

## **Sunday Rides**

**Summer Start out time of 7.00am**

**Starbucks Hwy 79 South Home, Depot Staples, lot  
Accommodations will be made for riders who want to  
return early and not do a monumental amount of  
mileage! A steady pace will be maintained for the first  
twenty miles and then a regroup and a return back to  
the starting place, in order to encourage the sane to ride  
with the hammerheads!**

### **September 5<sup>th</sup> Lake Wohlford 7.00am**

Depart the Starbucks Parking lot go West along De Portola to La Paz and left onto Hwy 79 then right onto Pechanga Parkway up Rainbow Canyon and left onto Rainbow Valley Road. Down Rice Canyon and up Couser Canyon, left onto Lillac Road and left over the top into Valley Center Road. At Daley Ranch (30 miles) left turn to lake Wohlford, follow the road around the lake and back to valley Center Road. Back to Lillac Road and follow the route back down Couser Canyon cross Hwy 76 and up Rice Canyon Road, right back past the Volunteer fire station right onto Frontage Road and back down Rainbow Canyon, left on Pechanga and right onto la Paz right onto DePortola Road right onto Campanula Road and thus back along the service road back to the Starbucks parking lot. ( a tough 65 miles)

Route: <http://www.gpsies.com/map.do?fileId=qekrhazsvbvwyiui>

### **Monday September 6th Palomar 7.00am**

Meet at the Jilberto's restaurant on the south side of Highway 76 about ten miles East of Interstate 15, at 7.30 am, Meet at 7.00am in the parking lot at Starbucks on HWY 79 South in Redhawk to carpool to the ride start.

Climb the South face of Palomar, meet to *regroup* at the convenience store at the top then descend the East side and turn around at the bottom to climb back up to the top. Re *regroup* at the convenience store and descend the South face together and back along Hwy 76 carefully to Jilberto's parking lot.

Route: [http://www.gpsies.com/editTrack.do?fileId=createTrack\\_quotm vbwivqsnsw](http://www.gpsies.com/editTrack.do?fileId=createTrack_quotm vbwivqsnsw)

### **September 12<sup>th</sup> La Cresta 7.00am** Out of the

Parking lot into Campanula Road West, left onto De Portola, left onto Santiago Road

across Olde Town Front Street and right on Pujol, continue on Felix Valdez Road and cross Ranch California Road, and onto the new Diaz Road until Winchester where right turn to Jefferson where left and continue north to Nutmeg, where left turn and cross Washington Street and continue on and up the slight hill Calle de Oro Osa to Clinton Keith Road where left and climb up to La Cresta Road. **Regroup.** Continue on Clinton Keith to Tenaja Road where turn right and climb up to the top before descending to the right turn onto Rancho California Road ( the other one) to the parking lot and the water pump at the beginning of Fat Lizard ( save that ride for another day!) **regroup** . Return the same way and pick up any slower riders. Left at Calle Pino left on Avenida Bosque and continue through the stop sign onto Calle Bandido and left onto Avenida La Cresta and on the way up the hill take the usual right turn on Paseo De Flores left on Via Sevilla and left on Valle Vista and right back onto Avenida La Cresta, thus to continue down the fast descent to Clinton Keith, **regroup.** At the traffic light turn right onto Calle del Oso Ora and down to Washington where a right turn and into Olde Towne Murrieta. **Regroup at the liquor store for beverages!** Left on Ivy Street right on Jefferson right on Washington left on Diaz cross Rancho California Road onto Vincent Moraga, Felix Valdez, Sixth Street and Pujol Road, left on First Street over the freeway and continue on Santiago Road right onto Ynez which becomes DePortola Road and right on Meadows Parkway and back to the parking lot at Hwy 79 South. (Should be about 52 miles )  
Route: <http://www.gpsies.com/map.do?fileId=ckxxohaaldxmujia>

## September 19<sup>th</sup> Tour Du DeLuz 7.00am

Depart West out of the Starbucks Parking lot and left onto De Portola, left onto Santiago Road across Olde Town Front Street and right on Pujol, continue on Felix Valdez Road and left onto Ranch California Road, up the first hill, **regroup** and left onto Avenida Del Oro left onto Sandia Creek, right at De Luz Road, right on Harris Trail left on De Luz Heights Drive which becomes **regroup** Joan Lane and then Cathy Drive down to Ross Lake. **regroup** Right on Daily Road which becomes Cameron Road **\*\***( go across De Luz Road to avoid all water crossings ) . Right on Carancho Road (first escape to Temecula here**\*\***)**regroup** (cross De Luz Road again ), then left on Calle Jardin left on Calle Cuero(second escape to Temecula here)**\*\*** and immediately right onto Via Vaquero Road, (look for broken chains if you get this far!) up the hill and down the other side, **watch for the sharp left at the bottom** onto Via Santa Rosa and right onto Rancho California Road, right at the bottom onto Vincent Moraga Drive left on Felix Valdez, left onto Pujol Street left onto Santiago Road, right onto De Portola cross Meadows Parkway right into Campanula Road and right to the parking lot. 5600 feet of climbing so it should be fifty of the hardest miles you have done in a while ! **\*\***There are plenty of places to cut out early and descend into Temecula if you need to, typically nobody makes it all the way around so don't be intimidated.

Route: <http://www.gpsies.com/map.do?fileId=amqrqcuzxqfgyap>

## September 26<sup>th</sup> Beautiful Bonsall 7.00am

Starbucks Parking lot and go and left onto De Portola, left on La Paz Street left on Hwy 79 and right onto Pala Road and right again onto Rainbow Canyon Road, which becomes Frontage Road then Rainbow Canyon Road, left onto Rainbow Valley Boulevard, left onto Old Highway 395 and right onto Mission Road, ( here regroup and the short ride group can descend and climb Old Hwy 395 to the left onto West Lilac and continue on to \*\*) left down Live Oak Canyon Road and a careful right at the bottom onto Reche Road, left onto South Stage Coach Road a left on S Mission Road pass Olive Hill, descend Mission to Hwy 76 go right 200 yards and left onto Camino Del Rey , continue on up to Old Highway 395 where right about a mile and left onto Circle R Road over the top and right onto \*\*West Lilac Road left at the end onto Lilac Road down to Couser Canyon Road where go left, over the top and wait for it! Down the most fun descent to Hwy 76 where a quick left and right onto Rice Canyon, up to the top, where it becomes 8th Street right onto Rainbow Valley Blvd which becomes Frontage Road and then Rainbow Canyon Road and left at the bottom onto Pala Road and left onto HWY 79 right onto La Paz right onto De Portola back to Campanula, where right into the parking lot at Starbucks..

Route: <http://www.gpsies.com/map.do?fileId=usvxlhwcrcnxa>

## October 3<sup>rd</sup> 2010 7.00am a Century to Encinitas for those interested in a friendly but long ride or Morro heights for those needing to get home earlier.

**Would someone agree to help out by driving the sag wagon and take turns riding, so we will have a support vehicle, spare wheels and extra clothing etc., This will be an adventure. Please email your interest or your willingness to take turns riding and driving the sag wagon. 25 Mile intervals, four times works out quite well. I will provide the sag wagon and the tools for repairs, I need a volunteer or two to bring bonk food and drinks. We will stop for lunch at the Fish Taco restaurant South of Encinitas. ([Martin@fyaiminc.com](mailto:Martin@fyaiminc.com))**

Starbucks parking lot left onto De Portola, left on La Paz Street right on Hwy 79 and left onto Pechanga Parkway right onto Pala Road and onto Rainbow Canyon Road, which becomes Frontage Road then Old Highway 395 and right onto East Mission Road, left down Live Oak Canyon Road and a careful right at the bottom onto Reche Road, left onto South Stage Coach Road a left on S Mission Road and immediately right onto Olive Hill Road, which becomes Burma Road then Sleeping Indian Road (here the shorter ride will go left onto Morro Hills Road and down to the T which is Olive Hill, where go right and down to Hwy 76, across at the light and left onto West Lillac, follow the race course to Hwy 395 where left down the hill through the light at Hwy76 and at the top of the hill right into East Mission Road over the freeway and left back through Rainbow and down to the sprint over the bridge at Temeku Creek Golf Course and fly for the Homeowners

signpost, then left on Pechanga Parkway right onto Hwy 79 south and back to Apis and the Parking lot.)

Those who wish to do the century will continue over Sleeping Indian, turn right onto North River Road, left at the light, (where the sag vehicle will continue on North River to Douglas where left and right on San Luis Rey Mission Expressway and meet us on the corner of North Tremont and Neptune Way. Navigation system provided for the sag driver here ) left onto College Blvd, right onto the bike path from the end of the bike path over to Pacific Street then left on Cassidy and right on Hwy 1 and through Carlsbad and Encinitas to continue South Coast highway, just south of Encinitas turn left on Chesterfield road and left on Newcastle Road, ( the British will feel welcomed here)There is a Fish Taco restaurant here that is very cycling friendly or there is a Subway, for those who need sustenance. From here we turn around and head back. From the north end of the bike path left on College right on North River right on Holly Road ( sag will leave us here and rejoin on Old River Road) and right over the old bridge and hence across Hwy 76 continue along Old River Road. LEFT (this is the most gentle way back from Bonsall to preserve the now fragile legs) on Camino Del Rey, right on Hwy 76 for 200 yards and left at the light onto South Mission Road, right on Green Canyon Road, right on Reche Road and quick left (careful here for oncoming traffic) into Live Oak Park Road, right onto East Mission left over the freeway and left onto Frontage Road to Rainbow Canyon (sprint for double points at the home owners sigh) and left onto Pechanga Parkway right onto Hwy 79 South right onto Avenida Misiones and back to the parking lot. It is exactly 100 miles.

Route: <http://www.gpsies.com/map.do?fileId=dqduybkrsnwtplli>