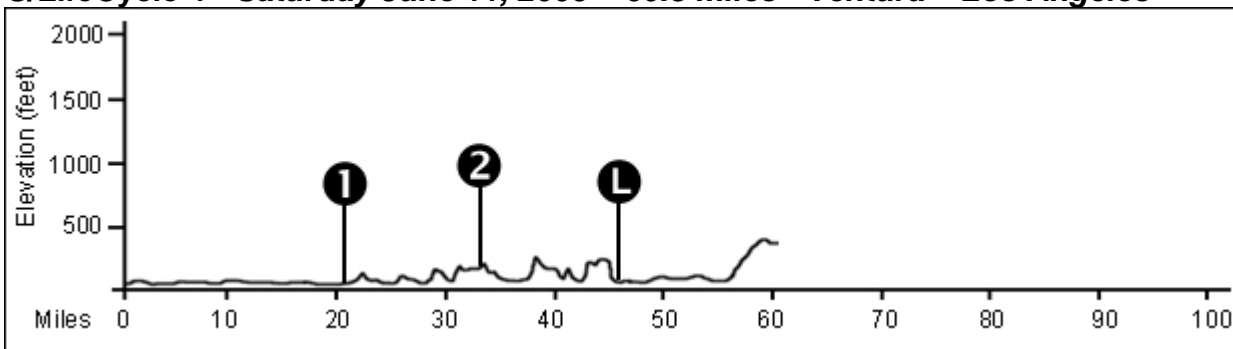


AIDS/LifeCycle 4 - Saturday June 11, 2005 - 60.8 miles - Ventura - Los Angeles

Day 7



- 0.0 Take bike path south to main entrance of park
- 0.3 **Straight** onto Pierpont Blvd at park entrance
- 0.9 **L** Peninsula St/Norwich Lane
- 1.2 **R** Harbor Blvd becomes Channel Islands Blvd
- 7.7 **Bear Left** as Harbor becomes Channel Islands Blvd
- 9.6 **R** Ventura Rd
- 11.1 **L** Pleasant Valley Road
- 12.0 **R** Saviers Road
- 12.6 **L** Hueneme Road
- 16.4 **R** Naval Air Road
- 19.1 **L** Las Posas (not marked)
- 19.1 **R** Hwy 1 South (Pacific Coast Highway - PCH)
CAUTION! Heavy Traffic. Ride single file!

20.4 R Into:

Rest Stop 1 - Mile 20.4
DOT Pullout Mile Marker 8.86
 Rest Stop Hours: 7am - 10am

- 20.4 **R** Out of Rest Stop onto Hwy 1 (PCH)
CAUTION! Heavy Traffic. Ride single file!
- 22.7 Begin Pt Mugu Climb (0.6 miles)
- 30.2 Begin Leo Carillo Climb (0.8 miles)

32.7 R Into:

Rest Stop 2 - Mile 32.7
El Pescador State Beach
 Rest Stop Hours: 7:30am - 11:30am

- 32.8 **R** Out of Rest Stop onto Hwy 1 (PCH)
CAUTION! Be alert! Heavy Traffic. Look out for parked cars - doors can open without warning!
- 37.7 Begin Zuma Beach Climb (0.6 miles)
- 41.1 Begin Escondido Climb (0.6 miles)
- 42.9 Begin Pepperdine Climb (1.7 miles)
- 44.6 *Caution: Downhill. Control Your Speed!*
- 45.7 **R** Cross Creek

45.8 L Into:

Lunch - Mile 45.8
Malibu Lagoon State Beach
 Lunch Stop Hours: 8:30am - 1:30pm

- 45.9 **R** PCH - out of Malibu Lagoon State Beach
CAUTION! Heavy Traffic. Stay single file! Be alert! Look out for parked cars & car doors!
- 55.0 **R** Temescal Canyon into Parking Lot
- 55.0 **L** Immediate Left onto Bike Path
- 56.0 **L** W. Channel Rd.
- 56.0 **L** Walk your bike down and through underpass. When you emerge, ride east on Channel Rd.
- 56.0 **R** Exit tunnel onto Channel Drive
- 56.4 **R** Ocean Ave **LAST CLIMB! 0.3 miles**
- 56.8 **L** San Vicente Blvd
- 59.9 **R** Bundy
- 60.0 **L** Montana
- 60.1 **R** Westgate
- 60.2 **L** Gorham
- 60.7 **R** Bringham
- 60.8 **L** into VA Center onto Eisenhower
- 60.8 **R** Into:

Bike Holding - Parking Lot 17

Route closes at 3:15pm

Welcome to Los Angeles

Congratulations!

You have completed AIDS/LifeCycle 4!