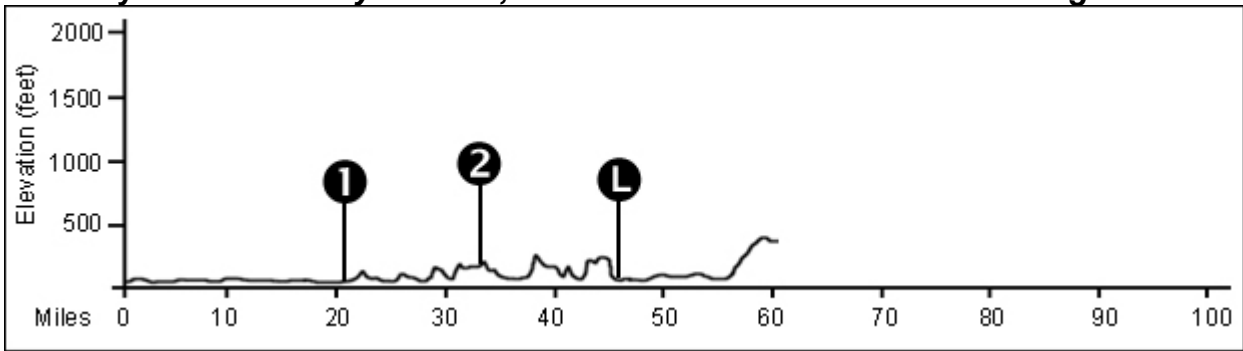


AIDS/LifeCycle 5 - Saturday June 10, 2006 – 60.8 miles - Ventura – Los Angeles

Day 7



Route opens at 6am

0.0 Take bike path south to main entrance of park -- **START LOOKING FOR ALC SIGNAGE TO MARK THE ROUTE. THERE WILL BE NO ORANGE CHALK MARKINGS AT ALL TODAY!**

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

7.7 **Bear Left** as Harbor becomes Channel Islands Blvd

9.6 **R** Ventura Rd

11.5 **L** Pt. Hueneme Rd

16.4 **R** Naval Air Road

19.1 **L** Las Posas (not marked) at Naval Base Entrance

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: 7am – 10am

20.4 **R** Out of Rest Stop #1 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

Caution – Steep Downhill into Rest Stop

32.8 **R** Out of Rest Stop #2 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 – 1:30pm

45.9 **R** Out of Lunch Stop - continue on Hwy 1 (PCH)
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 Exit tunnel onto Channel Rd

56.4 **R** Ocean Ave *LAST CLIMB! 0.3 miles*

56.8 **L** San Vicente Blvd

59.9 **R** Bundy

60.0 **L** Montana

60.1 **R** Westgate

60.2 **L** Gorham

60.7 **R** Bringham

60.8 **L** into VA Center onto Eisenhower

60.8 **R Into:**

Bike Holding – Parking Lot 17

Route closes at 3:15pm

Welcome to Los Angeles

Congratulations!

You have completed AIDS/LifeCycle 5!

Total distance traveled: Approx 546 miles