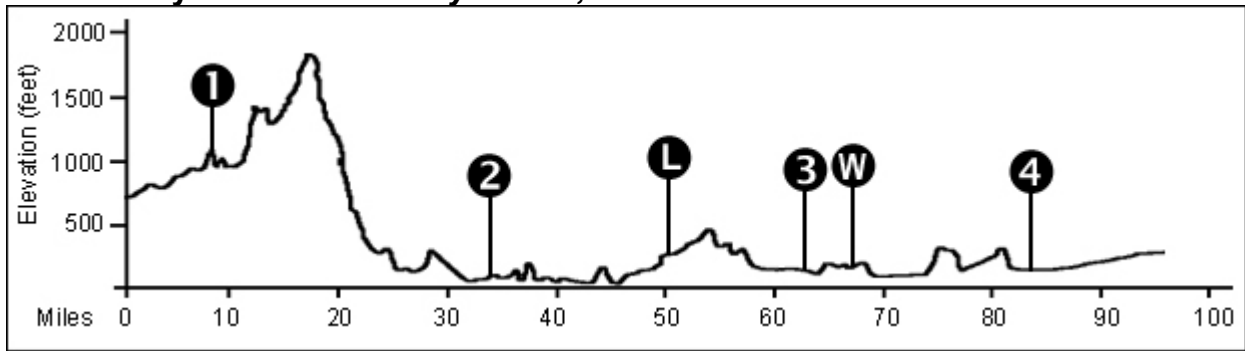
**Welcome to Camp 3!**

**Remember to Stretch, Hydrate and Eat!**

Total miles traveled: Approx 261.9 (48.0% of total route)

Miles to go: Approx 284.1 (52.0% of total route)

# Day 4



0.0 **R** Out of Camp - Paso Robles Midstate Fairgrounds

0.1 **L** Riverside

0.9 **R** 10th St. *Caution – Railroad Crossing!*

1.2 **L** Vine Street *Caution – Cross Traffic does not stop!*

3.7 **R** Hwy 46. Begin warm-up climbs

9.7 **R** **Into**

### Rest Stop 1 – Mile 9.7

**Jack Creek Farms**

Rest Stop Hours: 7am – 10:30am

9.7 **R** Out of Rest Stop #1 – return to Hwy 46

9.9 **↑** Begin Evil Twin #1 Climb

14.6 **↑** Begin Evil Twin #2 Climb (1.8 miles)

16.4 **↓** End Climb. Begin Downhill.

16.5 **Caution: Steep Downhill. Control Your Speed**

25.5 **L** Hwy 1 S. *Caution – Cross Traffic does not stop!*

33.3 **R** **Into:**

### Rest Stop 2 – Mile 33.3

**CalTrans Pullout - west side of Hwy 1 (Call Box 38.3)**

Rest Stop Hours: 8am – 12:30pm

33.3 **R** Out of Rest Stop – return to Hwy 1 South

35.0 **R** N. Ocean Ave (toward Cayucos)

36.7 **Straight** to Enter Hwy 1 South

41.3 **Exit** Hwy 1 at Atascadero/Hwy 41 East

41.5 **X** Enter bike path after crossing Hwy 41

42.0 **R** Main Street (exit bike path)

42.1 **L** Quintana Rd.

42.8 **L** bear L to stay on Quintana (after Morro Bay Blvd)

44.8 **R** Hwy 1

49.1 **R** Education - Cuesta College

49.2 **L** Romauldo/Cuesta College Rd

49.6 **L** Hollister at "T" (not marked)

50.1 **Into:**

### Lunch – Mile 50.1

**Poppy Day Use Area, El Chorro Regional Park**

Lunch Stop Hours: 9am – 2:30pm

50.1 **R** Out of Lunch Stop - return to Park Entrance

50.9 **R** Colusa

51.1 **L** towards O'Connor Way (road not marked)

51.3 **L** Road not marked (after crossing Madera)

51.5 **Exit** Camp San Luis Obispo Military Reservation

54.7 **R** Foothill Blvd

55.2 **L** Los Osos Valley Road towards US 101

58.4 **R** Higuera St at "T"

60.1 **R** Ontario Rd and immediately veer left

62.2 **R** **Into:**

### Rest Stop 3 – Mile 62.2

**PG&E Community Center**

Rest Stop Hours: 10:30am – 4:30pm

62.3 Out of Rest Stop #3 onto Ontario Road

63.2 **L** Avila Beach Road

63.5 **R** Shell Beach Road (becomes Price Street)

67.5 **R** Dolliver (Cabrillo Hwy), CA Hwy 1

67.8 **R** Pismo Rd.

67.9 **R** **Into:**

### Water Stop – Mile 67.9

**Edgewater Hotel Lot**

Water Stop Hours: 11am – 5pm

67.9 **L** Out of Water Stop onto Pismo

68.0 **R** Dolliver (Cabrillo Hwy), CA Hwy 1

73.2 **R** Valley/Cabrillo/Mesa View Dr. towards Guadalupe

76.2 **↑** Begin Climb (0.8 mile climb)

78.3 **R** Guadalupe Road, CA Hwy 1

83.7 **R** Eleventh Street

83.8 **R** **Into**

### Rest Stop 4 – Mile 83.8

**LeRoy Park**

Rest Stop Hours: 11:30am – 6pm

83.8 **L** Out of Rest Stop #4 onto Eleventh Street

83.9 **R** Guadalupe Road, Hwy 1

85.0 **L** Rt. 166/Main Street. *Caution – Railroad Tracks!*

92.1 **R** Western

92.2 **L** Church

92.6 **L** Depot becomes Railroad @ Mile 93.1

95.1 **R** Hiddenpines. *Caution – Round-About!*

95.6 **R** Preisker Lane

95.7 **R** **Into Bike Parking**

### Camp 4 - Preisker Park, Santa Maria

**Route closes at 7pm**

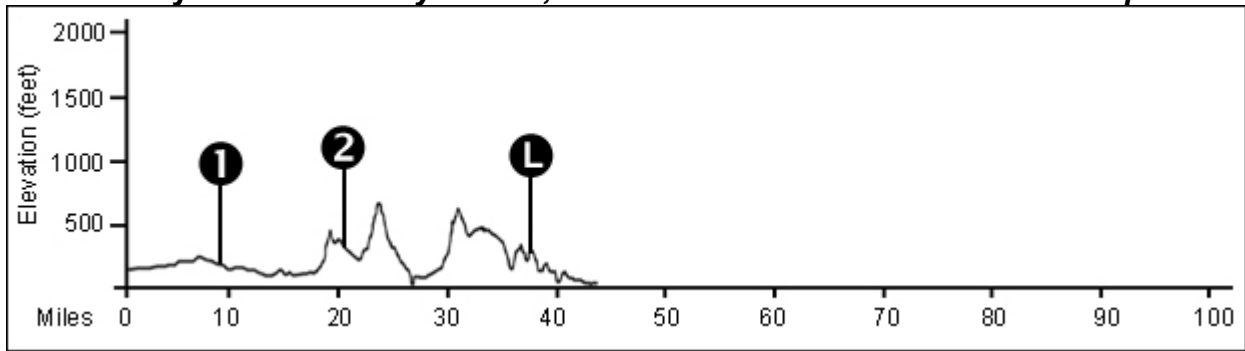
**Welcome to Camp 4!**

**Remember to Stretch, Hydrate and Eat!**

Total miles traveled: Approx 357.6 (65.5% of total route)

Miles to go: Approx 188.4 (34.5% of total route)

# Day 5



0.0 **R** Out of Preisker Park onto Preisker Lane

0.4 **R** Broadway

1.2 **L** Donovan

1.8 **R** College

3.2 **L** Jones / Boone

4.1 **R** Suey (not marked)

4.6 **R** Rosemary (at Rosemary Farms sign)

6.1 **R** Betteravia

8.5 **R** Thornburg

9.2 **L** W. Battles

9.4 **R** **Into:**

### Rest Stop 1 – Mile 9.4

#### Minami Park Parking Lot

Rest Stop Hours: 7am – 10am

9.4 **R** Out of Rest Stop #1 to return to W. Battles

9.5 **R** Depot Street

9.9 **L** Stowell

12.5 **L** Black at "T" *Caution – Cross Traffic does not stop!*

14.6 **R** at "T" - stay on Black

16.7 **↑** Start Climb (1.6 miles)

20.4 **R** Point Sal Road

21.0 **R** **Into:**

### Rest Stop 2 – Mile 21

#### Winifred Wollman School

Rest Stop Hours: 8am – 12 Noon

21.0 **L** Out of Rest Stop onto Point Sal Road

21.7 **R** Lompoc Casmalia Rd

22.0 **↑** Begin Climb (1.4 miles)

23.4 **↓** **Caution: Steep Downhill.**  
**Control Your Speed**

26.3 **L** San Antonio Road (toward Lompoc)

29.1 **R** Hwy 1. Begin Climb

30.4 **R** Firefighter Road. End Climb

31.3 **L** Corral / Punch Bowl Lake

31.5 **L** To remain on Lompoc-Casmalia @ Utah Gate

36.9 **Exit** Constellation Road / Vandenberg Village

36.9 **L** Constellation Rd

37.1 **R** **Into:**

### Lunch – Mile 37.1

#### White Oaks Hotel, 3769 Constellation Way

Lunch Stop Hours: 9am – 3pm

37.1 **L** Out of Lunch Stop onto Constellation Way

37.3 **L** To enter Hwy 1 South *CAUTION! Heavy Traffic*

38.3 **Straight** Purisma Rd toward Buellton  
(Do not follow Hwy 1)

41.2 **R** Mission Gate Road

41.7 **R** Hwy 246 / Buellton Lompoc Road

43.0 **R** River Park/Sweeney Rd *Caution – Speed Bumps!*

43.5 **Enter** Bike Parking

### Camp 5 – River Park, Lompoc

**Route closes at 3pm!!**

**Welcome to Camp 5!**

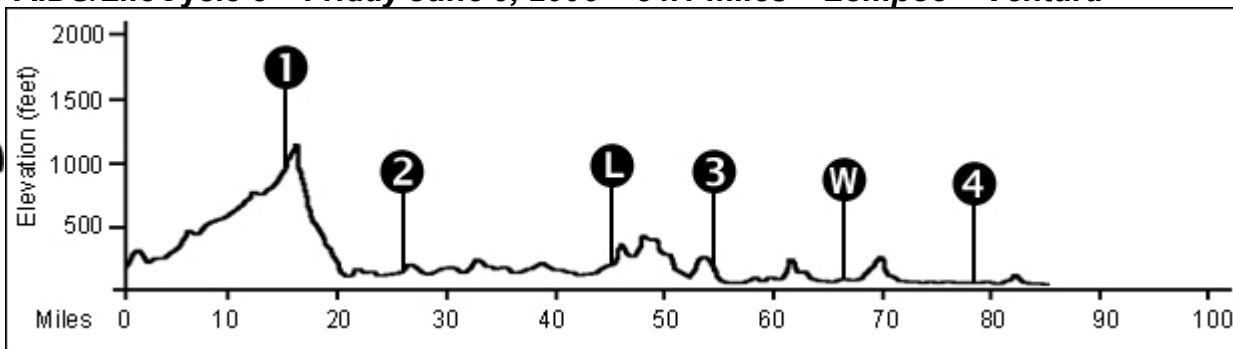
**Remember to Stretch, Hydrate and Eat!**

Total miles traveled: Approx 401.1 (73.5% of total route)

Miles to go: Approx 144.9 (26.5% of total route)

# AIDS/LifeCycle 5 – Friday June 9, 2006 – 84.1 miles – Lompoc – Ventura

# Day 6



0.0 Return to River Park Campground Entrance

0.3 **R** Hwy 246

0.7 **L** Hwy 1

0.8 **↑** Begin Climb (1.6 miles)

2.4 **↓** *Caution: Downhill. Control Your Speed*

5.2 **↑** Begin Climb (1.3 miles)

11.7 **↑** Begin Climb

15.1 **R Into:**

### Rest Stop 1 – Mile 15.1

**Cal Trans Property**

Rest Stop Hours: 7am – 10:30am

15.1 **R** Out of Rest Stop – return to Hwy 1

16.0 **↓** *Caution: Downhill. Control Your Speed*

18.3 **L** Enter On Ramp for Hwy 101 S.

**Caution! Heavy Traffic merging on right  
Keep Single file and use EXTREME caution  
DO NOT PASS HERE!!**

19.3 Narrow bridge – use extreme caution

21.1 **R Exit** Mariposa Reina (not marked)

21.5 **Enter** Hwy 101

24.2 **R** Exit 101 – Vista Point Rest Area into:

### Rest Stop 2 – Mile 24.5

**Vista Point** Rest Stop Hours: 8:30am – 12 Noon

**Attention! Route is closed from 7:30 – 9am**

If you reach Rest Stop 2 between 7:30 and 9am you will need to remain here until 9am for safety reasons.

24.5 **R** From Rest Stop enter Hwy 101 South

30.8 **R Exit** El Capitan State Beach

31.3 **Enter** Hwy 101 South

37.8 **R** Exit 101 at Hollister Ave/Winchester Cyn Rd

38.1 **L** Hollister Ave towards Winchester Cyn Rd

38.2 **R** Calle Real

38.3 **L** Cathedral Oaks Road

45.0 **L** Turnpike **Into:**

### Lunch – Mile 45

**Tucker's Grove Park**

Lunch Stop Hours: 9am – 2pm

45.0 **L** Out of Lunch onto Cathedral Oaks Road

48.6 **R** San Rogue becomes Las Positas @ Mile 49.7

51.6 **L** Cliff Drive

52.6 **R** Meigs

53.9 **R** La Marina to begin bike path

54.4 **Exit bike path to enter:**

### Rest Stop 3 – Mile 54.4

**Leadbetter Parking Lot**

Rest Stop Hours: 10am – 4pm

54.4 **Continue** Straight through parking lot to enter Ocean Bike Path

56.6 **R** Los Patos to cross Cabrillo Blvd & join Channel Dr. **R** To stay on Channel (becomes a bike path)

56.9 **Enter** Bike Path until it rejoins Channel Drive

57.1 **Continue** on Channel Road (becomes Olive Mill Dr)

58.6 **R** N Jameson Lane immediately past off ramp for US 101

60.0 **R** Ortega Hill Road – begin climb  
*Caution: Downhill. Stop Sign at bottom!*  
Ortega Rd becomes Lillie & Via Real

65.6 **R** Santa Ynez Ave at "T"

65.7 **L** Carpinteria Ave

67.7 **R** Into:

### Water Stop – Mile 67.7

**Viola Fields Parking Lot**

Water Stop Opens: 10:30am

67.7 **R** Out of Rest Stop onto Carpinteria Ave

68.4 **L** At end of Carpinteria Ave

68.5 **Immediate Right** onto ramp to US 101 South  
*USE EXTREME CAUTION ALONG FWY SHOULDER!*

69.1 **R Exit** Freeway at Bates Rd

69.4 **Enter** US101 South

73.5 **R Exit** Freeway at Seacliff

73.8 **R** Hwy 1 – Rincon Parkway at the "T"

74.8 **R** Into:

### Rest Stop 4 – Mile 74.8

**Rincon Parkway Campground – Spaces 1 -15**

Rest Stop Hours: 11am – 6pm

74.8 **R** Out of Water Stop onto Rincon Parkway

80.2 **R** Bike Path next to on-ramp to Hwy 101 South  
*DO NOT enter US101*

80.7 **R** Bike Path – parallel to Main St over Ventura River

82.0 **R** Bike path

82.8 **Straight** to remain on bike path

83.5 **Straight** to return to bike path. Cross under Pier.  
Continue as it becomes a boardwalk and reaches:

84.1 **L** Bike Parking.

### Camp 6 – San Buenaventura State Beach, Ventura Route closes at 7pm

**Welcome to Camp 6!**

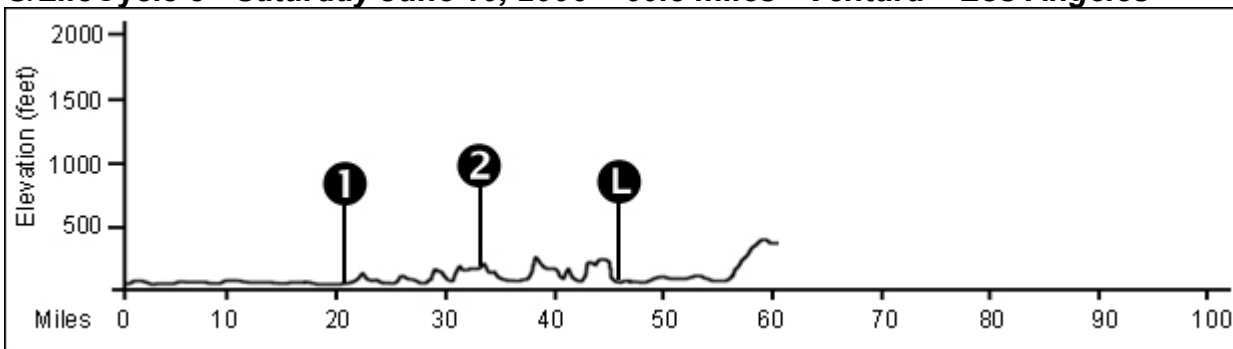
**Remember to Stretch, Hydrate and Eat!**

Total miles traveled: Approx 485.2 (88.9% of total route)

Miles to go: Approx 60.8 (11.1% of total route)

**AIDS/LifeCycle 5 - Saturday June 10, 2006 – 60.8 miles - Ventura – Los Angeles**

**Day 7**



**Route opens at 6am**

- 0.0 Take bike path south to main entrance of park
- 0.3 **Straight** onto Pierpont Blvd at park entrance
- 0.9 **L** Peninsula St/Norwich Lane
- 1.2 **R** Harbor Blvd becomes Channel Islands Blvd
- 7.7 **Bear Left** as Harbor becomes Channel Islands Blvd
- 9.6 **R** Ventura Rd
- 11.5 **L** Hueneme Rd
- 16.4 **R** Naval Air Road
- 19.1 **L** Las Posas (not marked)
- 19.1 **R** Hwy 1 South (Pacific Coast Highway - PCH)  
*CAUTION! Heavy Traffic. Ride single file!*
- 20.4 **R Into:**
- Rest Stop 1 – Mile 20.4**
- DOT Pullout Mile Marker 8.86**  
Rest Stop Hours: 7am – 10am
- 20.4 **R** Out of Rest Stop #1 onto Hwy 1 (PCH)  
*CAUTION! Heavy Traffic. Ride single file!*
- 22.7 **↑** Begin Pt Mugu Climb (0.6 miles)
- 30.2 **↑** Begin Leo Carillo Climb (0.8 miles)
- 32.7 **R Into:**
- Rest Stop 2 – Mile 32.7**
- El Pescador State Beach**  
Rest Stop Hours: 7:30am – 11:30am
- 32.8 **R** Out of Rest Stop #2 onto Hwy 1 (PCH)  
*CAUTION! Be alert! Heavy Traffic. Look out for parked cars – doors can open without warning!*
- 37.7 **↑** Begin Zuma Beach Climb (0.6 miles)
- 41.1 **↑** Begin Escondido Climb (0.6 miles)
- 42.9 **↑** Begin Pepperdine Climb (1.7 miles)
- 44.6 **↓** *Caution: Downhill. Control Your Speed!*
- 45.7 **R** Cross Creek
- 45.8 **L Into:**

- Lunch – Mile 45.8**
- Malibu Lagoon State Beach**  
Lunch Stop Hours: 8:30am – 1:30pm

- 45.9 **R** Out of Lunch Stop - continue on Hwy 1 (PCH)

**CAUTION! Heavy Traffic.**

**Stay single file! Be alert!**

**Look out for parked cars & car doors!**

- 55.0 **R** Temescal Canyon into Parking Lot
- 55.0 **L** Immediate Left onto Bike Path
- 56.0 **L** W. Channel Rd.
- 56.0 **L** Walk your bike down and through underpass. When you emerge, ride east on Channel Rd.
- 56.0 Exit tunnel onto Channel Rd
- 56.4 **R** Ocean Ave **LAST CLIMB! 0.3 miles**
- 56.8 **L** San Vicente Blvd
- 59.9 **R** Bundy
- 60.0 **L** Montana
- 60.1 **R** Westgate
- 60.2 **L** Gorham
- 60.7 **R** Bringham
- 60.8 **L** into VA Center onto Eisenhower
- 60.8 **R** Into:

**Bike Holding – Parking Lot 17**

**Route closes at 3:15pm**

*Welcome to Los Angeles*

**Congratulations!**

**You have completed AIDS/LifeCycle 5!**

Total distance traveled: Approx 546 miles