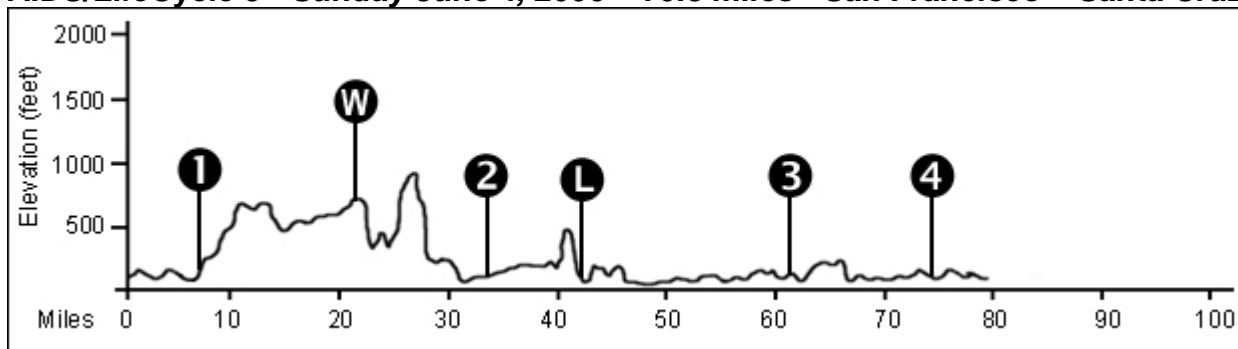


AIDS/LifeCycle 5 - Sunday June 4, 2006 – 79.3 miles - San Francisco – Santa Cruz

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 I** 280 Entrance (use extreme caution)
- 15.4 **Enter I** 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.
AT MILE 58.9 START LOOKING FOR ORANGE CHALK MARKS IN THE SHOULDER TO MARK THE ROUTE

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
AT MILE 77.6 START LOOKING FOR ALC SIGNAGE TO MARK THE ROUTE
- 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)