



Ride Partners



Welcome to the Ride 2 Recovery – 2017 California Challenge

Saturday, Oct 14 to Saturday, Oct 21

Before embarking on a serious training program, it is a good idea for everyone to get checked out by their doctor to address any current potential physical problems.

R2R is not a race. It is an experience that will challenge you physically, mentally, and emotionally. For most, riding with R2R means riding every mile. We understand and appreciate the dedication and support in your goal, but your health and well-being are also important to us. As you set your own goals and measure your accomplishments, remember, your success is not necessarily about riding every mile, it is about riding every mile you can while remaining healthy and injury-free.

R2R Challenges are not about how fast you can go, but rather about how to ride with a group. We usually have four groups of varying riding abilities lead by group leaders. You can ride alone at home, but on R2R Challenges, we ride in groups. You will find a group of riders that will work at close to your pace and you should work together – sometimes riding faster or slower to keep the group together. Riding in a group provides opportunity to draft (letting you use less energy), to get to know other riders, and most important of all, to have a support vehicle with you.

If you are alone, you will NOT have any support with you. Support vehicles carry spare wheels, tool kits, first aid, drinks, and snacks. They also provide protection if you need to stop for repair or injury. If you are unable to ride for whatever reason, *the support vehicle will provide you and your bike with a ride to the rest stop or hotel.* R2R is a group ride. Take advantage of the opportunity to learn more about riding and to make new friends with similar interests.

PLEASE NOTE: Routes can change without notice. You must attend the Ride Briefing each day, which will give you details on changes and points of interests along the route. Routes are marked with ORANGE arrows painted on the road, and we will be escorted by American Legion Riders for most of the day.

PLEASE NOTE: During Challenges we have special JERSEY DAYS. These days refer to Ride 2 Recovery specific jerseys or current 2015 Ride 2 Recovery sponsors. If you are unsure about the appropriateness of a jersey please ask R2R Staff.

A Statement on our drug, medication, and substance policy

Participating in any Ride 2 Recovery (R2R) activity while on any substance that could possibly impair your ability to operate a bicycle is against the rules and policies of R2R and motor vehicle codes. Any person found to be impaired while riding, or would be found publicly intoxicated, can be removed from a R2R activity, and might have future invites revoked as well as future registrations flagged. Prescription medications must only be used in a legal and prescribed manner. Use of any prescription medication, regardless of legal status, in a manner, method, or area that could possibly affect the mental state or drug test of other participants, volunteers, guest, or staff will not be tolerated. Any person found to be utilizing medication in this manner might be removed from a R2R activity, have future invites revoked, as well as future registrations flagged.

Sample Daily Schedule: Please see below for Daily Departure Schedule

6:30 am	Breakfast (at Hotel)
7:00-7:30 am	Luggage out to the U-HAUL
8:15am	Ride Briefing (Your luggage must be in the truck)
8:00 am	Ride Start from hotel
3:00 pm	Arrive at Hotel (Please look for the luggage truck to pick your stuff and room assignments)
6:00 pm	Dinner
8:00 pm +	Post Dinner activity as available

There will be a ride briefing approx. 15 minutes before the start of each day...

On your first challenge of the year you will receive:

- Cycling Jersey
- Challenge T-Shirt
- Cycling Bib Shorts

<p>If you have an accident during the ride:</p> <ol style="list-style-type: none"> 1. First Aid in each support vehicle 2. Alert Caregivers / Medical on the ride
<p><u>Expected Weather</u></p> <p>Sunny with rain showers possible and highs in the 80s low in the 60s.</p>



Luggage:

1 Large suitcase / 1 small backpack should be enough. Plus if you have a bike bag or box.

Suggested Packing List:

<ul style="list-style-type: none"> Bike Cycling Shoes Helmet Multi Tool 2-3 Jerseys (<i>Only One</i> will be Issued at Registration) 2-3 Shorts Cycling Gloves Bike Water Bottles <u>Warmer Clothing:</u> <ul style="list-style-type: none"> Light / Rain Jacket Arm and or Leg Warmers Cold Weather Hat 	<ul style="list-style-type: none"> Chapstick Any Prescription Medications Hygiene / Shaving Kit 2-3 Appropriate Dinner Clothing Swim Suit (<i>optional</i>) Socks Camera Sunglasses Chargers for Phone / iPad / etc.
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Airport Arrival:

Shuttle from Airport to Hotel: On your Own

Arrival At Hotel / Rooming:

Please look for the RED WHITE & BLUE TRUCK known as the Challenger when you arrive to the finish each day. There you will find your bags and rooming assignments.

DINNER: Usually 5:30 pm buses will depart from the hotel for dinner between 6-8pm.

NOTE: DO NOT charge anything to your room. You will be responsible to pay any charges to your room at check out.

To promote safety and camaraderie, please NO iPods or other musical devices while riding!

While Riding:

Ten Commandments of Bicycling

- I. Wear a helmet everyday
- II. Conduct an ABC Quick Check before every ride
- III. Obey traffic laws: ride on the right, slowest traffic farthest to right
- IV. Ride predictably and be visible at all times
- V. At intersections, ride in the right-most lane that goes in the in your direction
- VI. Scan for traffic and signal lane changes and turns
- VII. Be prepared for mechanical emergencies with tools and know-how
- VIII. Control your bike handling skills
- IX. Drink before you are thirsty and eat before you are hungry
- X. HAVE FUN!!

Rules of The Road

Cyclist fare best when they act and are treated as drivers of vehicles

- Obey all traffic signs and signals
- Ride in the same direction as other traffic
- Use hand and arm signals
- One hand on the handlebars
- Effective brakes

Efficiency On The Bike

Use lower gears

Newer cyclist tend to push too big of a gear; down shift and spin a smaller gear

Low cadence will cause you to fatigue faster and might cause knee pain

Try to spin about 90-105 RPMS; you'll have more energy and get a better workout

No Bull – AKA No Skateboarding

When stopped, don't push off the ground to get started

Leave one pedal in the two o'clock position; push down when you are ready to go

You will have enough momentum to balance and put your other foot on the pedal

Relax

You should be comfortable while you ride

Relax while you ride; it takes energy to grip the handlebar in fear

Change hand positions often

Relaxed riders are smooth and crash less often

Don't Rock The Boat

Make sure that your saddle height is adjusted properly

Too high and your hips rock; too low causes knee pain

You should have a slight bend in your knee at the bottom of the pedal, which increases efficiency

Avoid The Wall

Listen to your body while you ride to avoid hitting the wall of exhaustion

Eat before you are hungry and drink before you are thirsty to avoid fatigue

If you experience a lightheaded feeling, get off the bike and get some fluids

Weekly schedule and Routes:

Saturday, OCT 14 – San Francisco, CA.

HOTEL

Embassy Suites San Francisco Airport
250 Gateway Boulevard, South San Francisco, CA 94080

NOTE:

SHUTTLE FROM **SFO** AIRPORT – On
Your Own SCHEDULE:

10:45 AM VOLUNTEER CHECK-IN

11:00 am – 4:00pm R2R store hours
11:00-4:00 and for 1 hour after dinner for late Check In **TBD**

12:00 PM – 4:00 PM REGISTRATION:

LOCATION: IN BOLD

- WELCOME **TBD**
- Hero Track Registration 1:00-3:00
- BIKE BUILD / BIKE FIT
- GOODIE BAG PICK-UP
- **YOGA CLASSES** AVAILABLE 1:00 and 3:00 Robert Keating TBD
- **Mechanics Class** Derailleur Adjustment 1:00 Aries Miclat **Challenger**
- **Pushers Clinic**, 2:00 at Challenger Nate Dewalt **Challenger**

4:00 – 4:30 PM 1ST TIME RIDER Q AND A and **Battle Buddy** Jayme Brown TBD

4:45 – 5:15 PM Battle Buddy SKILLS CLINIC:

LOCATION: Parking Lot at Challenger

- MANDATORY FOR 1ST TIME RIDERS
- ALL ARE WELCOME

5:00-6:00pm Caravan Driver Key exchange and meeting

- Registration Room

6:00 PM Welcome Reception TBD

6:30 PM KICK- OFF DINNER:

LOCATION: TBD

Orientation Presentation

SPONSORED BY: Ride 2 Recovery

Speaker: TBD

7:30 PM ALL STAFF MEETING Immediately following Dinner

LOCATION:

LATE REGISTRATION IN ROOM AFTER DINNER FOR FLIGHT ARRIVALS AFTER 4:00 PM

Sunday, OCT 15 San Francisco, CA – Santa Cruz, CA

76 MILES

R2R JERSEY DAY



RIDE BRIEFING: TBD Bag Drop at Uhaul TBD

Taping/Sick Call: TBD

DEPART: TBD One Group

MILE	TURN	INSTRUCTION	COMMENTS
0.0	Depart	Depart Holiday Inn Express 275 S Airport San Francisco, CA 94080	
0.1	Right	Turn right onto Clement St	
0.3	Straight	Continue straight onto Seal Rock Dr	
0.4	Left	Turn left onto Alta Mar Way	
0.4	Right	Turn right onto Point Lobos Ave	
0.9	Right	Point Lobos Ave turns slightly right and becomes Great Hwy	
4.6	Right	Turn right onto Skyline Blvd	
8.6	Straight	Merge onto CA-1 S via the ramp to Pacifica/Santa Cruz	
11.1	Straight	Take exit 506 toward Paloma Ave/Francisco Blvd	
11.3	Straight	Continue onto Francisco Blvd	
12.1	Straight	Continue onto Bradford Way	
12.5	Left	Turn left onto Westport Dr	
12.5	Right	Turn right at the 1st cross street onto CA-1 S/Cabrillo Hwy N	
73.2	Right	Turn right onto Swift St	
73.6	Left	Turn left onto Delaware Ave	
74.2	Left	Turn left onto Woodrow Ave	
74.3	Right	Turn right onto Errett Cir	
74.4	Right	Turn right onto California Ave	
74.6	Left	Turn left onto Bay St	
74.7	Right	Turn right onto California St	
75.3	Right	Turn right onto Walnut Ave	
75.4	Straight	Continue onto Lincoln St	
75.8	Left	Turn left onto Pacific Ave	
75.8	Right	Turn right onto Soquel Ave	
76.2	Left	Turn left onto Ocean St	
76	Arrive	Hotel	Holiday Inn Express & Suites 1410 Ocean St Santa Cruz, Ca 95060 ETAF/L: 1:50-2:30

HOTELS:

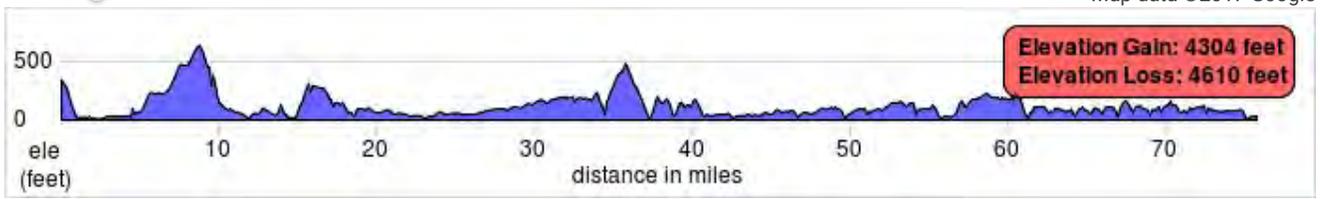
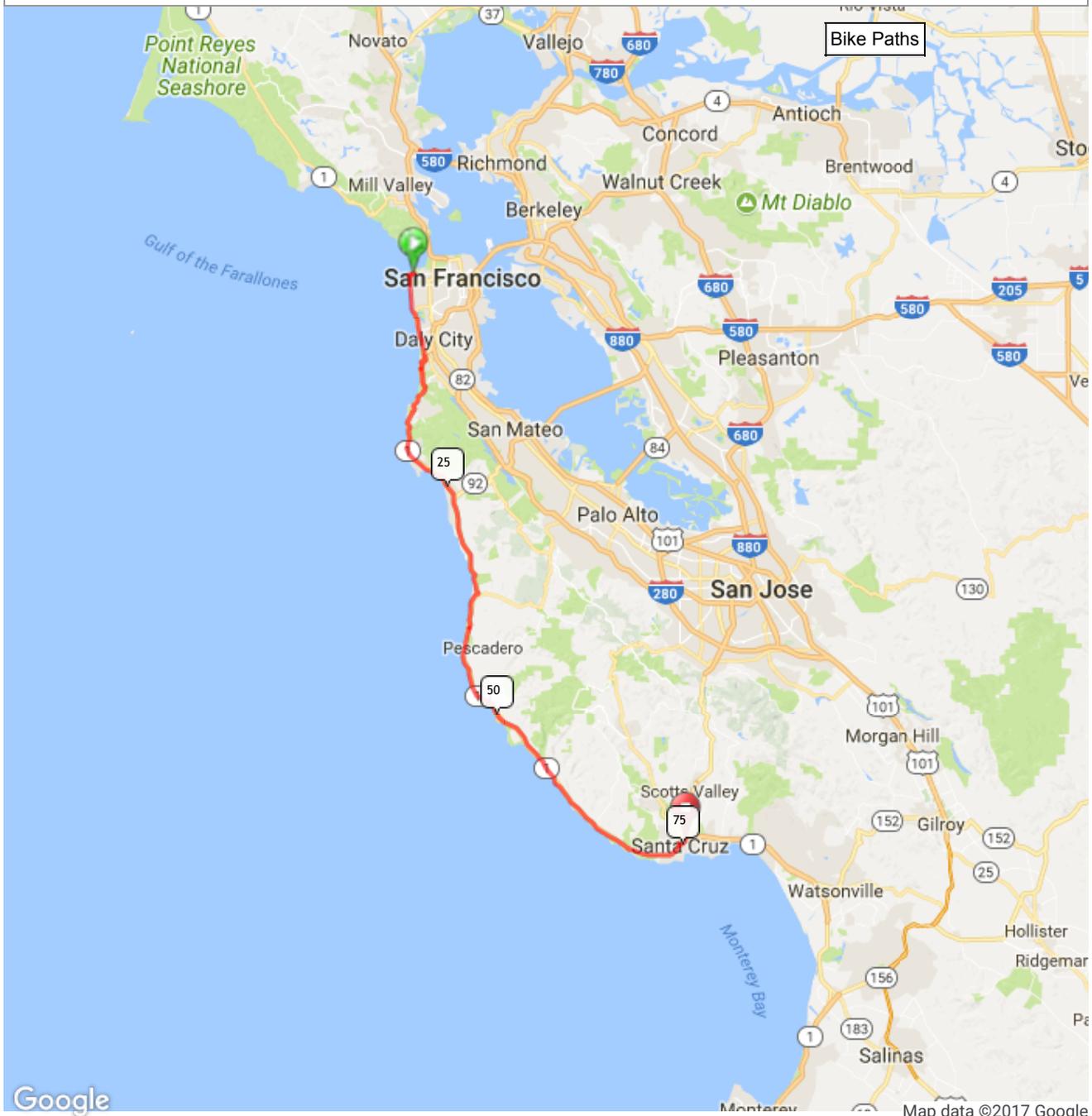
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Holiday Inn Express & Suites
1410 Ocean Street
Santa Cruz, CA 95060

Busses Depart: TBD
DINNER: 6:00pm
LOCATION: TBD
SPONSORED BY: TBD

Sunday, OCT. 15 Map

17 CAd11015 draft 2 75.8 mi, +4304 / -4610 ft



Monday, OCT, 16 Santa Cruz, CA. – Salinas, CA. 39 MILES PROJECT HERO JERSEY DAY

RIDE BRIEFING: TBD Uhaul Bag Drop: TBD Taping / Sick Call: Night Before

DEPART: TBD D Group TBD 1/2 Group



MILE	TURN	INSTRUCTION	COMMENTS
0.0	Depart	Depart Hotel Holiday Inn Express & Suites 1410 Ocean St Santa Cruz, Ca 95060 831-466-9100	
0.1	Straight	Make a U-turn at Plymouth St	
0.5	Left	Turn left onto Water St	
1.2	Right	Turn right onto Poplar Ave	
1.3	Left	Turn left onto Soquel Ave	
1.9	Left	Slight left to stay on Soquel Ave	
8.8	Right	Turn right onto Soquel Dr	
9.7	Right	Turn right onto Freedom Blvd	
10	Left	Turn left onto Bonita Dr	
11.1	Right	Turn right onto San Andreas Rd	
18.1	Left	Turn left onto Beach Rd	
18.2	Right	Turn right onto Thurwachter Rd	
18.6	Straight	Continue onto Mc Gowan Rd	
19.3	Right	Turn right onto Trafton Rd	
20.9	Left	Turn left onto Bluff Rd	
21.7	Left	Turn left onto Jensen Rd	
22.4	Right	Turn right onto CA-1 S	
28.9	Left	Turn left onto Merritt St	
30.7	Straight	Continue onto CA-183 S/Castroville Rd	
38.3	Straight	Continue onto E Market St	
38.4	Straight	Continue straight onto E Front St (signs for Abbott St)	
38.7	Left	Turn left onto E Alisal St	
39	Right	Turn right onto Work St	
40	Arrive	Hotel	Hampton Inn 523 Work Street Salinas, CA 93901

HOTELS:

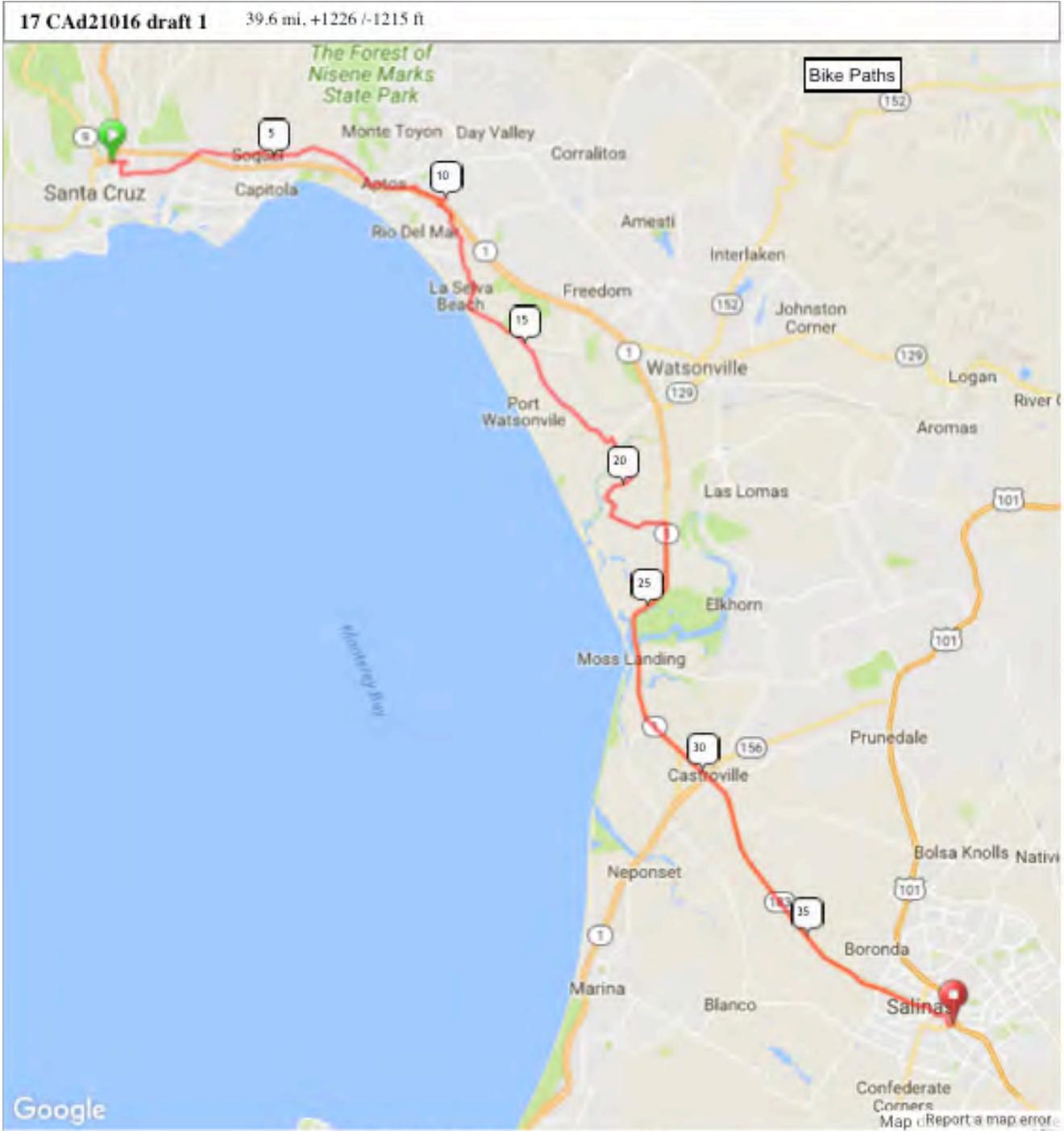
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Special Event:

Hampton Inn
523 Work Street
Salinas, CA 93901

Buses Depart: None
DINNER: 6:00 PM
LOCATION: TBD Sponsor By: TBD

Monday Oct 16 Map



Tuesday, Oct 17 Salinas, CA – San Simeon, CA 120 mil

BOEING JERSEY DAY

RIDE BRIEFING: 7:15 AM Uhaul Bag Drop: 6:15-7:00 AM Taping / Sick call: 6:00-7:00 AM

DEPART HOTEL: 7:30 AM D GROUP 7:30 AM 1-2 GROUP

MILE	TURN	INSTRUCTION	COMMENTS
0.0	Depart	DEPART FROM Hotel	Carmel Mission Inn 3665 Rio Rd Carmel-By-the-Sea CA 93923 (831) 624-1841 Depart 7:30
0	Left	Turn left onto CA-1 S/Cabrillo Hwy	
26.4	Left	Turn left for Rest Stop	Rest Stop @ Mile 26.4 Big Sur Station Monterey County Ca ETAF/L: 8:58-9:50 
54.3	Right	Turn right for Lunch Stop	Lunch Stop @ 54.3 Lunch at the Tree  Mill Creek Area ETAF/L: 10:51-12:30
54.5	Right	Turn right onto CA-1 S/Cabrillo Hwy	
74.5	Right	Turn right for Rest Stop	Rest Stop @ Mile 74.4  Ragged Point 19019 California 1, Ragged Point, CA ETAF/L: 12:38-2:30
74.5	Right	Turn right onto CA-1 S	
92.4	Right	Turn right onto Pico Ave	
92.4	Left	Turn left onto Hearst Dr	
92.5	Right	Arrive at Best Western - Cavalier	
93	Arrive	Hotel on left	Sands by Sea 9355 Hearst Dr. San Simeon CA 93452 805 927 3243 ETAF/L: 2:20-4:20

HOTELS:

NO TAG

BLUE TAG

RED TAG

Sands by Sea
9355 Hearst Dr.
San Simeon CA
93452
805 927 3243

Best Western-Cavalier
9415 Hearst Dr
San Simeon CA 93452
(805) 927-4688



Busses Depart: None

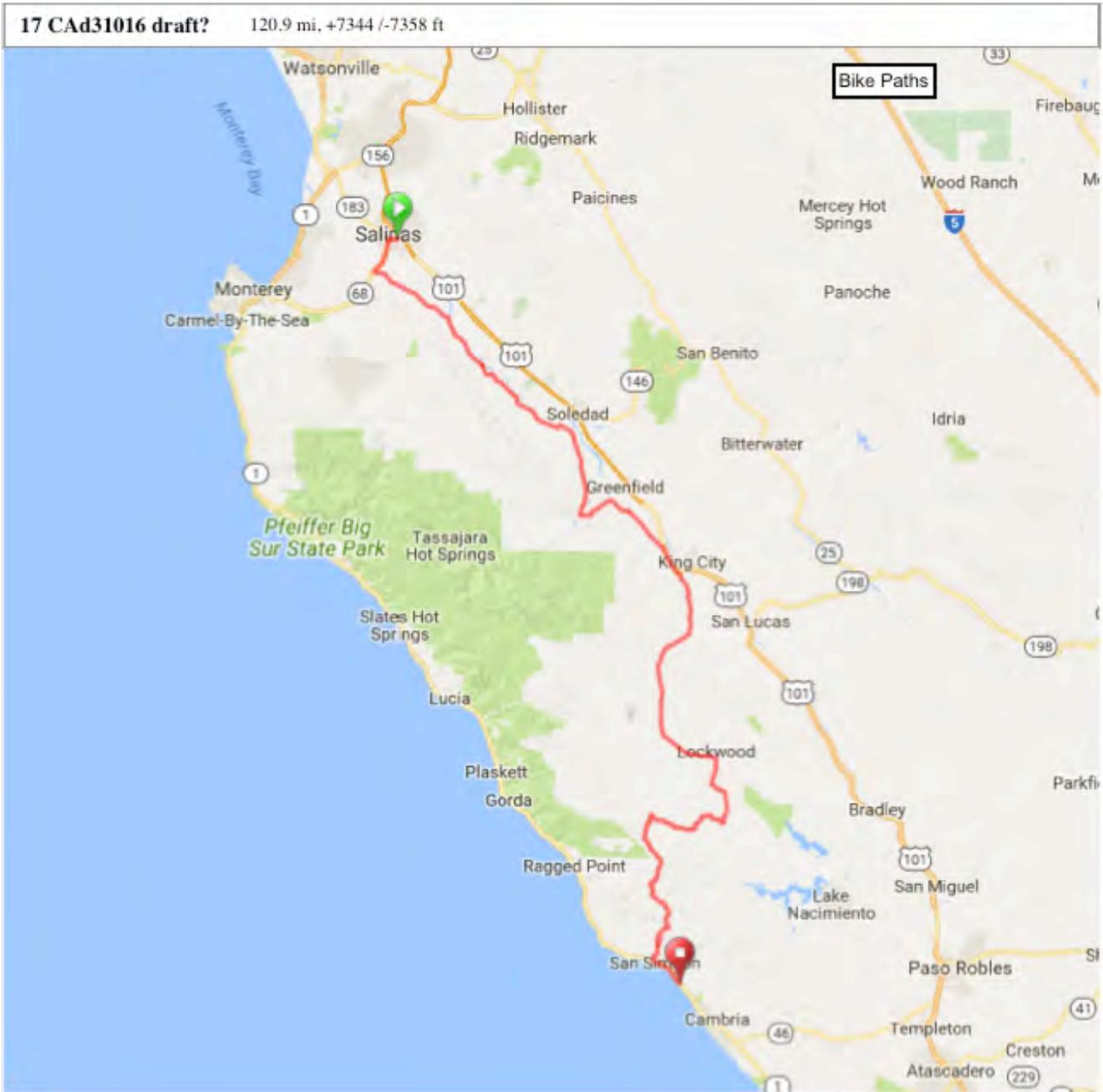
Dinner 6:30

LOCATION: TBD

SPONSORED BY: GEICO DINNER

SPECIAL EVENT: SMORES

Tuesday Oct 17 Map



Wednesday, Oct 18

San Simeon, CA – Pismo Beach, CA

54 MILES

Sponsor and WOMEN'S Jersey

RIDE BRIEFING:

9:30

Uhaul Bag Drop: 8:15-9:00

Taping / Sick Call: 8:00-9:00



DEPART HOTEL:

9:45 All Groups depart

MILE	TURN	INSTRUCTION	COMMENTS
0.0	Depart	DEPART Hotel Sands by Sea 9355 Hearst Dr. San Simeon CA 93452 805 927 3243	Depart 9:45
0.2	Right	Turn right out of parking lot onto Hearst Dr.	
0.2	Left	Turn left on Vista Del Mar Ave and immediate right onto CA-1 S/Cabrillo Hwy	
4.4	Left	Turn left onto Santa Rosa Creek Trail	
4.5	Right	Turn right onto Main St	
5.3	Right	Turn right onto Burton Dr	
5.9	Straight	Continue onto Eton Rd	
6.3	Right	Turn right onto Main St	
6.5	Left	Turn left onto CA-1 S	
18.2	Right	Turn right onto N Ocean Ave	
19.9	Straight	Take the ramp onto CA-1 S/Cabrillo Hwy	Rest Stop @ Mile 24.1 Morro Bay High School 235 ATASCADERO Rd. ETAF/L: 11:05-11:47 
25	Straight	Take exit 279A toward Main St	
25.2	Right	Turn right onto Main St	
25.4	Left	Turn left onto Quintana Rd	
25.8	Right	Turn right at Morro Bay Shopping Center	
26	Straight	At the traffic circle, take the 2nd exit onto Morro Bay Blvd	
26	Right	Slight right onto Quintana Rd	
28	Right	Turn right onto CA-1 S/Cabrillo Hwy	
37.2	Left	Turn left onto Highland Dr	
38	Right	Turn right onto University Dr	
38.1	Left	Turn left onto N Perimeter Rd	
38.5	Left	Turn left onto Grand Ave	
39.4	Right	Turn right into American Legion Veterans Hall for lunch	Lunch Stop @ Mile 39.4 American Legion Building 1661 Mill St, SLO  ETAF/L: 12:15-1:30
39.5	Right	Turn right onto Monterey St	
40.3	Left	Turn left onto Chorro St	
40.4	Right	Turn right onto Higuera St	
45	Right	Turn right onto Ontario Rd	
45	Left	Turn left to stay on Ontario Rd	
48.1	Left	Turn left onto Avila Beach Dr	
48.4	Right	Turn right onto Shell Beach Rd	
51.1	Straight	Continue onto Price St	
51.5	Right	Arrive at Pismo Lighthouse Suites	
54	Arrive	Hotel on right Pismo Lighthouse Suites 2411 Price St Pismo Beach CA (805) 773-2411	ETAF/L: 2:23-2:30

HOTEL:

NO TAG

BLUE TAG

Pismo Lighthouse Suites
2411 Price St
Pismo Beach CA 93449
(805) 773-2411

Best Western Shore Cliff
2555 Price St.
Pismo Beach CA 93449
805-547-2714

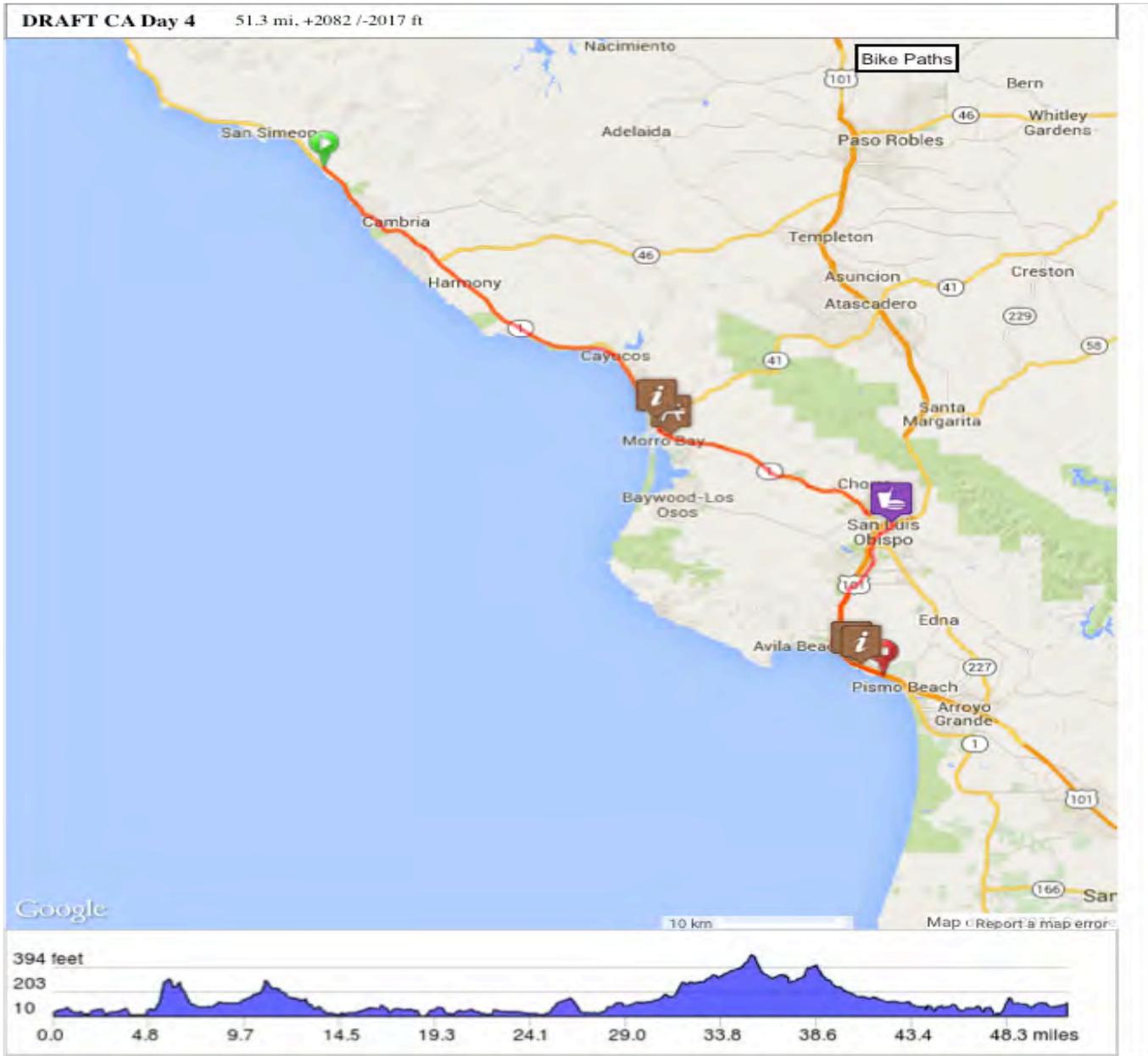
Buses Depart: 5:30 2 Shuttles

DINNER: 6:00

LOCATION: Pismo Beach Golf Course 319 CAL 1

SPONSORED BY: Kiwanis Jim Decco

Wednesday Oct 18 Maps



Thursday, Oct 19 Pismo Beach, CA – Solvang, CA 73 MILES Service Jersey Day

RIDE BRIEFING: 9:15 Uhaul Bag Drop: 8:00-8:45 Taping / Sick Call: 8:00-9:00

DEPART HOTEL: 9:30 One Group



MILE	TURN	INSTRUCTION	COMMENTS
0.4	Right	Exit parking lot, head east on Price St. then turn right onto CA-1 S/Dolliver St	Depart Pismo Light House Suites 9:30
27.5	Left	Turn left onto Clark Ave	Oceano Bike posse Meet up @ Mile 3.8 Oceano Elementary School 1551 17th St, Oceano, CA 93445 ETAF/L: 9:40-10:00
28.1	Left	Turn left at ALP 534 (145 W. Clark Ave., Orcutt)	
28.1	Right	After lunch take right to continue on Clark Ave.	Lunch Stop @ Mile 28.1 American Legion Post 534 145 W. Clark Ave, Orcutt ETAF/L:11:03-12:02
28.7	Left	Turn left onto CA-1 S/Cabrillo Hwy	
32.9	Straight	Merge onto CA-1 S/County Rd 20/Cabrillo Hwy via the ramp to Lompoc/Vandenberg A.F.B	
39.4	Left	Turn left onto CA-1 N	
39.5	Straight	Make a U-turn	
39.6	Left	Turn left onto California Blvd	
39.6	Right	Turn right onto CA-1 S	
39.6	Straight	Make a U-turn at California Blvd	
46.1	Right	Slight right onto CA-1 S/N H St (signs for Lompoc)	
48.9	Left	Turn left onto E Ocean Ave	
50.2	Right	Turn right onto CA-1 S/San Julian Rd	
51.7	Left	Turn left onto Santa Rosa Rd	Rest Stop @ mile 54.5 TBD ETAF/L: 1:18-2:16
68.6	Straight	Continue onto Ave Of The Flags	
69	Right	Turn right onto E Hwy 246	
72.2	Right	Turn right into Hadsten House	Hadston House In 1450 Mission Dr Solvang CA 93463 (805) 688-3210 ETAF/L:2:17-3:06



HOTEL: NO TAG

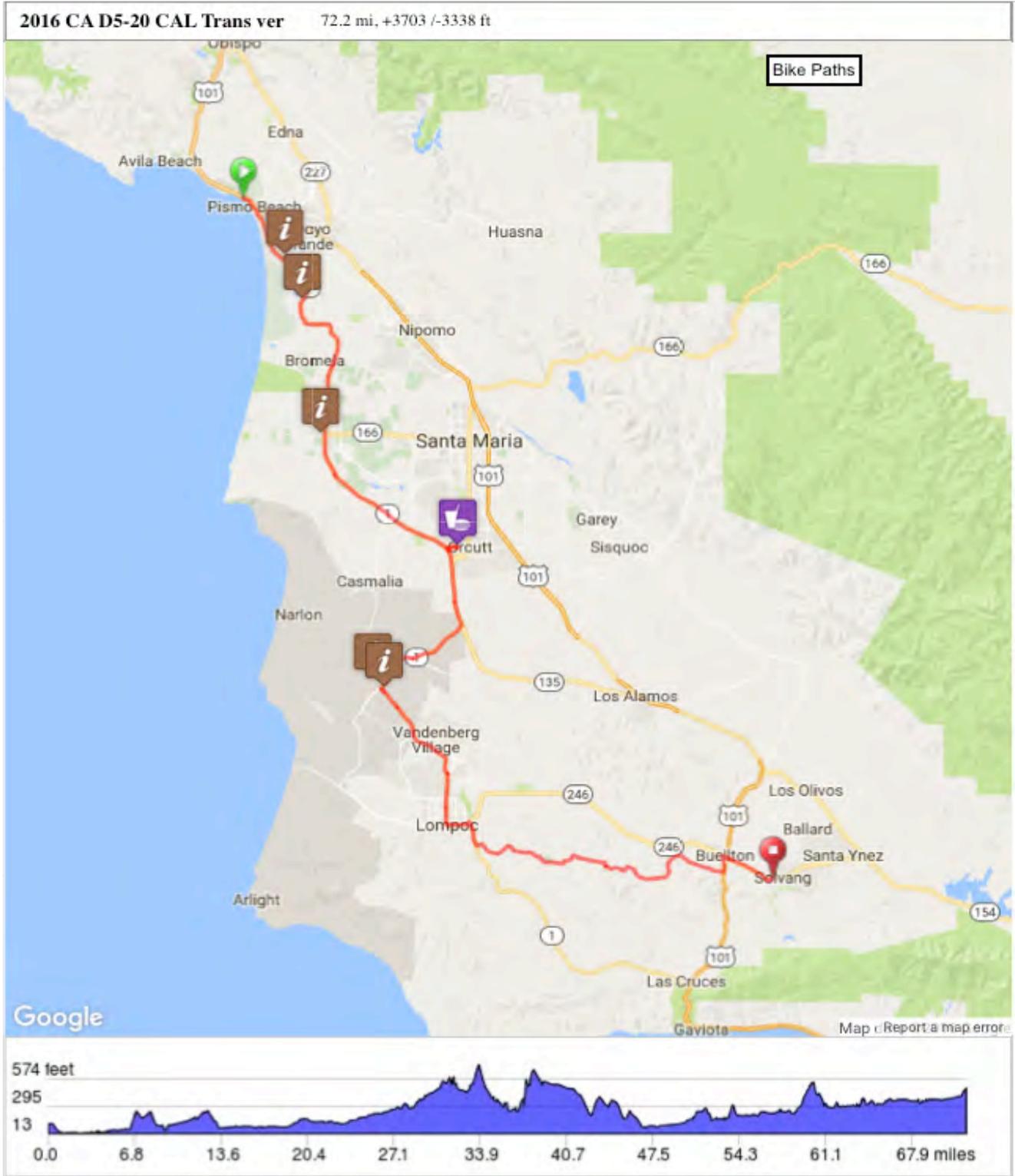
BLUE TAG

Hadsten House Inn & Spa
1450 Mission Dr
Solvang CA 93463
805-688-3210



Walk to Dinner:
DINNER: 6:00pm
LOCATION: TBD

Thursday Oct 19 Map



Friday, Oct. 20

Solvang, CA - Ventura, CA 69 Miles R2R Special Jersey Sponsor Hero Track

RIDE BRIEFING: 8:45 Uhaul Bag Drop: 7:15-8:15 Taping / Sick Call: 7:15-8:15

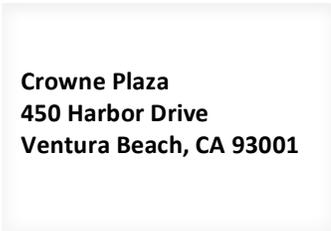
DEPART HOTEL: 9:00 C/D Group 9:30 A/B Group

MILE	TURN	INSTRUCTION	COMMENTS
0.0	Depart	DEPART FROM Hotel Holiday Inn Express 1455 Mission Dr Solvang CA 93463 (805) 688-2018	Depart 9:30
0	Right	Turn right onto CA-246 E/Mission Dr	
5.5	Straight	Continue onto CA-154 E	
17.8	Left	Turn left onto Stagecoach Rd	
21.7	Right	Slight right to stay on Stagecoach Rd	
21.7	Generic	Rest Stop on left (Stagecoach Rd./San Marcos Pass Rd.)	
23	Left	Slight left to stay on Stagecoach Rd	
23	Right	Turn right onto CA-154 E/San Marcos Pass Rd	Rest Stop @ mile 23 Stagecoach RD @ San Marcos Pass ETA/F/L: 10:40-11:22 
30.9	Left	Turn left onto State St	
31.4	Right	Turn right onto S La Cumbre Rd	
31.7	Straight	Continue onto Las Palmas Dr	
34	Straight	Continue onto Roble Dr	
34.4	Straight	Continue onto Marina Dr	
35.3	Right	Turn right onto Cliff Dr	
37.5	Right	Turn right onto Meigs Rd	
37.9	Straight	Continue onto Shoreline Dr	
39.8	Left	Turn left onto Castillo St	
40.1	Right	Lunch	Lunch Stop @ Mile 40.1 Carriage Museum 129 Castillo St Santa Barbara, Ca ETA/F/L: 11:57-12:50 
40.2	Right	Turn right onto Castillo St	
40.4	Left	Turn left onto W Cabrillo Blvd	
43	Straight	Continue onto Hot Springs Rd	
43.1	Straight	At the traffic circle, take the 1st exit onto Coast Village Rd	
43.8	Left	Turn left onto Olive Mill Rd	
43.9	Right	Turn right onto N Jameson Ln	
45.5	Right	Turn right onto Ortega Hill Rd	
46.3	Straight	Continue onto Lillie Ave	
47	Straight	Continue onto Via Real	
50.9	Right	Turn right onto Santa Ynez Ave	
51.1	Left	Turn left onto Carpinteria Ave	
53.8	Left	Turn left onto Rincon Rd	
54.4	Right	Slight right onto Rincon Hill Rd	
55	Straight	Continue onto Bates Rd	
55.2	Left	Turn left to merge onto Hwy 101 S/US-101 S	
59.4	Straight	Take the Pacific Coast Hwy exit	

59.8	Right	Turn right onto CA-1 S/Pacific Coast Hwy	
66.1	Straight	Take the ramp onto Hwy 101 S/US-101 S	
67.1	Straight	Take the Main St exit toward Ventura	
67.4	Right	Turn right onto US-101Bus/W Main St	
68.1	Right	Turn right onto US-101Bus/S Garden St	
68.6	Right	Turn right onto Figueroa St	
68.7	Left	Turn left onto E. Harbor Blvd.	
69	Right	Turn right into Crowne Plaza	
69	Arrive	Hotel	Crowne Plaza 450 Harbor Drive Ventura Beach, CA 93001 ETAF/L: 2:15-2:45

HOTEL:

NO TAG



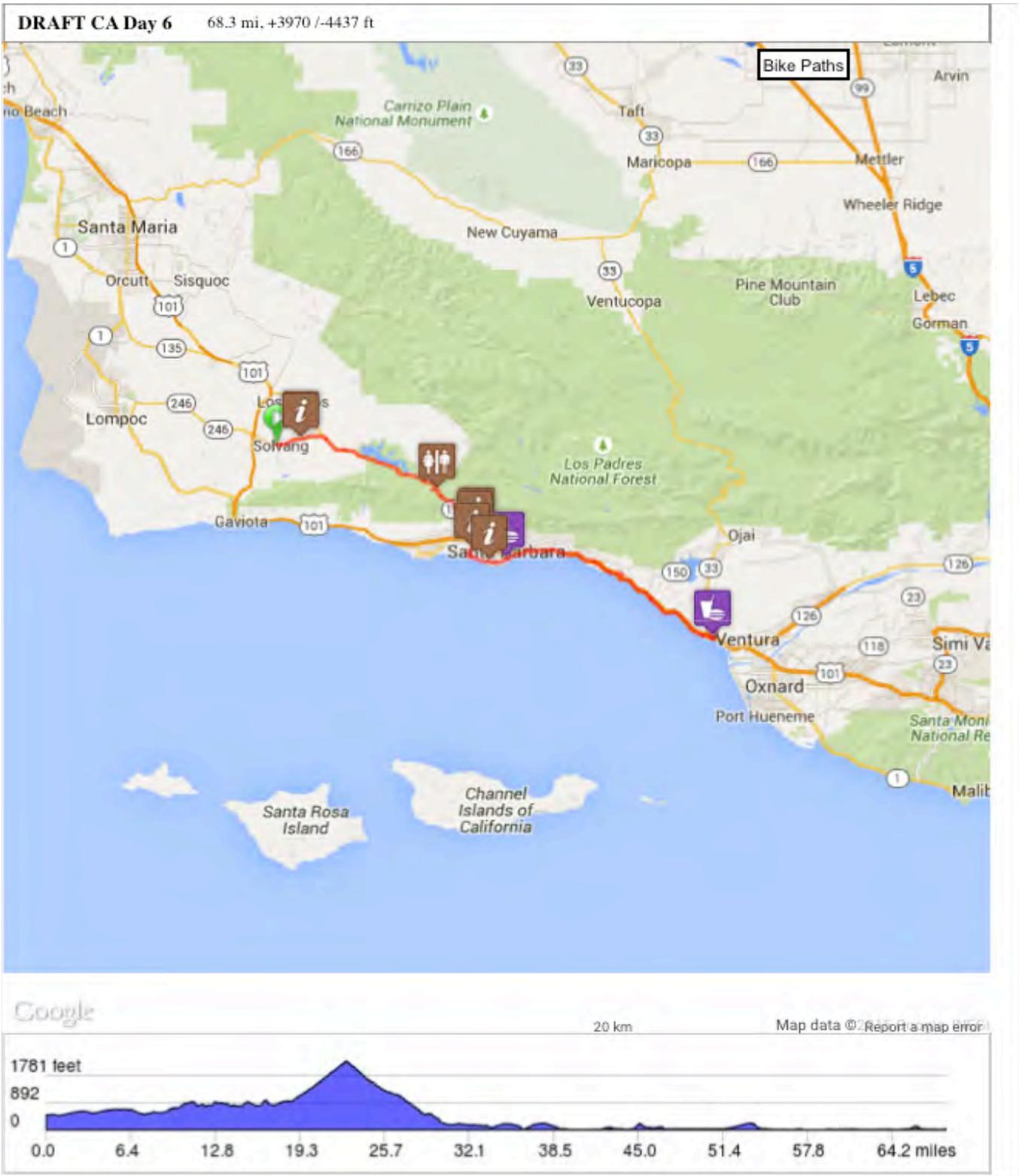
Walk to Dinner: Meet in lobby 5:20

DINNER: 6:00

LOCATION: TBD

SPONSORED BY: TBD

Friday, Oct. 20 Maps



Saturday, Oct. 21

Ventura, CA – West Los Angeles VA Center 60 miles **R2R Jersey Day**

RIDE BRIEFING: 8:45 Uhaul Bag Drop: 7:45-8:30 Taping / Sick Call: 7:00-8:15

DEPART HOTEL: 9:00 One Group



MILE	TURN	INSTRUCTION	COMMENTS
0.0	Depart	DEPART FROM Hotel Crowne Plaza 450 Harbor Drive Ventura Beach, CA 93001	Crowne Plaza Depart 9:00
7	Right	Slight right onto S Harbor Blvd	
7.1	Left	Slight left onto W Channel Islands Blvd	
9.1	Right	Turn right onto N Ventura Rd	
11	Left	Turn left onto E Port Hueneme Rd	
11.6	Straight	Continue onto W Hueneme Rd	
15.8	Right	Slight right to merge onto CA-1 S/E Pacific Coast Hwy toward Santa Monica/Navalair Road	
24.1	Right	Turn right into Sycamore Canyon/Point Mugu	Rest Stop @ Mile 24.2 Sycamore Canyon Beach Point Mugu State Park ETA/F/L: 10:36-10:56 
42.8	Right	Turn right to stay on CA-1 S/E Pacific Coast Hwy	
44.3	Right	Turn right onto Webb Way	
44.3	Left	Turn left onto Malibu Rd	
44.4	Right	Turn right into parking lot	Regroup @ Mile 44.4 Caldwell Banker Parking Lot 23676 Malibu Rd Malibu ETA/F/L: 12:17-12:27 Departure needs adjustment
44.4	Straight	Exit parking lot and head north on Webb St. toward PCH.	
44.5	Right	Turn right onto CA-1 S	
54.8	Left	Turn left onto W Channel Rd/Chautauqua Blvd	
55.1	Straight	Continue onto Entrada Dr	
55.2	Right	Slight right to stay on Entrada Dr	
55.3	Right	Slight right onto Ocean Ave	
55.5	Left	Slight left to stay on Ocean Ave	
55.7	Left	Turn left onto San Vicente Blvd	
55.7	Generic	Meet Lt. Col. Friend	
59.4	Generic	SUPPORT CARS continue on San Vicente to Wilshire Blvd.	
59.4	Left	Turn left onto Darlington Ave	
59.4	Right	Turn right to stay on Darlington Ave	
59.5	Right	Turn right onto Bringham Ave	
59.5	Straight	Enter Eisenhower Gate BIKES ONLY	
59.9	Right	Turn right into parking lot #7	
60	Arrive	West LA VA Medical Center 11301 Wilshire BLVD LA, CA 90073	West LA VA Medical Center ETA/F/L: 2:00

FLY HOME LAX AIRPORT 12 MILES from VA

Thank you for your participation in the 2017 California Challenge.

Saturday, Oct. 21 Maps

