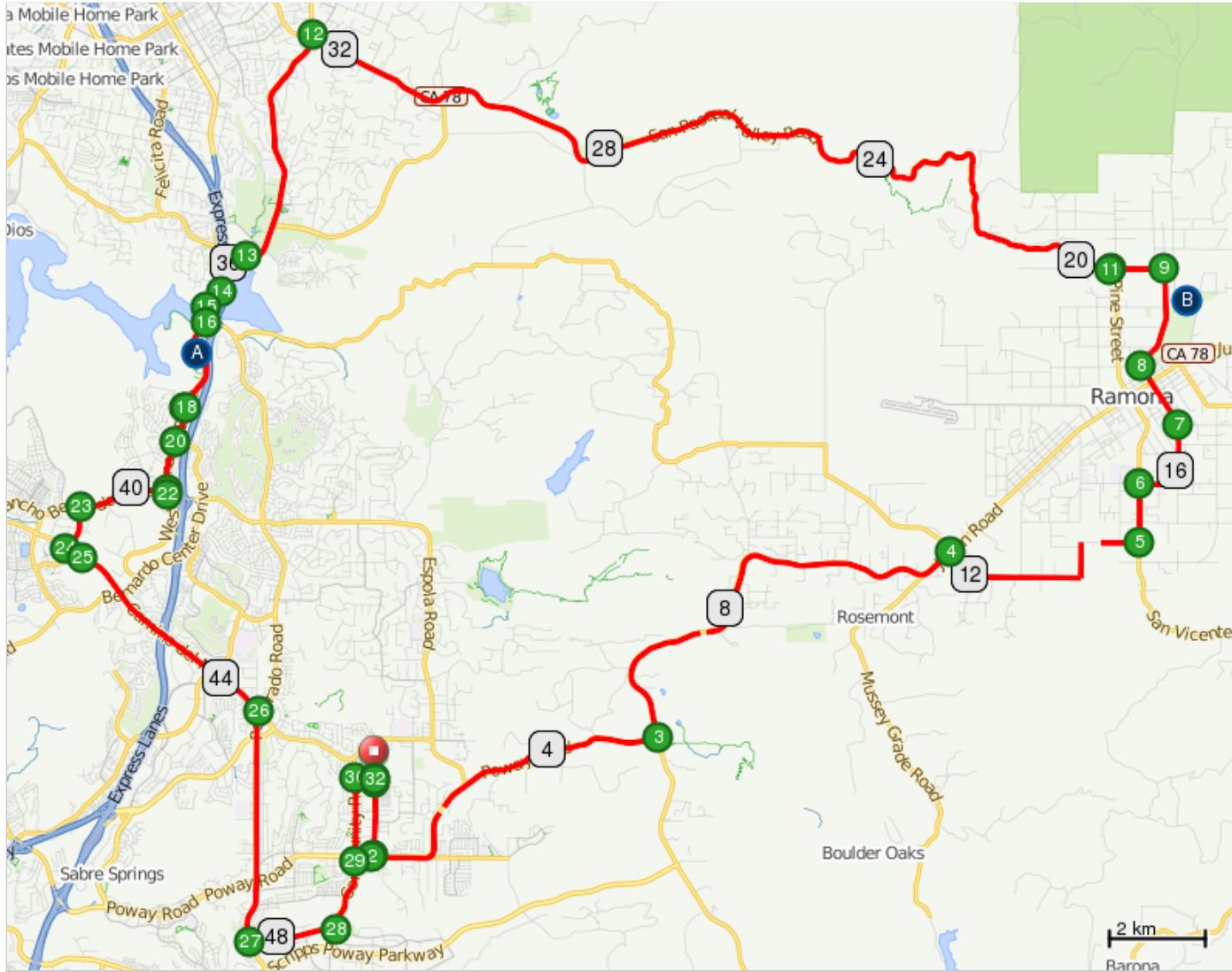


TDP50-2012

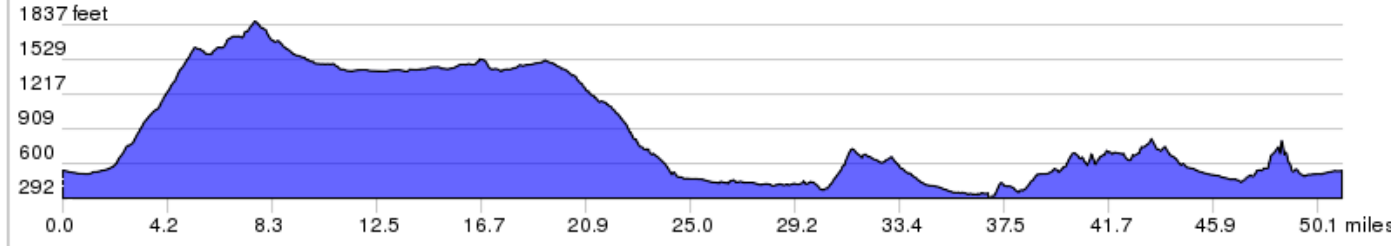


- A. Aid Station #2
- B. Aid Station

**Marked STRAVA Segments
Strava.com**

Poway Grade
Distance 3.3 miles
Avg Grade 6.1%

San Pasqual Valley Road
Distance .9 miles
Avg Grade 6.7%



Tour de Poway -50 Mile Route Sheet
Emergencies call 911

FOLLOW BLUE ROUT E ARROWS
ride support call (858)679-1027

	<u>Segment Mile</u>	<u>Total Distance</u>
(R) Midland	1	1
(L) Poway Rd	4.5	5.5
(L) Hwy 67	6	11.5
(R) Dye Rd\Ramona Rd\Warnock	3	14.5
(L) San Vicente Rd	.7	15.2
(R) Hanson Lane	.5	15.7
(L)Ashley Rd turns into Seventh and crosses main st)	1.6	17.3
(R) Elm St(AID STATION at Adult Soft Ball Fields)	1.3	18.6
(L) Haverford	.7	19.3
(R) Hwy 78	12.7	32
(L) Bear Valley Parkway/Via Rancho Pkwy	3.3	35.3
(L) Sunset Dr. end of street enter bike path to bike bridge	2	37.3
(R)West Bernardo Dr off of bridge	2	39.3
AID STATION RB community parking lot first Entrance just after exiting I-15 shoulder		
(R) Rancho Bernardo Rd	1.2	40.5
(L) Camino San Bernardo	.6	41.1
(L) Camino Del Norte(East)	3	44.1
(R) Pomerado Road	3	47.1
(L) Metate	1.3	48.4
(L) Community Road	2	50.4
(R) Aubrey	.2	50.6