

Level 4 Training Ride: Ice-Cream Century
Approx. 102 miles

- 0 L Beverly Blvd
- 1.1 L Doheny (almost all the way to the end)
- 2.9 R Cashio
- 3.4 L Beverwil Dr.
- 3.8 L Castle Heights (Sawyer is the right turn, Castle Heights is the left turn)
Castle Heights becomes Harlow after National
- 5.2 R Bagley Ave
- 5.4 R Regent
- 5.7 L Hughes
- 6.1 R Culver Blvd
- 11.5 L Vista del Mar
- 13.7 L Imperial
- 14 L Pershing
- 16.5 L Culver Blvd
PIT STOP 1 - Tanners Coffee Shop
(Cnr of Culver & Vista Del Mar)
L Culver Blvd
- 16.6 R Pacific to end of bridge to bike path
- 18 L @ South Bay Bike Path Sign
R Fiji Way
- 18.9 L Admiralty Way
- 19.4 R Bike Path (just past Bali Way)
- 20.1 @ light go straight across Washington to Mildred
- 20.7 R Ocean
- 20.7 R S. Venice
- 22 L Walgrove
- 23.1 L Dewey St (at the curve before the hill)
- 23.5 R Robson **turns into Marine**
- 24 R 11th (little hill)
- 27.1 L San Vicente
- 27.5 R 7th
- 28.4 R Pacific Coast Hwy
- 38.8 R Cross Creek
**PIT STOP 2 - Coffee Bean & Tea Leaf...
or BEN & JERRY'S across the street !!!**
- 38.9 L Civic Center Way
becomes Malibu Canyon Road
becomes Las Virgenes Rd
- 47.7 L Lost Hills Rd
- 48.7 R Agoura
- 49.4 L Las Virgenes Rd
- 50.0 R Mureau Rd
- 52.2 L Calabasas Rd
- 53.2 R Park Center
**PIT STOP 3 - LUNCH - Corner Bakery
(near Ralphs)**
Also Robek Juice, Starbucks and many other eateries including an ice-cream shop!
Exit between Corner Bakery & Ralphs
L Park Granada
- 53.7 R Calabasas Rd
- 54.2 L Valley Circle Blvd
- 57.4 R Highlander Rd
Restrooms in Park on Highlander
- 58.4 L Platt **follow road to Sherman Way**
- 60.1 R Shoup
- 62.1 L Burbank Blvd
- 63.7 R De Soto Ave
becomes Serrania
becomes Wells
- 65.0 **PIT STOP 4 - Serrania Park**
Restrooms & Soda Machine available only
- 68.4 R Avenida Hacienda
- 68.4 L Tarzana Drive
- 68.6 R Nestle Ave
- 68.8 L Valley Vista becomes Rancho St
- 70.4 L Louise
- 70.5 L into Strip Mall Parking Lot before Ventura Blvd
PIT STOP 5 - ICECREAM!!!!
Time for a Baskin Robbins triple scoop sundae!
also Jamba Juice, Starbucks, Catch 21 Café & Savon
back up Louise
L Rancho St
- 70.9 L Balboa Ave
- 72.9 R Victory
- 73.9 R Woodley
- 75.1 L Burbank Blvd
- 75.7 R Sepulveda Blvd
- 85.6 R Constitution Ave
- 86.0 L Bonsall Ave
- 86.1 R Eisenhower Ave
- 86.5 L Bringham
- 86.5 R San Vicente
**PIT STOP 6 - JAMBA JUICE & NOAH'S
BAGELS**
@ Montana
continue down San Vicente toward the beach
- 90.4 U U-turn @ Ocean back up San Vicente
**OPTIONAL PIT STOP:
BEN & JERRY'S @ 11740 San Vicente**
San Vicente turns into Federal after Wilshire
- 95.0 L Ohio
- 96.8 L Thayer
- 96.8 R Rochester
- 97.3 L Comstock
- 97.3 R Wilshire (ride on the sidewalk!)
- 98.2 L Whittier
- 98.3 R Elevado
- 100.3 R Doheny
- 100.6 L Melrose
- 101.4 R Clinton
- 101.7 R Sweetzer
Cross Beverly at lights at Sweetzer
alley (just past Beverly)
- 102.2 R
- 102.3 FINISH @ I. MARTIN IMPORTS

Thanks to I-Martin for supporting this century!

Contact Cell Numbers:

Ride Leaders

Steve Dannemiller: 818-730-7910

Sandy Yanke: 310-993-0345

Marci Kaye: 323-376-2200

Jim Jansen: 323-646-0723

I-Martin: 323-653-6900

Erica Potter: 310-569-4795

Support Vehicle

Louis Paturzo: 818-730-7710

Tony Edwards: 818-400-0479

Visit the CARE Exchange Website for:

- Biking & Nutrition Basics
- Training Ride Schedules
- Used Bikes For Sale

www.caree.org

Post-ride questions call Steve or Liz at home:

Steve Dannemiller: 818-909-9575

Liz Kinloch: 310-915-0655