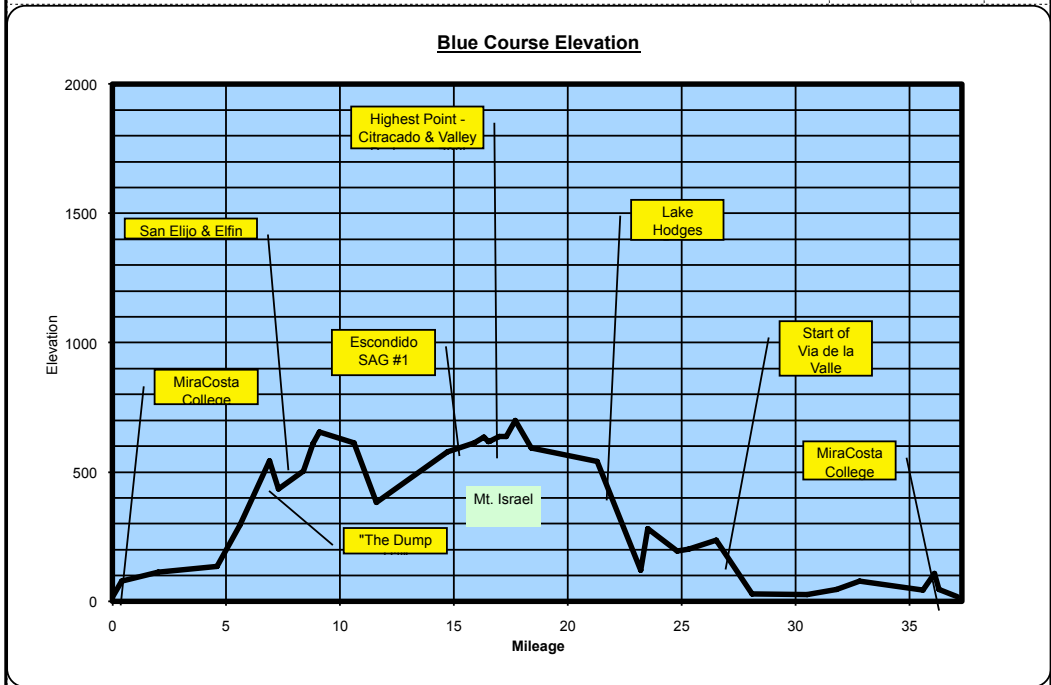
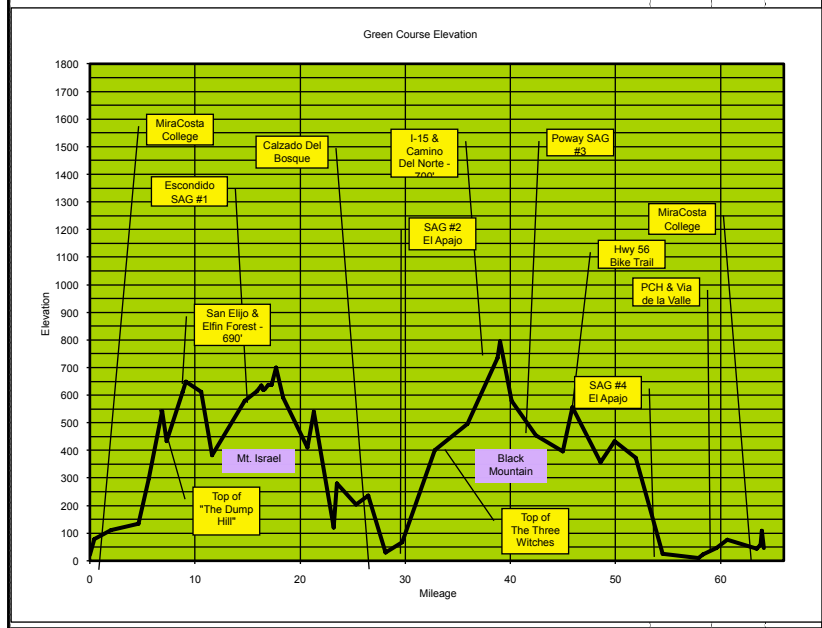


San Diego Century - Blue Course (37 miles)

ROUTE MAP - DEL DIOS (BLUE) COURSE - 37 MILES	Total Miles	Next Point	Elev. in feet
START - Left out of MiraCosta College onto Manchester Ave.	0.0		20
▶ Right at Manchester Avenue & El Camino Real (ECR)	0.4	0.4	78
Straight on Manchester - Becomes Rancho Santa Fe Rd. at Encinitas Blvd.	2.0	1.6	112
▶ Merge Right from Rancho Santa Fe Rd. at Olivenhain Rd.	4.6	2.5	134
Rancho Santa Fe & La Costa Ave.	5.6	1.1	297
Rancho Santa Fe & Caminita	6.9	1.3	543
▶ Right onto San Elijo Rd.	7.3	0.4	434
The Dump Hill	8.4	1.1	504
▶ Right onto Elfin Forest Rd.	8.8	0.4	611
County Line - Single File ONLY	9.1	0.3	654
Top of Elfin Forest / Fire Station	10.6	1.5	612
CAUTION - SHARP LEFT TURN at bottom of steep hill where Elfin Rd. turns into Harmony Grove Rd.	11.6	1.0	383
Egg Farm on HG	14.7	3.1	579
▶ Right on Harmony Rd. Bend - at Stop Sign	15.9	1.2	613
▶ Right on Harmony Grove & Industrial - at Stop Sign	16.3	0.4	635
SAG STATION #1 > Right into CHURCH OF GOD PARKING LOT	16.5	0.2	618
▶ Right out of SAG on Harmony Grove -	16.5	0.0	618
▶ Right on Hale St.	16.6	0.1	621
▶ Right onto Avenida del Diablo	17.0	0.4	637
◀ Left onto W. Citracado Pkwy.	17.3	0.3	638
▶ Right onto West Valley Parkway - Highest Point on Blue Course - 701'	17.7	0.4	700
W. Valley Parkway becomes Del Dios Highway at W. Via Rancho Pkwy.	18.4	0.7	592
Del Dios becomes Paseo Delicias at Camino Del Norte	25.3	6.9	203
◀ Left onto Via De La Valle (S6) at Stop Sign (45' angle)	26.5	1.2	237
Straight on Via Del La Valle past Calzado Del Bosque - Green (65m) & Purple (105m) courses turn left.	28.1	1.6	29
Via De La Valle & El Camino Real (Polo Fields)	30.5	2.4	25
Via De La Valle & I- 5 - CAUTION - Traffic heavy around I-5 and Del Mar Racetrack	31.8	1.3	45
◀ RIGHT onto PCH (HWY 101)	32.8	1.0	79
▶ Right at Chesterfield at Stop Light	35.6	2.8	44
▶ Right onto San Elijo over RR tracks	35.7	0.1	44
◀ Left onto Dublin	35.9	0.2	58
▶ Right on Manchester -	36.1	0.2	108
Merge Right with at San Elijo bottom of hill	36.3	0.2	46
Straight on Manchester past I-5	37.1	0.8	18
◀ Left Into FINISH at MiraCosta College	37.8	0.6	20



ROUTE MAP - DEL SUR (GREEN) COURSE - 66 MILES		Total Miles	Next Point	Elev. in feet
START - Left out of MiraCosta College onto Manchester Ave.		0.0	0.0	20
▶ Right at Manchester Avenue & El Camino Real (ECR)		0.4	0.4	78
Straight on Manchester - Becomes Rancho Santa Fe Rd. at Encinitas Blvd.		2.0	1.6	112
Merge Right from Rancho Santa Fe Rd. at Olivenhain Rd.		4.6	2.5	134
Rancho Santa Fe & La Costa Ave.		5.6	1.1	297
Rancho Santa Fe & Caminita		6.9	1.3	543
▶ Right onto San Elijo Rd.		7.3	0.4	434
The Dump Hill		8.4	1.1	504
▶ Right onto Elfin Forest Rd.		8.8	0.4	611
County Line - Single File ONLY		9.1	0.3	654
Top of Elfin Forest / Fire Station		10.6	1.5	612
CAUTION - SHARP LEFT TURN at bottom of steep hill where Elfin Rd. turns into Harmony Grove Rd.		11.6	1.0	383
Egg Farm on HG		14.7	3.1	579
▶ Right on Harmony Rd. Bend - at Stop Sign		15.9	1.2	613
▶ Right on Harmony Grove & Industrial - at Stop Sign		16.3	0.4	635
SAG STATION #1 > Right into CHURCH OF GOD PARKING LOT		16.5	0.2	618
▶ Right out of SAG on Harmony Grove -		16.5	0.0	618
▶ Right on Hale St.		16.6	0.1	621
▶ Right onto Avenida del Diablo		17.0	0.4	637
◀ Left onto W. Citracado Pkwy.		17.3	0.3	638
▶ Right onto West Valley Parkway - Highest Point on Blue Course		17.7	0.4	700
W. Valley Parkway becomes Del Dios Highway at W. Via Rancho Pkwy		18.4	0.7	592
Del Dios becomes Paseo Delicias at Camino Del Norte		25.3	6.9	203
◀ Left onto Via De La Valle (S6) at Stop Sign (45° angle)		26.5	1.2	237
◀ Left onto CALZADO DEL BOSQUE at Stop Light		28.1	1.6	29
▶ Right onto Via de Santa Fe, becomes El Apajo		28.7	0.7	39
SAG STATION #2 > Right into CHURCH OF THE NATIVITY on El Apajo		29.4	0.7	18
◀ Left onto San Dieguito Rd at Stop Light - 250 meters past SAG. Three Witches Hill Starts Here!		29.7	0.3	68
◀ Left onto Camino del Sur at Stop Light (after crest of hill on San Dieguito Rd.)		32.8	3.1	401
Straight Ahead on Camino Del Sur - becomes Camino Del Norte at Rancho Bernardo Rd.		35.9	3.1	496
Camino del Norte & I-15		38.8	3.0	735
Highest Point on GREEN COURSE		39.0	0.1	794
Camino Del Norte turns into Twin Peaks		39.5	0.5	
▶ Right onto Pomerado Rd. & Twin Peaks		40.1	0.6	579
SAG STATION #3 > Right into POMERADO ROAD BAPTIST CHURCH (Pomerado & Robison)		42.1	2.0	459
▶ Right onto Poway Rd. (Purple Course goes straight)		42.4	0.3	455
Poway & I-15 (Poway becomes Rancho Penasquitos Rd.)		45.0	2.6	397
◀ 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	0.9	556
▶ Right onto Camino Del Sur (exit 56 Bike Trail)		48.6	2.7	357
Camino del Sur & Carmel Valley Rd.		49.9	1.3	434
◀ Left onto San Dieguito Rd.		51.9	2.0	373
San Dieguito Rd. and El Apajo		54.5	2.6	26
SAG STATION #4 > Right onto El Apajo, GO 250 METERS and LEFT into parking lot at CHURCH OF THE NATIVITY (same as #2 @ 29 miles) - CAUTION - This SAG STATION is "Off Course" - After using station, EXIT RIGHT - GO BACK to San Dieguito Rd. and TURN RIGHT to resume course.		54.5	0	26
◀ Right onto El Camino Real - CAUTION - narrow bridge 100 meters ahead!		57.9	3.4	10
◀ Left onto Via De La Valle		58.3	0.5	22
Via De La Valle & I-5 - CAUTION - Traffic heavy around I-5 and Del Mar Racetrack		59.6	1.3	45
◀ RIGHT onto PCH (HWY 101)		60.6	1.0	77
▶ Right at Chesterfield at Stop Light		63.4	2.8	44
▶ Right onto San Elijo over RR tracks		63.5	0.1	44
◀ Left onto Dublin		63.8	0.2	58
▶ Right on Manchester -		63.9	0.2	108
Merge Right with at San Elijo bottom of hill		64.1	0.2	46
Straight on Manchester past I-5		64.9	0.8	18
◀ Left into FINISH at MiraCosta College		65.6	0.7	20



ROUTE MAP - DOS PICOS (PURPLE) COURSE - 103 MILES	Total Miles	Next Point	Elev. (feet)
START - Left out of MiraCosta College onto Manchester Ave.	0.0	0.0	20
▶ Right at Manchester Avenue & El Camino Real (ECR)	0.4	0.4	78
Straight on Manchester - Becomes Rancho Santa Fe Rd. at Encinitas Blvd.	2.0	1.6	112
Merge Right from Rancho Santa Fe Rd. at Olivenhain Rd.	4.6	2.5	134
Rancho Santa Fe & La Costa Ave.	5.6	1.1	297
Rancho Santa Fe & Caminita	6.9	1.3	543
▶ Right onto San Elijo Rd.	7.3	0.4	434
The Dump Hill	8.4	1.1	504
▶ Right onto Elfin Forest Rd.	8.8	0.4	611
County Line - Single File ONLY	9.1	0.3	654
Top of Elfin Forest / Fire Station	10.6	1.5	612
CAUTION - SHARP LEFT TURN at bottom of steep hill where Elfin Rd. turns into Harmony Grove Rd.	11.6	1.0	383
Egg Farm on HG	14.7	3.1	579
▶ Right on Harmony Rd. Bend - at Stop Sign	15.9	1.2	613
▶ Right on Harmony Grove & Industrial - at Stop Sign	16.3	0.4	635
SAG STATION #1 > Right into CHURCH OF GOD PARKING LOT	16.5	0.2	618
▶ Right out of SAG on Harmony Grove -	16.5	0.0	618
▶ Right on Hale St.	16.6	0.1	621
▶ Right onto Avenida del Diablo	17.0	0.4	637
◀ Left onto W. Citracado Pkwy.	17.3	0.3	638
▶ Right onto West Valley Parkway - Highest Point on Blue Course	17.7	0.4	700
W. Valley Parkway becomes Del Dios Highway at W. Via Rancho Pkwy	18.4	0.7	592
Del Dios becomes Paseo Delicias at Camino Del Norte	25.3	6.9	203
◀ Left onto Via De La Valle (S6) at Stop Sign (45° angle)	26.5	1.2	237
◀ Left onto CALZADO DEL BOSQUE at Stop Light	28.1	1.6	29
▶ Right onto Via de Santa Fe, becomes El Apajo	28.7	0.7	39
SAG STATION #2 > Right into CHURCH OF THE NATIVITY on El Apajo	29.4	0.7	18
◀ Left onto San Dieguito Rd at Stop Light - 250 meters past SAG. Three Witches Hill Starts Here!	29.7	0.3	68
◀ Left onto Camino del Sur at Stop Light (after crest of hill on San Dieguito Rd.)	32.8	3.1	401
Straight Ahead on Camino Del Sur - becomes Camino Del Norte at Rancho Bernardo Rd.	35.9	3.1	496
Camino del Norte & I-15	38.8	3.0	735
Highest Point on GREEN COURSE	39.0	0.1	794
Camino Del Norte turns into Twin Peaks	39.5	0.5	
▶ Right onto Pomerado Rd. & Twin Peaks	40.1	0.6	579
SAG STATION #3 > Right into POMERADO ROAD BAPTIST CHURCH (Pomerado & Robison)	42.1	2.0	459
Straight on Pomerado Rd. past Poway Rd. - CAUTION GREEN COURSE turns right at Poway Rd. - PURPLE goes straight on Pomerado	42.4	0.3	455
◀ Left onto Scripps Poway Parkway	43.6	1.2	538
Sycamore Canyon Rd.	47.1	3.6	822
◀ Left onto HWY 67 (Scripps Poway & 67) (5.62 m climb)	49.3	2.2	1409
Hwy 67 & Poway Rd.	51.1	1.8	1623
Dos Picos - Highest Point on Course (1855')	53.4	2.3	1855
▶ Right onto Dye Rd. at HWY 67	57.1	3.7	1436
◀ Left onto San Vicente from Warnock	60.2	3.1	1447
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
◀ Left onto CA-67 (Main St.)	62.2	0.8	1420
HWY 67 & Dye	65.4	3.2	1429
Dos Picos - Highest Point on Course (1855')	69.4	4.1	1855
HWY 67 & Poway Rd.	71.5	2.1	1623
▶ Right onto Scripps Poway Parkway	73.2	1.7	1398
▶ Right onto Pomerado Rd.	78.9	5.7	523
SAG STATION #5 > Straight on Pomerado Rd., to next light - 1/4 MILE Past Poway Rd. #5 is at POMERADO ROAD BAPTIST CHURCH on left (80 miles). GO LEFT ACROSS POMERADO WITH CAUTION AND ONLY AT THE LIGHT AT ROBISON.	80.1	1.2	453
CAUTION - This SAG STATION is "Off Course" - After using station, EXIT RIGHT - GO BACK TO POWAY Rd. and TURN RIGHT to resume course.	80.1	0.0	453
Poway & I-15 (Poway becomes Rancho Penasquitos Rd.)	82.7	2.6	397
◀ Left onto 56 Bike Trail	83.6	0.9	556
CAUTION - LEFT TURN from Rancho Penasquitos onto Hwy 56 Bike Trail is across two lanes of traffic at bottom of hill!	83.6	0.0	556
▶ Right onto Camino Del Sur (exit 56 Bike Trail)	86.3	2.7	357
Camino del Sur & Carmel Valley Rd.	87.6	1.3	434
◀ Left onto San Dieguito Rd.	89.6	2.0	373
SAG STATION #6 > RIGHT onto El Apajo, GO 250 METERS and LEFT with caution into at CHURCH OF THE NATIVITY (same SAG as #2 at 29 miles).	92.2	2.6	26
CAUTION - This SAG STATION is "Off Course" - After using station, EXIT RIGHT - GO BACK TO San Dieguito Rd. and TURN RIGHT to resume course.	92.2	0.0	26
◀ Right onto El Camino Real - CAUTION - narrow bridge 100 meters ahead!	95.6	3.4	10
◀ Left onto Via De La Valle	96.1	0.5	20
Via De La Valle & I-5 - CAUTION - traffic heavy around I-5 and Del Mar racetrack	97.4	1.3	45
▶ RIGHT onto PCH (HWY 101)	98.4	1.0	77
▶ Right at Chesterfield at Stop Light	101.2	2.8	44
▶ Right onto San Elijo over RR tracks	101.2	0.1	50
◀ Left onto Dublin	101.5	0.2	60
▶ Right on Manchester -	101.6	0.2	108
CAUTION Merge and bear LEFT with at bottom of hill	101.9	0.2	46
Straight on Manchester past I-5	102.7	0.8	18
◀ Left Into FINISH at MiraCosta College	103.3	0.7	20

