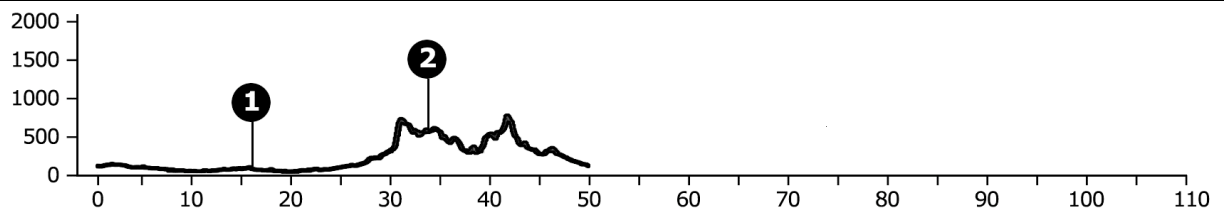




DISTANCE TRAINING #3: WESTRIDGE/ALTAMONT 49.7 miles



		Start at Franklin/Evelyn lot @10am
0.0	L	Franklin
0.1	L	Villa (stop sign)
0.2	L	Castro (signal)
0.3	R	Central (signal)
		Expressway; use caution at ramps
1.2		CAUTION: DIAGONAL RR TRACKS - WET!
6.2	L	Bowers (signal)
6.8		Cross Hwy 101; becomes Great America
9.0		Cross under Hwy 237; get into center lane
9.1	L	Bike path next to Hwy 237 on-ramp DO NOT ENTER FREEWAY
9.8		Continue onto Baylands Park access road
10.5	L	Exit park through main gate
10.6		Continue on Moffett Park (signal)
12.7		Becomes Manila
13.7	L	Ellis (T intersection)
13.7		Cross Hwy 101
13.8		Immediate R on Fairchild (signal)
14.6		Becomes Leong (curves to left)
14.9	R	To continue on Leong (1st stop sign)
14.9		Immediate L on Moffett (signal)
15.0	R	Stevens Creek Trail (1st signal)
15.7	L	L'Avenida (1st street exit past Hwy 101)
16.1	R	Inigo Way (no signal or stop sign)
16.2	L	Pear (stop sign)
16.3	R	Into
Rest Stop 1 – Mile 16.3 (17.5 miles to next rest)		
Starbucks (Pear and Shoreline, Mountain View)		
Rest stop hours: 10:45am - Noon		
16.3	R	Out of parking lot onto Pear
16.4	R	Shoreline (signal)
16.7	L	Charleston (signal)
17.5		Becomes Garcia (at Rengstorff)
18.1	R	Bayshore (T intersection)
20.3	L	Embarcadero (signal)
20.7	R	St Francis (1st signal past Hwy 101)
20.8	L	Channing (1st stop sign)
21.5	L	Newell (signal)
22.3	R	California (T intersection)
22.5	L	Middlefield (stop sign)
		Caution: Cross traffic does not stop
22.5		Immediate R on California (signal)
22.9	R	Bryant (3rd stop sign)
24.8	L	Palo Alto (no signal or stop sign)
25.0	R	Alma (stop sign)
25.1		Cross El Camino Real and continue on Sand Hill in bike lane (jog to the left)
27.0	L	Santa Cruz (signal); becomes Alpine
28.2		Cross I-280 (stop sign; caution)
29.4	R	Westridge (no signal or stop sign) Begin 0.7mi steep climb
32.5	L	Portola (stop sign)
33.7	L	Alpine (stop sign, enforced by police)

Category: 3 Terrain: 3 Climbing: 2000ft
Today's leaders:
Chris Thomas 408-832-3797
SAG: Al Esquivel 408-718-6617
Randy Files 510-917-1132
David Gaus 408-857-9106
Ellen Goldstein (no cellphone)
Kevin Hunter 510-552-3563
Bob Katz 415-572-7468
Ally Kemmer 408-386-5590
Larry L'Italien 415-786-1259
Paul Rammer 510-295-3504
Kathy Sherman 650-207-9099

**USE EXTREME CAUTION IN WET CONDITIONS.
WATCH FOR WATER, MUD, AND DEBRIS.
CONTROL YOUR SPEED ON DESCENTS, OR WALK.**

33.8	L	Into
Rest Stop 2 – Mile 33.8 (15.9 miles to end)		
Roberts Market (Portola Valley location)		
Rest stop hours: Noon - 2:30pm		
33.8	L	Out of parking lot onto Alpine
34.9	R	Arastradero (no signal or stop sign; look for Alpine Inn on right)
37.0	L	Page Mill (stop sign)
37.2	R	Arastradero (1st stop sign; short climb)
37.9	R	Purissima (stop sign just past I-280)
38.4	R	Elena (no signal or stop sign) Begin 0.6mi climb
40.2	R	Taaffe (no signal or stop sign) Begin 1.0mi climb
41.2	L	Altamont (stop sign)
41.5		CAUTION: STEEP, WINDING DESCENT CONTROL YOUR SPEED
42.4	L	Moody (stop sign)
42.7	R	El Monte (4-way stop, enforced by police)
43.3		Cross I-280
43.8	R	Summerhill (signal; short, steep climb)
44.8	R	Magdalena (signal)
44.9	L	Hillview (1st left; no signal or stop sign)
45.1	R	Fairway (stop sign)
45.6		Becomes Loyola
46.4		Cross Foothill Expwy; becomes A Street
46.5	L	Miramonte (T intersection)
48.9		Becomes Shoreline (at El Camino Real)
49.5	R	Villa (signal)
49.6	L	Franklin (stop sign)
49.7	R	Into
End of ride – Franklin/Evelyn lot		
Congratulations!		
Route closes at 4:30pm		
Remember to eat, drink, and stretch		

Please respect the communities we are traveling through and use only proper restroom facilities.