

Tour de Poway 26 mile course 10:00 AM start

	<u>Segment Mile</u>	<u>Total Distance</u>
(L) Midland	.5	.5
(R) Twin Peaks	.75	.80
(L) Espola	4	4.8
(R) Valle Verde	1.3	5.2
(L) Old Winery Road	.2	5.4
(R) Vincent Rizzo Rd(Bernardo Winery)	.2	5.6
(R) Paseo Verano Norte	1.1	6.7
(R) Pomerado\West Bernardo Dr(AID STATION)	5	11.7
(R) Rancho Bernardo Rd	1.2	12.9
(L) Camino San Bernardo	.6	13.5
(L) Camino Del Norte(East)	2.5	16
(R) Carmel Mnt Road	.25	16.25
(R) Rancho Carmel Dr	2	18.25
(L) Ted Williams Pwky(East)	2	20.25
(R) Pomerado Road	3	23.25
(L) Metate	1.25	24.50
(L) Community Road	1.5	26
(R) Aubrey to Finish	.25	26.25