

7/5/2005 13:45

Emergency Telephone #(707) 495-7590 All Riders MUST obey all Traffic Laws at ALL TIMES
 (SS)=Stop Sign (TL)=Traffic Light

The Bay in a Day Double Century

		Miles to Next Turn	Miles so Far
Right	Onto San Marin Drive, from All Saints Lutheran Church	2.70	0.00
Straight	Highway 101 San Marin-becomes Atherton Ave. (TL)	3.30	2.70
Left	Highway 37 frontage road on South side of Hwy 37 (SS)	0.20	6.00
Left	Highway 37 onramp. RIDE SINGLE FILE. CAUTION ON	14.70	6.20
PETALUMA RIVER BRIDGE-NO SHOULDER.			
Right	Wilson off Ramp (50 min. after getting on to Hwy 37)	0.10	20.90
Left	Wilson, at end of off ramp (SS)	0.90	21.00
Straight	Wilson becomes Mare Island Way at Tennessee (TL)	1.00	21.90
Right	Sonoma Blvd. /Highway 29 (TL)	1.30	22.90
Right	Maritime Academy Way at entrance to I 80	0.40	24.20
Straight	Stay on Maritime Academy Way & look for bike path entrance on left	0.20	24.60
Left	Enter Bike path. Go across bridge.	1.80	24.80
Right	San Pablo	2.50	26.60
Left	San Pablo becomes Parker, in Rodeo	0.80	29.10
Right	San Pablo (TL)	2.00	29.90
Left	Tennant (in Pinole) (TL)	1.20	31.90
Straight	Pinole Valley Road (TL)	1.90	33.10
Right	REST STOP #1-Pinole High School (At Ramona & Pinole Valley Road). Open 6:30 to 8:30	0.01	35.00
Right	Pinole Valley Road	3.00	35.01
Right	Castro Ranch Road	2.40	38.01
Left	San Pablo Dam Road (TL)	7.50	40.41
Right	Hwy. 24. Use onramp.	1.20	47.91
Right	Exit at Gateway	0.20	49.11
Left	At End of offramp, to get back on Hwy 24	0.40	49.31
Right	Fish Ranch Road exit	0.40	49.71
Right	Fish Ranch Road	0.70	50.11
Left	Grizzly Peak	0.60	50.81
Left	Skyline	0.10	51.41
Left	REST STOP #2-Sibley picnic area. Open 7:30 to 9:30	0.01	51.51
Left	Continue on Skyline	7.50	51.52
Left	Joaquin Miller/Skyline intersection (TL)	5.10	59.02
Right	Grass Valley which becomes Golf Links Road- Caution on downhill	2.00	64.12

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Left	Knowland Park Zoo go into and thru the Zoo (SS)	0.60	66.12
Right	At top of hill in Zoo, to get out	0.30	66.72
Right	106th Ave	0.20	67.02
Left	Foothill (SS)	0.50	67.22
Left	Merge onto McArthur (SS)	0.70	67.72
Left	Estudillo	0.20	68.42
1/2 Right	Lake Chabot Road	2.30	68.62
Left	Lake Chabot Road at T intersection with Fairmont (SS)	1.60	70.92
Right	REST STOP #3-Eden Medical Center. Open 8:30 to 10:30	0.00	72.52
Right	Lake Chabot Road	0.30	72.52
Left	Castro Valley Blvd	0.80	72.82
Right	Redwood, which becomes "A" St.	1.80	73.62
Left	Mission Blvd.	9.10	75.42
Left	Niles Canyon	0.10	84.52
Right	Old Canyon	0.40	84.62
Right	Clarke (over RR Tracks)	0.10	85.02
Right	Canyon Heights Drive	0.80	85.12
Right	Maar	0.05	85.92
Left	Canyon Heights Drive	0.05	85.97
Right	Morrison Canyon (SS)	0.30	86.02
Left	Mission Blvd. (TL)	5.40	86.32
Left	Paseo Padre Parkway (TL) becomes East Warren	1.40	91.72
Left	Fernald (TL)	0.20	93.12
Left	REST STOP #4-Warms Springs. Park & Community Center. Open 10:00 to 12:00	0.01	93.32
Right	Fernald	0.20	93.33
Left	Warren (TL)	0.50	93.53
Left	Kato (TL)	1.90	94.03
Right	Milmont (TL)	0.40	95.93
Right	Dixon Landing (TL)	0.60	96.33
Left	McCarthy (TL)	2.20	96.93
Right	Ranch Road (TL) becomes a bike path. POOR SURFACE	1.20	99.13
Left	Zanker Ave., at end of Bike Path	0.20	100.33
Right	Holger (TL), becomes Headquarters Drive, becomes Vista Montana	1.30	100.53
Right	Tasman (TL)	1.10	101.83

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Right	San Tomas Aquino Creek Trail, on W. Side of Guadalupe Slough	0.90	102.93
Right	At end of San Tomas Creek Bike path, right after U turn, onto San Thomas Aquino/Saratoga Creek Trail.	0.80	103.83
Straight	Thru Baylands Park on bike path & thru parking lot	0.40	104.63
Left	Out main entrance of Baylands Park	0.10	105.03
Straight	Cross Caribbean. Becomes Moffett Park Drive, becomes Manila	3.10	105.13
Left	Ellis St. (SS)	0.70	108.23
Right	Middlefield Road (TL)	3.50	108.93
Left	Charleston (TL)	1.00	112.43
Straight	Arastradero at El Camino Real (TL)	1.20	113.43
Right	REST STOP #5 LUNCH-Gunn High School Open 11:30 to 2:30. Please check in.	0.01	114.63
Right	Arastradero	2.30	114.64
Left	Page Mill Road (SS)	0.20	116.94
Right	Arastradero	2.00	117.14
Left	Alpine (SS)	1.20	119.14
Right	Portola (SS)	3.40	120.34
Left	Portola/Sand Hill T intersection, this will keep you on Portola. If you go down a steep hill you've overshot.	0.20	123.74
Right	on to Mountain Home. This is a "Y" intersection.	2.00	123.94
Straight	Cross Hwy. 84 (SS) Mountain Home becomes Canada Rd.	7.40	125.94
Left	Hwy 92 (TL)	0.60	133.34
Right	Skyline	2.90	133.94
Right	Golf Course Drive.	0.20	136.84
Left	Skyline Blvd.	2.50	137.04
Right	Rivera Dr.	0.10	139.54
Left	Hunt Dr.	0.20	139.64
Right	Alcazar	0.01	139.84
Right	REST STOP #6-Cuernavaca Park. Open 1:30 to 5:00	0.00	139.85
Left	Alcazar	0.01	139.85
Right	Hunt Dr.	0.40	139.86
Left	Frontera, which becomes Vallejo	0.40	140.26
Left	Milbrae Ave. (SS)	0.50	140.66
Right	Skyline Blvd.	0.90	141.16
Straight	Onramp onto Hwy 280 at Larkspur (SS). RIDE ON SHOULDER ONLY	0.50	142.06

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Right	Exit Hwy 280 . Continue straight on Skyline	5.10	142.56
Left	Hickey (TL)	0.10	147.66
Right	Gateway	0.70	147.76
Right	Skyline (SS) (just after crossing under Highway 1)	0.30	148.46
Right	Westmoor (SS)	0.10	148.76
Left	Skyline (TL) Watch for cars merging on and off from the right side.	3.10	148.86
Left	Great Highway (SS) Wait for break in traffic to get into Left hand turn Lane	3.20	151.96
Right	J.F. Kennedy Drive- No street sign. This is the street BEFORE Fulton.	0.40	155.16
Left	To stay on J.F. Kennedy Drive. No street sign. (Ride monitor here)	1.00	155.56
Left	30th Ave. No street sign. (Ride monitor here)	0.20	156.56
Right	Cabrillo St. (SS)	0.20	156.76
Left	25th Ave.	1.00	156.96
Right	Lincoln-At two stone pillars	1.30	157.96
Right	REST STOP#7-At Ralston. Open 2:30 to 7:30	0.00	159.26
Right	Lincoln	0.20	159.26
Left	Vista Point immediately after crossing under Hwy 101. (Ride Monitors here)	0.01	159.46
Left	Onto Golden Gate Bridge	1.60	159.47
Straight	At end of Bridge, go thru parking lot and up SHORT STEEP HILL	0.20	161.07
Right	Conzulman Dr.	0.10	161.27
Left	Alexander Ave. STOP LOOK BOTH WAYS BEFORE CROSSING. Go thru tunnel under Hwy. 101	0.10	161.37
Straight	Alexander Ave. WATCH FOR MERGING TRAFFIC FROM THE RIGHT, AFTER EXITING THE TUNNEL.	1.50	161.47
Right	2nd St.	0.20	162.97
Right	Richardson	0.10	163.17
Left	Bridgeway	2.35	163.27
Straight	At Gate 6 road get on bike path at US 101 entrance. (TL)	0.70	165.62
Left-U turn	At end of path, at Pohono St., Stop, Look in all directions, cross the road & get on shoulder of 101N, the Richardson Bay Bridge-	0.60	166.32
Right	1st exit at end of bridge,	0.20	166.92
Left	Left onto Redwood Hwy, at end of offramp. (TL)	1.00	167.12

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Right	Tiburon Blvd. (TL)	4.30	168.12
Right	REST STOP #8-Shoreline Park. Open 4:00 to 8:00	0.00	172.42
Right	Tiburon Blvd., which now changes names and becomes Paradise Drive.	8.20	172.42
Straight	Paradise Dr. becomes San Clemente (TL)	0.50	180.62
Right	Tamalpais (T Intersection) You are now on Redwood Hwy. (TL)	0.80	181.12
Straight	Newly paved path, becomes sidewalk over Corte Madera Channel; just to the left of "Not a Through Street" sign and double gates.	0.30	181.92
Right	Sir Francis Drake (TL) Watch for cars coming from left	1.30	182.22
Left	Andersen Drive, at top of hill	1.20	183.52
Right	Bellam Blvd. (TL)	0.30	184.72
Left	Francisco Blvd. East. Just after going under Hwy. 101 (TL)	1.10	185.02
Right	2nd St., becomes Pt. San Pedro Road, then San Pedro Road (TL)	9.70	186.12
Right	REST STOP #9-Gallinas School. Open 5:30 to 9:00	0.00	195.82
Right	San Pedro Road	0.30	195.82
Right	Civic Center Drive (TL)	0.70	196.12
Left	Merrydale (TL)	0.10	196.82
Right	Las Gallinas (TL)	2.40	196.92
Right	Miller Creek (SS)	0.20	199.32
Left	Bike path @ NE corner of Miller Creek & Marinwood Ave. (SS)	1.20	199.52
Right	Alameda Del Prado (SS). DO NOT cross over Hwy 101.	1.50	200.72
Left	Ignacio Blvd. (TL)	0.60	202.22
Right	Palmer Drive (TL)	0.50	202.82
Left	Redwood Blvd. (SS)	0.30	203.32
Left	S. Novato Blvd. (SS)	4.60	203.62
Right	San Marin Dr. (SS) Immediate right into church parking lot	0.50	208.22