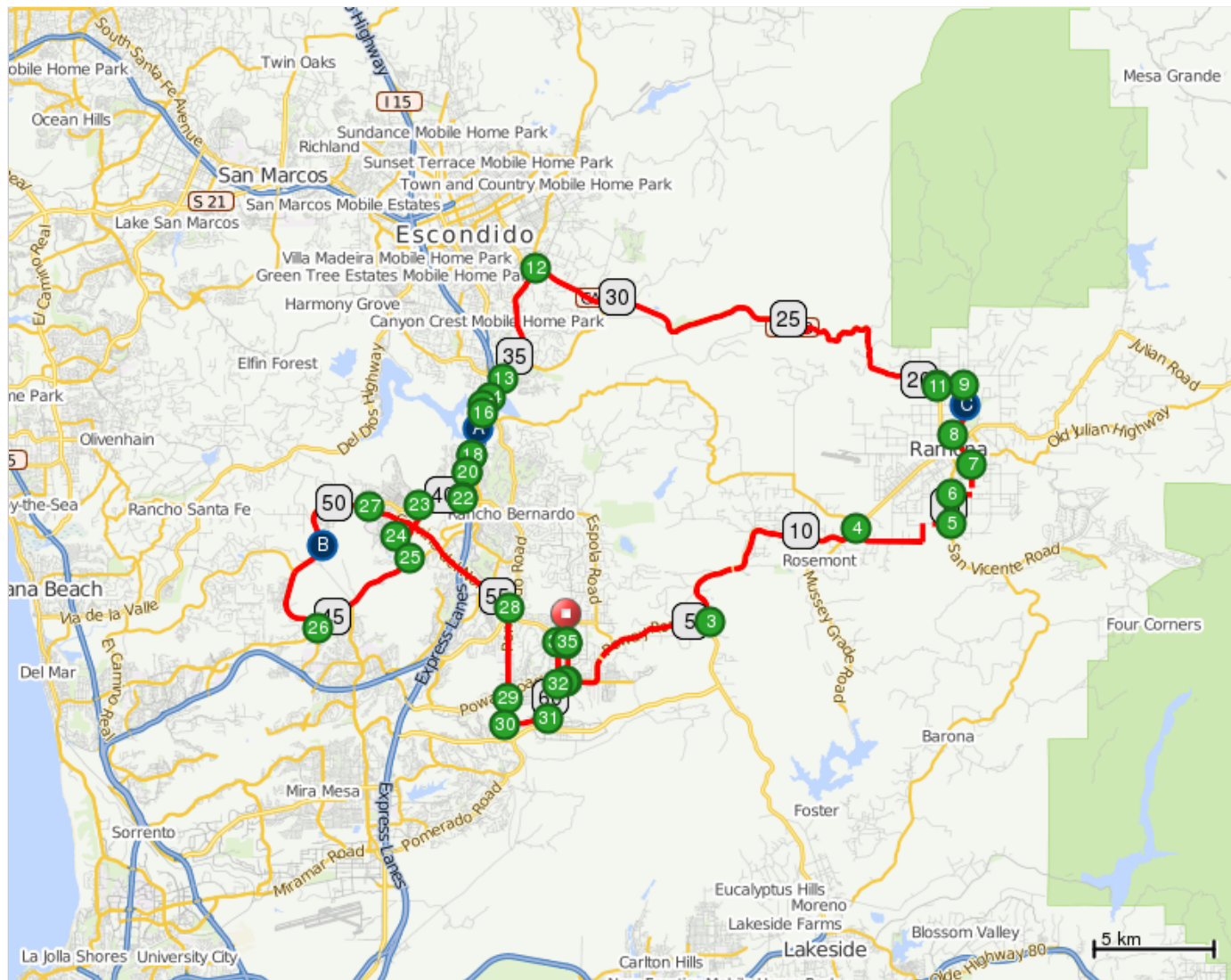


# TDP62-2012



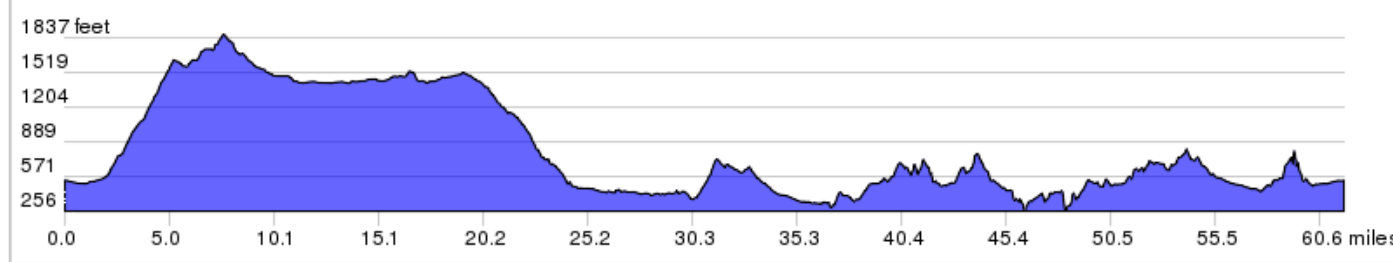
- A. Aid Station #2
- B. Aid Station #3
- C. Aid Station #1

**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%

**Carmel Valley SW**  
Distance 1.3 miles  
Avg Grade 3.2%



	<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( <b>AID STATION at Adult Soft Ball Fields</b> )	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
<b>AID STATION RB</b> community parking lot first Entrance just after exiting I-15 shoulder		
(R) Rancho Bernardo Rd	1.2	40.5
(L) Camino San Bernardo	1.1	41.6
(L) Dove Canyon Rd	.7	42.3
(R) Bernardo Center Dr/Carmel Valley Rd	3	45.3
(R) Camino Del Sur( <b>AID STATION</b> ) Construction office	10	55.3
(R) Pomerado Road	3	58.3
(L) Metate	1.3	59.5
(L) Community Road	2	61.8
(R) Aubrey	.2	62