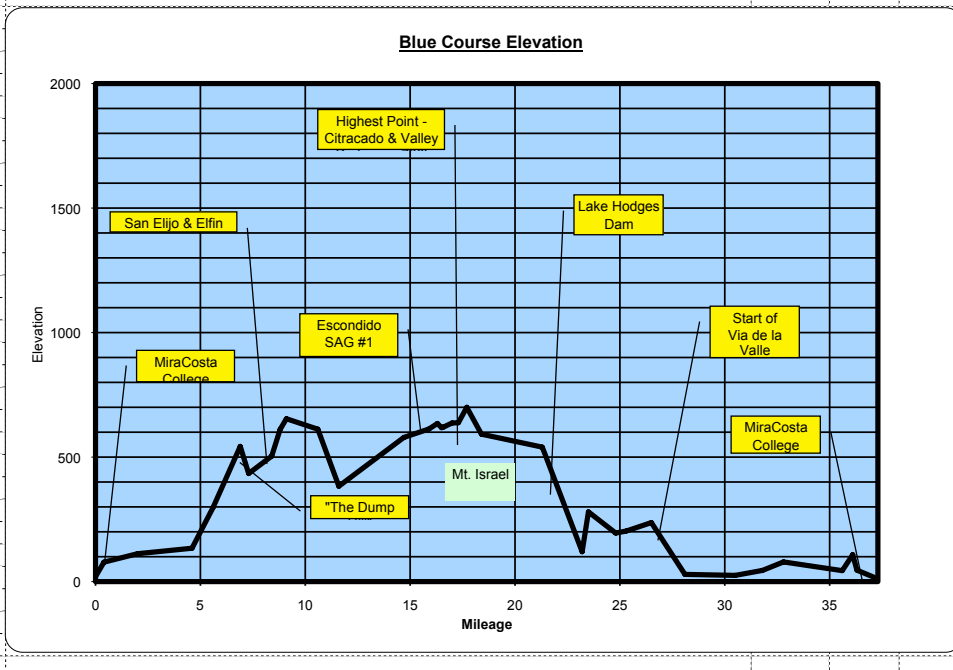


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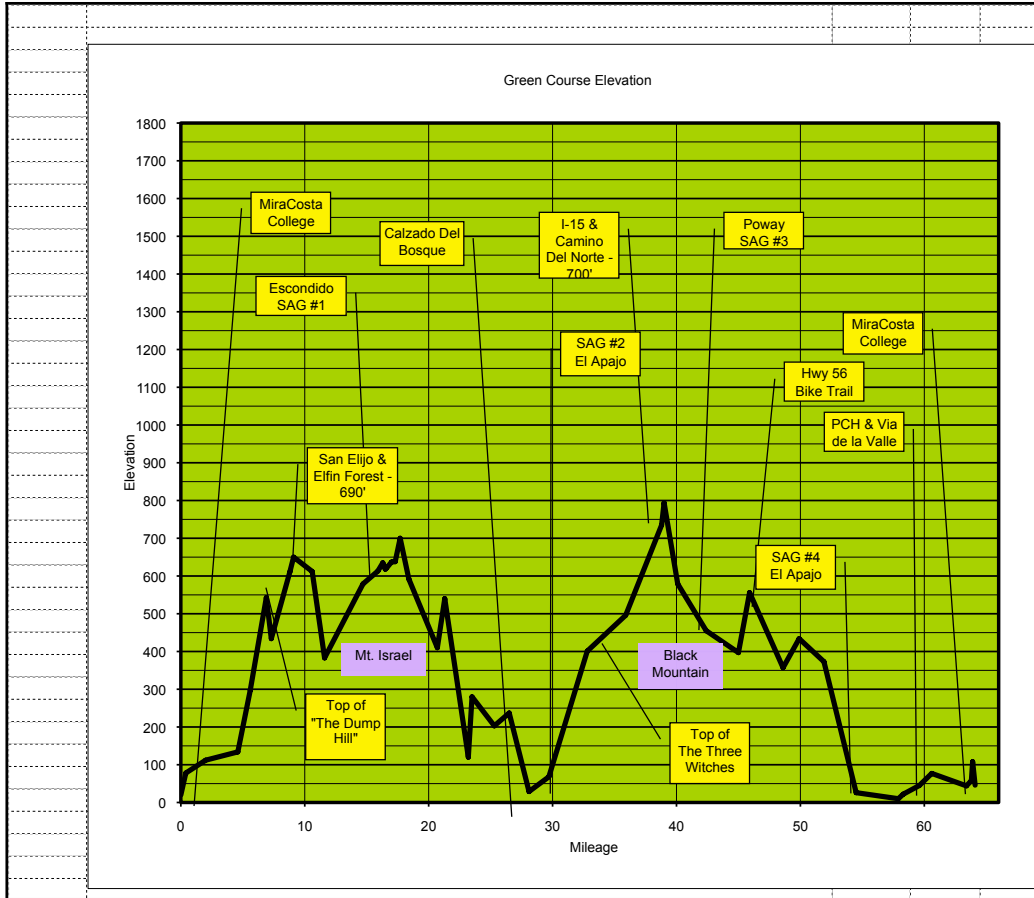
sign #	ROUTE MAP - DEL DIOS (BLUE) COURSE - 37 MILES	Total Miles	Next Point	Elev. in feet
B1	START - Left out of MiraCosta College onto Manchester Ave.	0.0	0.4	20
B2	▶Right at Manchester Avenue & El Camino Real (ECR)	0.4	1.6	78
B3	Straight on Manchester - Becomes Rancho Santa Fe Rd. at Encinitas Blvd.	2.0	2.5	112
B4	Merge Right from Rancho Santa Fe Rd. at Olivenhain Rd.	4.6	1.1	134
	Rancho Santa Fe & La Costa Ave.	5.6	1.7	297
B5&6	▶Right onto San Elijo Rd.	7.3	1.1	434
	The Dump Hill	8.4	0.4	504
B7&8	▶Right onto Elfin Forest Rd.	8.8	0.3	611
B9	County Line - Single File ONLY	9.1	1.5	654
	Top of Elfin Forest / Fire Station	10.6	1.0	612
	CAUTION - SHARP LEFT TURN at bottom of steep hill where Elfin Rd. turns into Harmony Grove Rd.	11.6	3.1	383
	Egg Farm on HG	14.7	1.2	579
B10	▶Right on Harmony Rd. Bend - at Stop Sign	15.9	0.4	613
B11	▶Right on Harmony Grove & Enterprise - at Stop Sign	16.3	0.2	635
B12	SAG STATION #1 > Right into CHURCH OF GOD PARKING LOT	16.5	0.0	618
B13	▶Right out of SAG on Harmony Grove -	16.5	0.1	618
B14	▶Right on Hale St.	16.6	0.4	621
B15	▶Right onto Avenida del Diablo	17.0	0.3	637
B16	◀Left onto W. Citracado Pkwy.	17.3	0.4	638
B17 & 18	▶Right onto West Valley Parkway - Highest Point on Blue Course - 701'	17.7	0.7	700
	W. Valley Parkway becomes Del Dios Highway at W. Via Rancho Pkwy.	18.4	6.9	592
	Del Dios becomes Paseo Delicias at Camino Del Norte	25.3	1.2	203
B19 & 20	◀Left onto Via De La Valle (S6) at Stop Sign (45° angle)	26.5	1.6	237
B21, 22,23& 24	Straight on Via Del La Valle past Calzado Del Bosque - Green (65m) & Purple (105m) courses turn left.	28.1	2.4	29
	Via De La Valle & El Camino Real (Polo Fields)	30.5	1.3	25
	Via De La Valle & I- 5 - CAUTION - Traffic heavy around I-5 and Del Mar Racetrack	31.8	1.0	45
B25	◀ RIGHT onto PCH (HWY 101)	32.8	2.8	79
B26	▶Right at Chesterfield at Stop Light	35.6	0.1	44
B27	▶Right onto San Elijo over RR tracks	35.7	0.2	44
B28	◀Left from San Elijo onto Dublin	35.9	0.2	58
B29	▶Right from Dublin onto Manchester -	36.1	0.2	108
B30	◀Left at Stop Sign at Manchester & San Elijo	36.3	0.8	46
	Straight on Manchester past I-5	37.1	0.6	18
B31	◀Left Into FINISH at MiraCosta College	37.8	0.0	20



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sign #	ROUTE MAP - DEL SUR (GREEN) COURSE - 66 MILES	Total Miles	Next Point	Elev.- feet
Blue	START - Left out of MiraCosta College onto Manchester Ave.	0.0	0.4	20
Blue	▶ Right at Manchester Avenue & El Camino Real (ECR)	0.4	1.6	78
Blue	Straight on Manchester - Becomes Rancho Santa Fe Rd. at Encinitas Blvd.	2.0	2.5	112
Blue	Merge Right from Rancho Santa Fe Rd. at Olivenhain Rd.	4.6	1.1	134
Blue	Rancho Santa Fe & La Costa Ave.	5.6	1.3	297
Blue	Rancho Santa Fe & Caminita	6.9	0.4	543
Blue	▶ Right onto San Elijo Rd.	7.3	1.1	434
Blue	The Dump Hill	8.4	0.4	504
Blue	▶ Right onto Elfin Forest Rd.	8.8	0.3	611
Blue	County Line - Single File ONLY	9.1	1.5	654
Blue	Top of Elfin Forest / Fire Station	10.6	1.0	612
Blue	CAUTION - SHARP LEFT TURN at bottom of steep hill where Elfin Rd. turns into Harmony Grove Rd.	11.6	3.1	383
Blue	Egg Farm on HG	14.7	1.2	579
Blue	▶ Right on Harmony Rd. Bend - at Stop Sign	15.9	0.4	613
Blue	▶ Right on Harmony Grove & Industrial - at Stop Sign	16.3	0.2	635
Blue	SAG STATION #1 > Right into CHURCH OF GOD PARKING LOT	16.5	0.0	618
Blue	▶ Right out of SAG on Harmony Grove -	16.5	0.1	618
Blue	▶ Right on Hale St.	16.6	0.4	621
Blue	▶ Right onto Avenida del Diablo	17.0	0.3	637
Blue	◀ Left onto W. Citracado Pkwy.	17.3	0.4	638
Blue	▶ Right onto West Valley Parkway - Highest Point on Blue Course	17.7	0.7	700
Blue	W. Valley Parkway becomes Del Dios Highway at W. Via Rancho Pkwy	18.4	6.9	592
Blue	Del Dios becomes Paseo Delicias at Camino Del Norte	25.3	1.2	203
Blue	◀ Left onto Via De La Valle (S6) at Stop Sign (45° angle)	26.5	1.6	237
Blue	◀ Left onto CALZADO DEL BOSQUE at Stop Light	28.1	0.7	29
G1	▶ Right onto Via de Santa Fe, becomes El Apajo	28.7	0.7	39
G3	SAG STATION #2 > Right into CHURCH OF THE NATIVITY on El Apajo	29.4	0.3	18
G4	▶ Right onto El Apajo out of Nativity			
G5-G7	◀ Left onto San Dieguito Rd at Stop Light - 250 meters past SAG. Three Witches Hill Starts Here!	29.7	3.1	68
G10	◀ Left onto Camino del Sur at Stop Light (after crest of hill on San Dieguito Rd.)	32.8	3.1	401
G11	Straight Ahead on Camino Del Sur - becomes Camino Del Norte at Rancho Bernardo Rd.	35.9	3.0	496
	Camino del Norte & I-15	38.8	0.1	735
G13	Highest Point on GREEN COURSE	39.0	0.5	794
	Camino Del Norte turns into Twin Peaks	39.5	0.6	
G14&G15	▶ Right onto Pomerado Rd. & Twin Peaks	40.1	2.0	579
G17-G18	SAG STATION #3 > Right into Crosspointe BAPTIST CHURCH (Pomerado & Robison)	42.1	0.3	459
G18	▶ Right EXIT FROM SAG onto Pomerado Rd.			
G20	▶ Right onto Poway Rd. (Purple Course goes straight)	42.4	2.6	455
	Poway & I-15 (Poway becomes Rancho Penasquitos Rd.)	45.0	0.9	397
G22-G24	◀ Left onto 56 Bike Trail - Caution LEFT TURN at bottom of hill across two lanes of Rancho Penasquitos to get onto HWY 56 Bike Trail	45.9	2.7	556
G26	▶ Right onto Camino Del Sur (exit 56 Bike Trail)	48.6	1.3	357
	Camino del Sur & Carmel Valley Rd.	49.9	2.0	434
G27-G28	◀ Left onto San Dieguito Rd.	51.9	2.6	373
	Right San Dieguito Rd. and El Apajo	54.5	0.3	26
G29-G31	SAG STATION #4 GO 300 METERS and LEFT into parking lot at CHURCH OF THE NATIVITY (same as #2 @ 29 miles) - - After using station, EXIT RIGHT - GO BACK to San Dieguito Rd. and TURN RIGHT to resume course.	54.8	0.3	26
	EXIT SAG RIGHT - GO BACK on El Apajo to San Dieguito Rd.			
G32	◀ Right onto San Dieguito Rd.	55.1	2.8	26
G33	◀ Right onto El Camino Real - CAUTION - narrow bridge 100 meters ahead!	57.9	0.5	10
G34	◀ Left onto Via De La Valle	58.3	1.3	22
Blue	Via De La Valle & I-5 - CAUTION - Traffic heavy around I-5 and Del Mar Racetrack	59.6	1.0	45
Blue	◀ RIGHT onto PCH (HWY 101)	60.6	2.8	77
Blue	▶ Right at Chesterfield at Stop Light	63.4	0.1	44
Blue	▶ Right onto San Elijo over RR tracks	63.5	0.2	44
Blue	◀ Left onto Dublin	63.8	0.2	58
Blue	▶ Right on Manchester -	63.9	0.2	108
Blue	Merge Right with at San Elijo bottom of hill	64.1	0.8	46
Blue	Straight on Manchester past I-5	64.9	0.7	18
Blue	◀ Left Into FINISH at MiraCosta College	65.6	0.0	20

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sign #	ROUTE MAP - DOS PICOS (PURPLE) COURSE - 103 MILES	Total Miles	Next Pnt	Elev. (feet)
Blue	START - Left out of MiraCosta College onto Manchester Ave.	0.0	0.4	20
Blue	▶ Right at Manchester Avenue & El Camino Real (ECR)	0.4	1.6	78
Blue	Straight on Manchester - Becomes Rancho Santa Fe Rd. at Encinitas Blvd.	2.0	2.5	112
Blue	Merge Right from Rancho Santa Fe Rd. at Olivenhain Rd.	4.6	1.1	134
Blue	Rancho Santa Fe & La Costa Ave.	5.6	1.3	297
Blue	Rancho Santa Fe & Caminita	6.9	0.4	543
Blue	▶ Right onto San Elijo Rd.	7.3	1.1	434
Blue	The Dump Hill	8.4	0.4	504
Blue	▶ Right onto Elfin Forest Rd.	8.8	0.3	611
Blue	County Line - Single File ONLY	9.1	1.5	654
Blue	Top of Elfin Forest / Fire Station	10.6	1.0	612
Blue	CAUTION - SHARP LEFT TURN at bottom of steep hill where Elfin Rd. turns into Harmony Grove Rd.	11.6	3.1	383
Blue	Egg Farm on HG	14.7	1.2	579
Blue	▶ Right on Harmony Rd. Bend - at Stop Sign	15.9	0.4	613
Blue	▶ Right on Harmony Grove & Industrial - at Stop Sign	16.3	0.2	635
Blue	SAG STATION #1 > Right into CHURCH OF GOD PARKING LOT	16.5	0.0	618
Blue	▶ Right out of SAG on Harmony Grove -	16.5	0.1	618
Blue	▶ Right on Hale St.	16.6	0.4	621
Blue	▶ Right onto Avenida del Diablo	17.0	0.3	637
Blue	◀ Left onto W. Citracado Pkwy.	17.3	0.4	638
Blue	▶ Right onto West Valley Parkway - Highest Point on Blue Course	17.7	0.7	700
Blue	W. Valley Parkway becomes Del Dios Highway at W. Via Rancho Pkwy	18.4	6.9	592
Blue	Del Dios becomes Paseo Delicias at Camino Del Norte	25.3	1.2	203
Blue	◀ Left onto Via De La Valle (S6) at Stop Sign (45° angle)	26.5	1.6	237
Green	◀ Left onto CALZADO DEL BOSQUE at Stop Light	28.1	0.7	29
Green	▶ Right onto Via de Santa Fe, becomes El Apajo	28.7	0.7	39
Green	SAG STATION #2 > Right into CHURCH OF THE NATIVITY on El Apajo	29.4	0.3	18
Green	◀ Left onto San Dieguito Rd at Stop Light - 250 meters past SAG. Three Witches Hill Starts Here!	29.7	3.1	68
Green	◀ Left onto Camino del Sur at Stop Light (after crest of hill on San Dieguito Rd.)	32.8	3.1	401
Green	Straight Ahead on Camino Del Sur - becomes Camino Del Norte at Rancho Bernardo Rd.	35.9	3.0	496
Green	Camino del Norte & I-15	38.8	0.1	735
Green	Highest Point on GREEN COURSE	39.0	0.5	794
Green	Camino Del Norte turns into Twin Peaks	39.5	0.6	
Green	▶ Right onto Pomerado Rd. & Twin Peaks	40.1	2.0	579
Green	SAG STATION #3 > Right into Crosspoint BAPTIST CHURCH (Pomerado & Robison)	42.1	0.3	459
Green	Straight on Pomerado Rd. past Poway Rd. - CAUTION GREEN COURSE turns right at Poway Rd - PURPLE goes straight on Pomerado	42.4	1.2	455
P1&2	◀ Left onto Scripps Poway Parkway	43.6	3.6	538
	Sycamore Canyon Rd.	47.1	2.2	822
P3&4	◀ Left onto HWY 67 (Scripps Poway & 67) (5.62 m climb)	49.3	1.8	1409
	Hwy 67 & Poway Rd.	51.1	2.3	1623
P5	Dos Picos - Highest Point on Course (1855')	53.4	3.7	1855
P6&7	▶ Right onto Dye Rd. at HWY 67	57.1	3.1	1436
P8	◀ Left onto San Vicente from Warnock	60.2	1.3	1447
P9-10	SAG STATION #4> RIGHT into the parking lot of ST. MARY'S IN THE VALLEY EPISCOPAL CHURCH on San Vicente and 12th (62 miles)	61.5	1.3	1449
P11	EXIT LEFT ONTO SAN VICENTE <CHANGE FROM 2009>			
P12	◀ RIGHT onto Warnock from San Vicente <CHANGE FROM 2009>	62.8	3.1	1420
P13	◀ Left at HWY 67 & Dye <CHANGE FROM 2009>	65.9	3.5	1429
	Dos Picos - Highest Point on Course (1855')	69.4	2.5	1855
	HWY 67 & Poway Rd.	71.9	1.7	1623
P14-15	▶ Right onto Scripps Poway Parkway from HWY 67	73.6	5.6	1398
P16-17	▶ Right onto Pomerado Rd.	79.2	1.2	523
P18-20	SAG STATION #5> Straight on Pomerado Rd., to next light - ¼ MILE Past Poway Rd. #5 is at CROSSPOINTE BAPTIST CHURCH on left (80 miles). GO LEFT ACROSS POMERADO WITH CAUTION AND ONLY AT THE LIGHT AT ROBISON.	80.4	0.2	453
Green	EXIT RIGHT FROM SAG- GO BACK TO POWAY Rd. and TURN RIGHT			
Green	▶ Right onto POWAY RD>	80.6	2.4	453
Green	Poway & I-15 (Poway becomes Rancho Penasquitos Rd.)	83.0	0.9	397
Green	◀ Left onto 56 Bike Trail -	83.9	0.0	556
Green	CAUTION - LEFT TURN from Rancho Penasquitos onto Hwy 56 Bike Trail is across two lanes of traffic at bottom of hill!	83.9	2.7	556
Green	▶ Right onto Camino Del Sur (exit 56 Bike Trail)	86.6	1.3	357
Green	Camino del Sur & Carmel Valley Rd.	87.9	2.0	434
Green	◀ Left onto San Dieguito Rd.	89.9	2.6	373
Green	SAG STATION #6> RIGHT onto El Apajo, GO 250 METERS and LEFT with caution into CHURCH OF THE NATIVITY (same SAG as #2 at 29 miles)-	92.5	0.2	26
Green	EXIT RIGHT FROM SAG- GO BACK to San Dieguito Rd. and TURN RIGHT to resume course.	92.7	3.2	26
Green	◀ Right onto El Camino Real - CAUTION - narrow bridge 100 meters ahead!	95.9	0.5	10
Blue	◀ Left onto Via De La Valle	96.4	1.3	20
Blue	Via De La Valle & I-5 - CAUTION - traffic heavy around I-5 and Del Mar racetrack	97.7	1.0	45
Blue	◀ RIGHT onto PCH (HWY 101)	98.7	2.8	77
Blue	▶ Right at Chesterfield at Stop Light	101.5	0.1	44

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Blue	▶ Right onto San Elijo over RR tracks	101.6	0.2	50
Blue	◀ Left onto Dublin	101.8	0.2	60
Blue	▶ Right on Manchester -	102.0	0.2	108
Blue	CAUTION Merge and bear LEFT with at bottom of hill	102.2	0.8	46
Blue	Straight on Manchester past I-5	103.0	0.5	18
Blue	◀ Left Into FINISH at MiraCosta College	103.5	0.0	20

