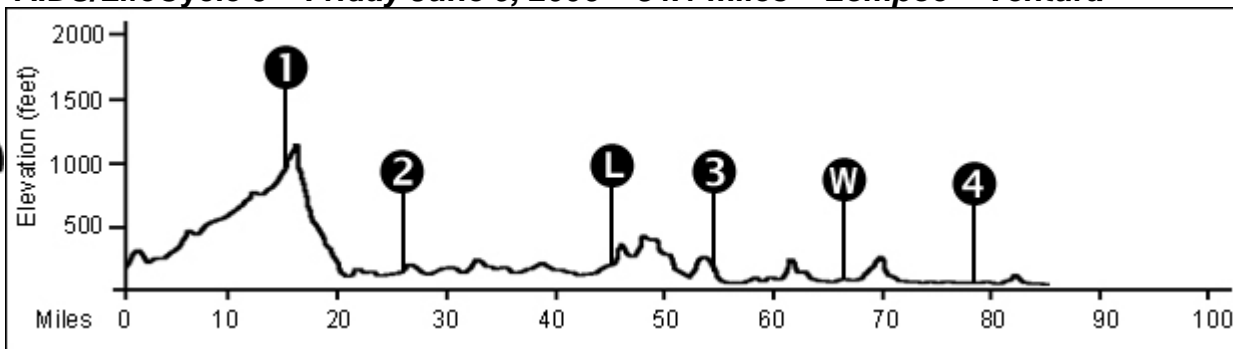


AIDS/LifeCycle 5 – Friday June 9, 2006 – 84.1 miles – Lompoc – Ventura

Day 6



0.0 Return to River Park Campground Entrance

0.3 **R** Hwy 246 -- **START LOOKING FOR ORANGE CHALK MARKS IN THE SHOULDER TO MARK THE ROUTE**

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. -- **START LOOKING FOR ALC SIGNAGE TO MARK THE ROUTE**

**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 this point forward until 9am

If you arrive at Rest Stop 2 before 9am you will need to remain here until 9am for CHP to release the cyclists due to a narrow bridge single lane road closure for your safety!

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 Roque becomes Las Positas @ Mile 49.7

51.60 **L** Cliff Drive – CA225 -- **START LOOKING FOR ORANGE CHALK MARKS IN THE SHOULDER TO MARK THE ROUTE**

52.6 **R** Meigs -- **LOOKING FOR ALC SIGNAGE TO MARK THE ROUTE**

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 Water 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 Rest 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)