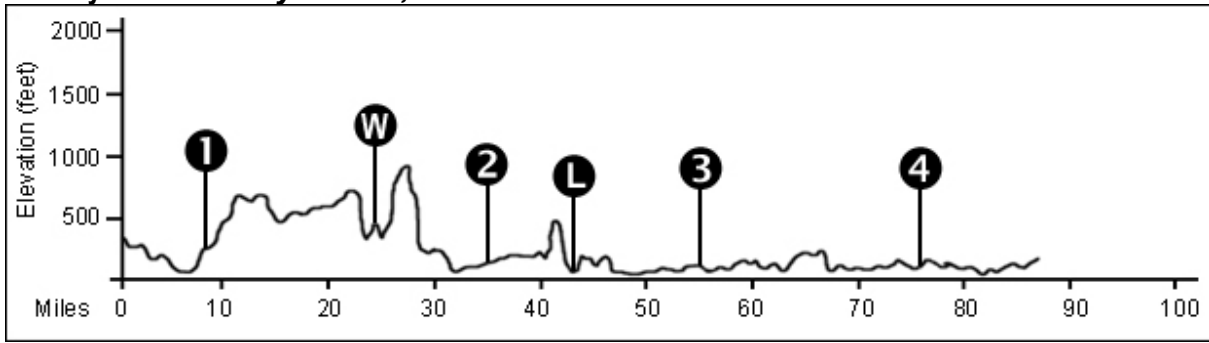


**AIDS/LifeCycle 3 - Sunday June 6, 2004 – 87.5 miles - San Francisco – Santa Cruz**

**Day 1**

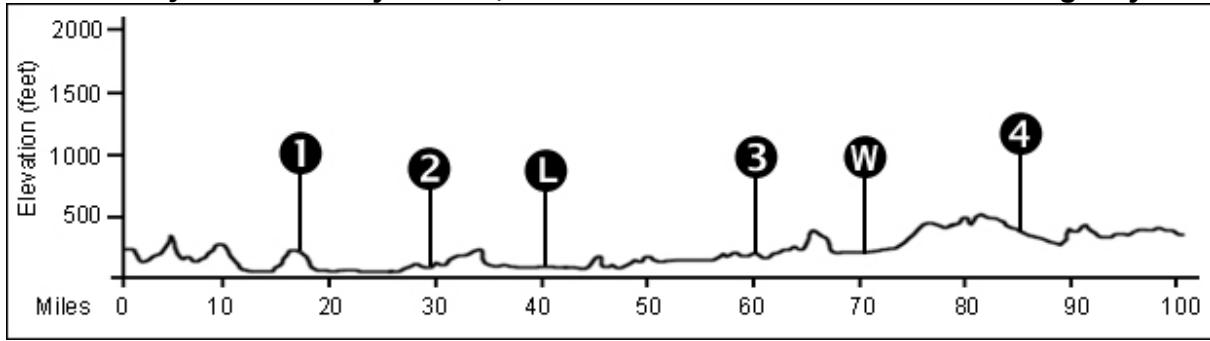


0.0 Out of Bike Parking (Golden Gate Ave @ Tamalpais)  
 0.0 **R** Parker  
 0.3 **R** Fell Street  
**Straight** on JFK into Golden Gate Park  
 0.7 **L** Middle Drive East (street not marked)  
 0.8 **R** At AIDS Memorial Grove to stay on Middle Dr. East  
 1.2 **R** At the 'T' onto Martin Luther King Dr.  
 2.0 **Straight** to Cross 19th Ave.  
 2.0 **Straight** to stay on ML King Dr. towards 25th Ave  
 3.0 **L** Sunset Blvd.  
 5.1 **R** Yorba  
 5.1 **L** 37th Ave  
 5.2 **R** Sloat  
 5.9 **L** Great Highway (Begin Climbing)  
 6.7 **R** Skyline Blvd., Hwy 35  
 8.6 **R** Into  
**Rest Stop 1 – Mile 8.6**  
**John Daly Boulevard**  
 Rest Stop Hours: 6:30am – 10:30am  
 8.6 **R** Out of Rest Stop #1 onto Skyline Blvd  
 16.0 **Enter** Hwy 280 Entrance  
 16.7 **Enter** Hwy 280  
 17.0 **Exit** Larkspur Drive Exit  
 17.2 **L** At end of ramp to cross under Hwy 280  
 17.2 **R** Hillcrest Ave/Skyline Blvd  
 18.0 **R** Vallejo  
 18.7 **R** Hunt  
 18.8 **R** Trousdale (Begin Climbing)  
 19.0 **L** Skyline Blvd/Hwy 35  
 21.9 **R** Hayne / Golf Course Lane  
 22.1 **L** Skyline Blvd  
 23.4 **R** Into:  
**Water Stop – Mile 23.4**  
**Crystal Springs Reservoir Vista Point**  
 Water Stop Opens: 7:30am  
 23.4 **R** Out of Water Stop onto Skyline Blvd / Hwy 35  
 25.0 **R** Hwy 92-Hwy 35 to Half Moon Bay  
 HEAVY TRAFFIC – USE EXTREME CAUTION!  
 32.1 **L** Hwy 1  
 34.0 **R** Redondo Beach Road  
 34.0 **R** Into:  
**Rest Stop 2 – Mile 34.0**  
**Coastside Toddler Center**  
 Rest Stop Hours: 8am – 12 Noon

34.0 **L** out of Rest Stop #2 onto Redondo Beach Rd  
 34.2 **R** Hwy 1  
 43.1 **R** Into:  
**Lunch – Mile 43.1**  
**San Gregorio State Beach**  
 Lunch Stop Hours: 9am – 3pm  
 43.3 **R** Out of Lunch Onto Hwy 1 - *Caution: Heavy traffic.*  
 55.5 **R** Into:  
**Rest Stop 3 – Mile 55.5**  
**Gazos Creek Access**  
 Rest Stop Hours: 10:30am – 5pm  
 55.7 **R** Hwy 1 out of Rest Stop #3, Gazos Creek Access  
 77.3 **R** Into:  
**Rest Stop 4 – Mile 77.3**  
**Wilder Ranch State Park**  
 Rest Stop Hours: 11:00am – 6:30pm  
 Return to Wilder Ranch Entrance  
 77.6 **R** HWY 1 (*becomes Mission @ Mile 80.20*)  
 82.6 **R** Seabright  
 82.7 **L** Soquel Drive  
 87.5 **R** Cabrillo College Way  
 87.5 **L** Into:  
**Camp 1 – Cabrillo College**  
**Route closes at 7pm**

# Day 2

## AIDS/LifeCycle 3 - Monday June 7, 2004 - 100.7 miles - Santa Cruz - King City



- 0.0 Out of Cabrillo College - Bike Parking
- 0.0 **R** Cabrillo College Way
- 0.1 **R** Soquel
- 2.7 **R** To Continue on Soquel
- 3.6 **R** Freedom
- 3.9 **L** Bonita
- 5.0 **R** San Andreas
- 12.1 **L** Beach
- 12.3 **R** Thurwachter Rd. - becomes McGowan Rd.
- 13.4 **R** Trafton Rd. at the "T"
- 14.9 **L** Bluff Road
- 15.7 **L** Jensen Road
- 16.4 **R** Rt. 1 / Cabrillo Hwy.
- 18.1 **R** **Into:**

**Rest Stop 1 - Mile 18.1**  
**J & S Surplus Parking Lot**  
 Rest Stop Hours: 7am - 10:30am

- 18.1 **R** Out of Rest Stop #1 onto Rt. 1 / Cabrillo Hwy.
- 22.0 **R** Molera Road
- 25.4 **R** Monte Blvd
- 27.1 **L** Del Monte Blvd. / Neponset
- 29.4 **L** Beach Road
- 29.9 **R** DeForest Rd **Into:**

**Rest Stop 2 - Mile 29.9**  
**Windy Hill Park at Beach & DeForest**  
 Rest Stop Hours: 8am - 12 Noon

- 29.9 **L** out of Rest Stop #2 onto DeForest Rd.
- 30.4 **L** Reservation Road / G17
- 36.5 **L** Davis Road
- 39.4 **R** Central
- 40.0 **L** Villa
- 40.1 **R** **Into:**

**Lunch - Mile 40.1**  
**Central Park, Salinas**  
 Lunch Stop Hours: 9am - 2pm

- 40.2 **R** Out of Lunch back onto Villa Street
- 40.2 **R** Park
- 40.2 **R** Homestead
- 40.8 **R** Iverson
- 41.4 **L** Woodside Drive (continue L on Woodside Dr)
- 41.6 **R** Riker
- 41.7 **L** Nissen Road
- 42.0 **R** S Main Street / Hwy 68
- 44.5 **R** Exit to River / Reservation Road
- 44.7 **L** River Road
- 53.8 **R** G17 / River Road
- 60.5 **L** **Into:**

**Rest Stop 3 - Mile 60.5 - Cloninger Winery**  
 Rest Stop Hours: 10am - 4 p.m.

- 60.5 **L** Out of Water Stop onto River Road
- 61.2 **R** G17 / River Road
- 70.0 **L** Mission
- 70.4 **R** Ft. Romie/G17
- 70.5 **R** **Into:**

**Water Stop - Mile 70.5**  
**Mission La Soledad**  
 Water Stop Opens: 10:30am

- 70.8 **R** out of Mission onto Ft. Romie
- 72.3 **R** Arroyo Seco/G17
- 72.4 **L** Arroyo Seco/G17
- 80.3 **L** Elm - Left at "Y" / G16
- 86.0 **R** **Into:**

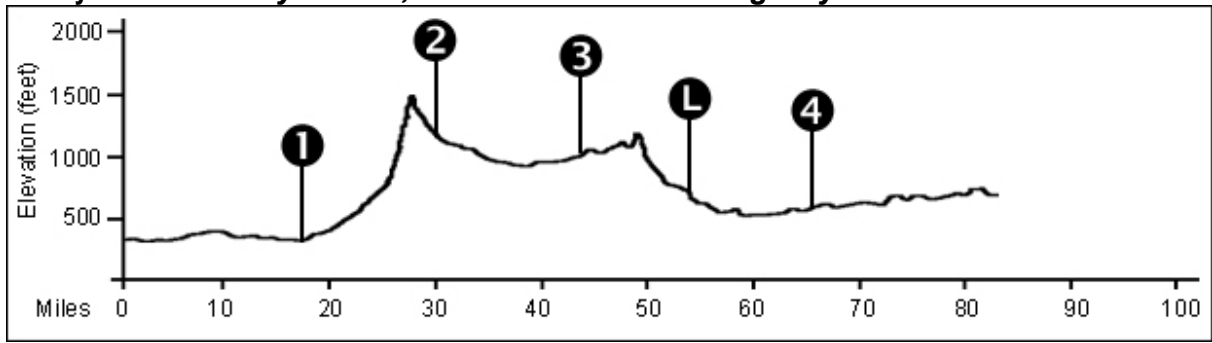
**Rest Stop 4 - Mile 86.0**  
**Holy Trinity Church**  
 Rest Stop Hours: 11am - 6pm

- 86.0 **R** Return to Elm - Out of Rest Stop 4
- 88.9 **R** Metz Road / G15
- 98.4 **R** San Antonio. *CAUTION RAILROAD CROSSING!*
- 100.0 **R** Broadway
- 100.5 Enter San Lorenzo Park
- 100.7 **R** After Kiosk
- 100.7 **L** **Into Bike Parking**

**Camp 2 - San Lorenzo County Park**  
 Route closes at 7pm

**AIDS/LifeCycle 3 - Tuesday June 8, 2004 – 77.2 miles - King City – Paso Robles**

**Day 3**



- 0.0 Return to San Lorenzo Park Entrance
- 0.0 **L** Broadway to return to campground entrance
- 0.7 **R** Canal
- 1.0 **L** Division
- 1.7 **R** S. First St/G15
- 2.6 **L** Mesa Verde (unmarked)
- 5.0 **L** Wild Horse Rd.
- 5.2 **R** Cattleman
- 10.8 **R** Rt. 198
- 12.4 **R** Oasis Rd. Becomes San Lucas Rd.
- 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 Noon

- 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 – 3pm

- 42.7 **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
- 52.8 **L** at stop sign off exit and ride under US 101
- 52.9 **R** Bradley Rd. (not marked)
- 53.5 **L** **Into:**

**Lunch – Mile 53.5**  
**Town of Bradley**  
 Lunch Stop Hours: 10am – 4pm

- 59.5 **Straight** to US101 South. *Caution- Stay single file!*
- 60.4 **Exit** US 101 - Camp Roberts
- 60.7 **Straight** to Enter US 101 South
- 63.4 **Exit** US 101 San Miguel Exit
- 63.5 **L** Mission Street (not marked)
- 65.8 **R** **Into:**

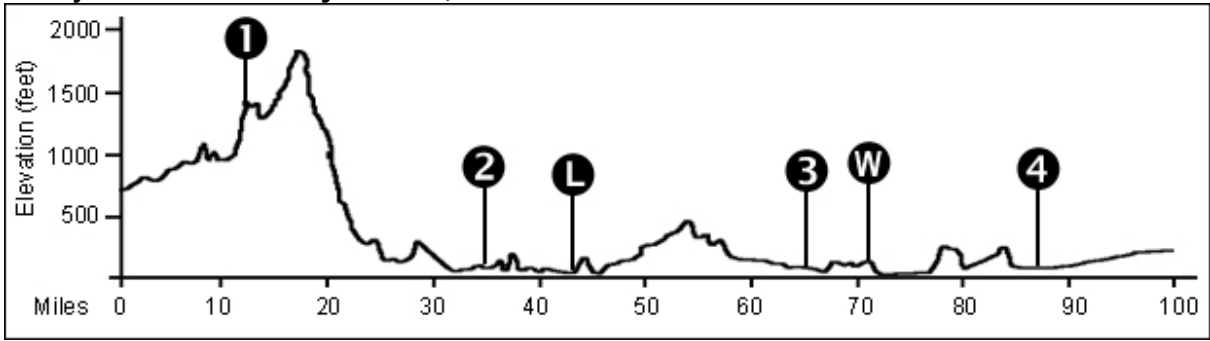
**Rest Stop 4 – Mile 65.8**  
**Mission San Miguel**  
 Rest Stop Hours: 11am – 6pm

- 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 to stay on River Road
- 76.4 **R** Creston. Cross over US101
- 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**

**AIDS/LifeCycle 3 - Wednesday June 9, 2004 – 98.7 miles - Paso Robles – Santa Maria**

**Day4**



- 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
- 9.9 Begin Evil Twin #1 Climb
- 11.1 **R** **Into**

**Rest Stop 1 – Mile 11.1**

**Cal Tran – Pull Out**  
Rest Stop Hours: 7am – 10:30am

- 14.3 **R** Out of Rest Stop #1 onto Hwy 46
- 14.6 Begin Evil Twin #2 Climb
- 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**

**DOT Pullout along west side of Rt 1**  
Rest Stop Hours: 8am – 12 Noon

- 33.3 **R** Out of Rest Stop
- 35.0 **R** N. Ocean Ave
- 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. 44
- 42.0 **R** Main St.
- 42.1 **L** Quintana Rd.
- 42.8 **L** After Morro Bay Blvd bear soft L to stay Quintana
- 44.8 **R** Hwy 1
- 49.1 **R** Education - Cuesta College
- 49.2 **L** Romauldo/Cuesta College Rd
- 49.6 **L** Hollister (not marked)
- 50.1 **R** **Into:**

**Lunch – Mile 50.1**

**Poppy Day Use Area, El Chorro Regional Park**  
Lunch Stop Hours: 9am – 2pm

- 50.1 **R** Out of Lunch Stop - return to Park Entrance
- 50.4 **L** Hwy 1 from El Chorro Regional Park
- 55.3 **R** Foothill Blvd
- 58.2 **L** Los Osos Valley Rd. *Do not go Right!*
- 61.4 **R** Higuera St at "T"
- 63.1 **R** Ontario Rd and immediately veer left
- 65.2 **R** **Into:**

**Rest Stop 3 – Mile 65.2**

**PG&E Power Plant Tour Facility**  
Rest Stop Hours: 10am – 4pm

- 65.3 Out of Rest Stop onto Ontario Rd
- 66.2 **L** Avila Beach Rd.
- 66.5 **R** Shell Beach Rd. becomes Price St.
- 70.5 **R** Dolliver (Cabrillo Hwy), CA HWY 1
- 70.8 **R** Pismo Rd.
- 70.9 **R** **Into:**

**Water Stop – Mile 70.9**

**Edgewater Hotel Lot**  
Water Stop Opens: 10:30am

- 70.9 **L** Out of Water Stop onto Pismo
- 71.0 **R** Dolliver
- 76.2 **R** Valley / Cabrillo / Mesa View Dr. towards Guadalupe
- 76.4 Begin Climb (0.7 mile climb)
- 81.3 **R** Guadalupe Rd., Rt. 1
- 86.7 **R** Eleventh Street
- 86.8 **R** **Into**

**Rest Stop 4 – Mile 86.8**

**LeRoy Park**  
Rest Stop Hours: 11am – 6pm

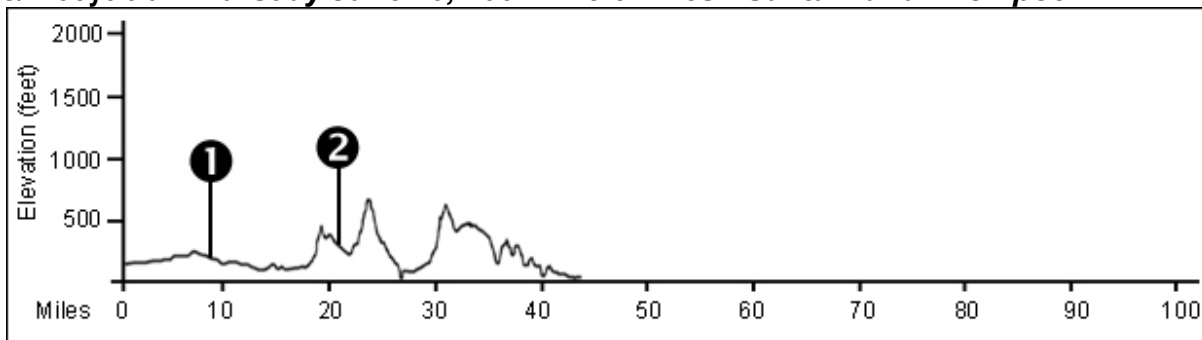
- 86.8 **L** Out of Rest Stop, Eleventh Street
- 86.9 **R** Guadalupe Rd, Hwy 1
- 88.0 **L** Rt. 166/Main Street. *Caution – Railroad Tracks!*
- 95.1 **R** Western
- 95.2 **L** Church
- 95.6 **L** Depot become Railroad
- 98.1 **R** Hiddenpines. *Caution – Round-About!*
- 98.6 **R** Preisker Lane
- 98.7 **R** **Into Bike Parking**

**Camp 4 - Preisker Park, Santa Maria**

**Route closes at 7pm**

**AIDS/LifeCycle 3 - Thursday June 10, 2004 – 43.5 miles - Santa Maria - Lompoc**

**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

4.6 **R** Rosemary

6.1 **R** Betteravia

8.5 **R** Thornburg

9.2 **L** W. Battles

9.5 **R** Depot St.

9.5 **R** Enos

9.5 **L** **Into:**

**Rest Stop 1 – Mile 9.5**

**Adam Basin**

Rest Stop Hours: 7am – 10:30am

9.5 **R** Out of Adam Basin on Enos

9.6 **R** Depot St.

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 Rd.

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 Rd.

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

29.1 **R** Hwy 1. Begin Climb

30.4 **R** Firefighter Rd. End Climb

31.3 **L** Corral / Punch Bowl Lake (not marked)

31.5 **L** To Remain On Lompoc-Casmalia @ Utah Gate

36.9 **Exit** Constellation Road / Vandenberg Village

36.9 **Enter** Hwy 1 *CAUTION! Heavy Traffic.*

38.3 **Straight** Purisma Road (Do not follow Hwy 1)

40.3 **R** Mission Gate Road

40.4 **R** Hwy 246 / Buelton Lompoc Road

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

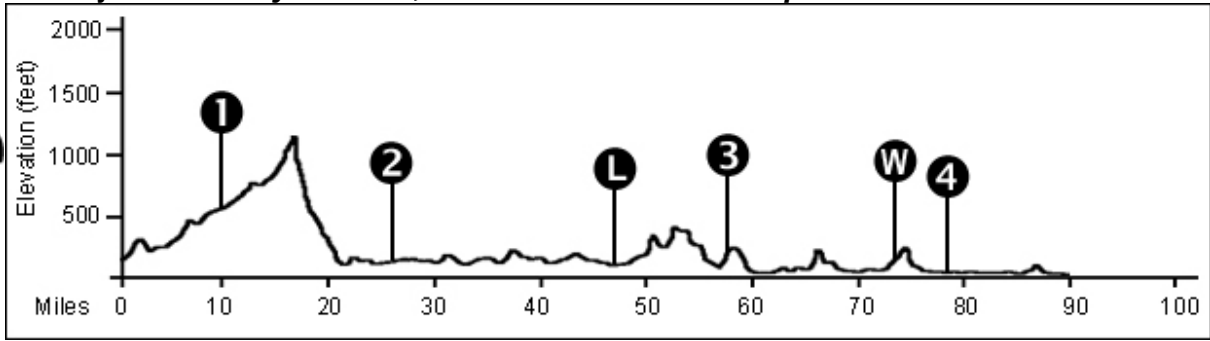
43.5 **Enter** Bike Parking

**Camp 5 – River Park, Lompoc**

**Route closes at 7pm**

**AIDS/LifeCycle 3 – Friday June 11, 2004 – 88.3 miles – Lompoc – Ventura**

**Day6**



- 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*
- 10.0 **R Into:**

**Rest Stop 1 – Mile 10.0**  
**San Julian Field**  
 Rest Stop Hours: 7am – 10:30am

- 11.7 Begin Climb (4.3 miles)
- 16.0 *Caution: Downhill. Control Your Speed*
- 18.61 **L** Hwy 101 S Ramp. Stay as far R on the ramp as possible. **Caution! Do NOT pass here.**
- 22.1 **R Exit** Mariposa Reina
- 22.5 **Enter** Hwy 101
- 26.2 **R Exit** 101 – Vista Point Rest Area into:

**Rest Stop 2 – Mile 26.2**  
**Vista Point**  
 Rest Stop Hours: 8am – 12 Noon

- 26.2 **R** From Rest Stop enter Hwy 101
- 33.0 **R Exit** El Capitan State Beach
- 33.5 **Enter** Hwy 101
- 40.0 **R Exit** 101 at Hollister Ave/Winchester Cyn Rd
- 40.3 **L** Hollister Ave towards Winchester Cyn Rd.
- 40.4 **R** Calle Real
- 40.5 **L** Cathedral Oaks
- 48.9 **L Turnpike Into:**

**Lunch – Mile 48.9**  
**Tucker’s Grove Park**  
 Lunch Stop Hours: 9am – 2pm

- 48.9 **L** Out of Lunch onto Cathedral Oaks
- 52.5 **R** San Rogue becomes Las Positas
- 55.7 **L** Cliff/Hwy 225
- 58.0 **R** Loma Alta Dr.
- 58.3 **R Into:**

**Rest Stop 3 – Mile 58.3**  
**Loma Alta Dr., SB City College parking lot**  
 Rest Stop Hours: 10am – 4pm

- 58.4 **R** out of Rest Stop
- 58.4 **L** Shoreline Dr.
- 58.6 **R** Harbor Way. **Immediate left** on Ocean Bike Path
- 61.4 **R** Los Patos (cross Cabrillo Blvd) & join Channel Dr. (becomes a bike path) **Caution! Heavy traffic!**
- 61.7 **L** Olive Mill Dr
- 62.7 **R** Enter US101 South. **Caution! Heavy traffic! Ride Single File in bike lane!**
- 64.4 **R** Exit Evans Rd
- 64.7 **L** Exit onto Evans
- 64.9 **R** Olive Mill Rd. (becomes Via Real)
- 69.8 **R** Santa Ynez Ave at “T”
- 69.9 **L** Carpinteria Ave
- 71.9 **R Into:**

**Water Stop – Mile 71.9**  
**Viola Fields Parking Lot**  
 Water Stop Opens: 10:30am

- 71.9 **R** Out of Rest Stop onto Carpinteria Ave
- 71.9 **L** At end of Carpinteria Ave
- 72.7 **Immediate Right** onto ramp to US 101 South **USE EXTREME CAUTION ALONG FWY SHOULDER!**
- 73.3 **R Exit** 101 at Bates Rd
- 73.6 **Enter** 101 South
- 77.7 **R Exit** 101 at Seacliff
- 78.0 **R** Hwy 1 – Rincon Parkway at the “T”
- 79.0 **R Into:**

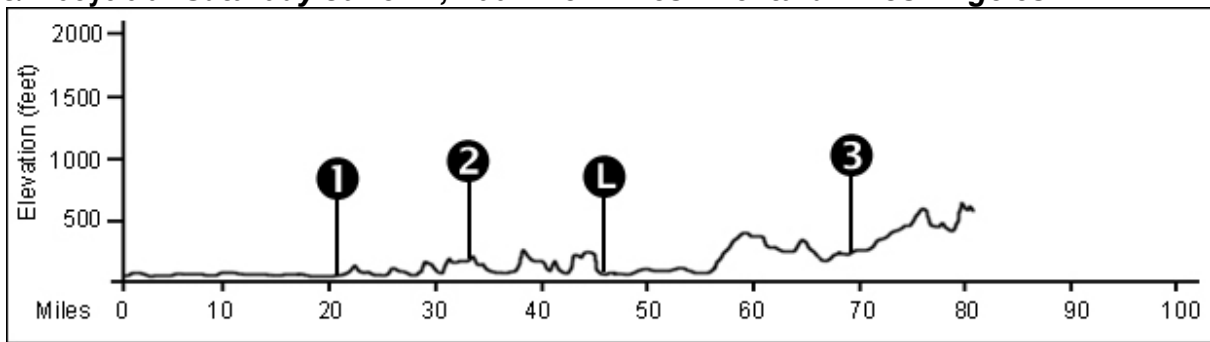
**Rest Stop 4 – Mile 79.0**  
**Rincon Parkway Campground – Spaces 1 -10**  
 Rest Stop Hours: 11am – 6pm

- 79.0 **R** Out of Water Stop onto Rincon Parkway
- 84.4 **R** Bike Path next to on-ramp to Hwy 101 South
- 84.9 **R** Bike Path – parallel to Main St. over Ventura River
- 86.2 **R** Bike path
- 87.0 **Straight** to remain on bike path
- 87.7 **Straight** to return to bike path. Cross under Pier. Continue as it becomes a boardwalk
- 88.3 **L Into Bike Parking.**

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

**AIDS/LifeCycle 3 - Saturday June 12, 2004 – 81 miles - Ventura – Los Angeles**

**Day 7**



- 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
- 9.6 **R** Ventura Rd
- 11.6 **L** Pt. Hueneme Road
- 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: 6:30am – 10am
- R** Out of Rest Stop 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 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 – 1pm

- 45.9 **R** PCH - out of Malibu Lagoon State Beach  
**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 **R** Exit tunnel onto Channel Drive
- 56.4 **R** Ocean Ave Begin Climb
- 56.8 **L** San Vicente. End Climb
- 61.4 **L** Ohio
- 61.7 **R** Sawtelle
- 62.5 **L** Olympic Blvd
- 69.4 **L** Rimpau
- 69.9 **R** Wilshire – *CAUTION! Heavy Traffic*
- 70.1 **L** Lucerne
- 70.2 **R Into:**
- Rest Stop 3 – Mile 70.2**
- Scottish Rite Building Parking Lot**
- Rest Stop Hours: 10am – 2:30pm
- 70.3 **R** Out of Rest Stop onto Lucerne
- 70.4 **R** 4th
- 70.7 **L** Norton
- 71.1 **R** 1st
- 71.2 **L** Van Ness
- 72.7 **R** Fountain
- 73.6 **L** Normandie
- 74.1 **R** Hollywood Blvd
- 74.9 **L** Hillhurst
- 75.8 **R** Los Feliz
- 76.9 **R** Riverside Drive
- 79.1 **R** Stadium Way – **LAST CLIMB!**
- 80.3 **L** Academy
- 81.0 **Enter:**
- Bike Holding – Dodger Stadium – Gate C**
- Congratulations!!**
- Route closes at 3:15pm**