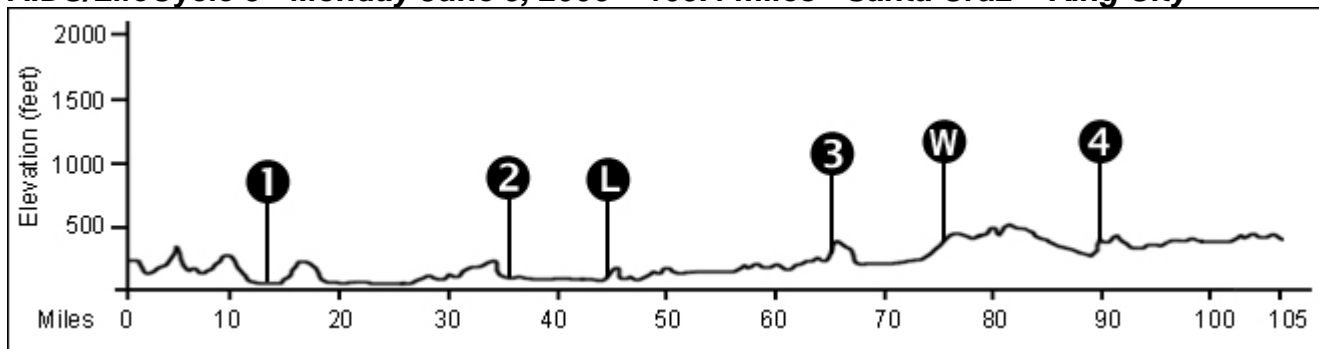


AIDS/LifeCycle 5 - Monday June 5, 2006 – 105.4 miles - Santa Cruz – King City

Day2



- 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
- 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*
START LOOKING FOR ORANGE CHALK MARKS IN THE SHOULDER TO MARK THE ROUTE
- 28.8 R Molera Road -- **START LOOKING FOR ALC SIGNAGE TO MARK THE ROUTE**
- 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 -- **START LOOKING FOR ORANGE CHALK MARKS IN THE SHOULDER TO MARK THE ROUTE**
- 49.3 R Exit to River / Reservation Road
- 49.5 L River Road -- **START LOOKING FOR ALC SIGNAGE TO MARK THE ROUTE**
- 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)