



Welcome to the Ride 2 Recovery – Golden State Challenge

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

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

The start times are set up for group riding. Please note that we strongly encourage you to ride in a group. You can ride in the draft in a group and each group will ride a different speed, so you should be able to find a group that suits your desired speed. ALL SUPPORT is set up to follow the groups each day, so if you are alone, you will NOT have any support with you while you ride. We have support for up to 4 groups on the road each day. There is at least 1 rest stop each day, but you and/or your group can stop as much or as little as you like. If you want to ride alone, you are responsible to find your way to the next stop.

GROUP RIDING IN CALIFORNIA is very important. Because of the up and down nature of PCH, it is very important that you pay attention to the speed of your group going uphill and have regrouping after the uphills or downhills. You can ride slower allowing your riders a chance to regroup or you can stop at any of the turnouts next to the road. It is best to keep riding at a slower speed and allow dropped riders a chance to catch up.

PLEASE NOTE: Routes can change without notice....Please make sure you attend the Ride Briefing each day! Routes are marked with arrows on the road and we will have American Legion Riders escort for most of the day, each day.

To promote safety and camaraderie during the ride, please limit the use of iPods or other musical devices while riding!

Sample Daily Schedule: Please see below for Daily Departure Schedule

7 am + Breakfast (at Hotel) on your own
9:30 am Ride Briefing (your luggage must be in the truck)
10 am Ride Start from hotel
2-3 pm Arrive Hotel (Please look for luggage truck to pick up your stuff and room assignment)
5:30/6 pm Dinner at American Legion location
8 pm + Post Dinner activity as available (please look for motorhome)

What you will Receive:

Jersey
T-shirt
Shorts **WW only as supplies last**
Helmet **WW only**
Arm warmers **WW only**

If you have an accident during the ride:

1. First aid in each support vehicle
2. Alert Caregivers on the ride
3. Call 911



Dinner Attire:

Dinner's are BBQ style so casual dress like jeans/Khaki's and a polo or T-shirt are OK

Luggage: 1 large suitcase and 1 small backpack should be enough + if you have a bike bag or box

Expected Weather

Some low clouds in the morning with afternoon clearing with highs in the low to mid 70's.

SUGGESTED PACKING LIST:

Bike
Shoes
Helmet
Maint kit (pump/spare tire/tube)
2-3 Jerseys (will be issued one)
2-3 shorts (will be issued one while supplies last)
Cycling gloves
Warmer clothing (light/rain jacket, arm and or leg warmers, cold weather hat)
Sun screen

Chap stick
Any prescription medications
Hygiene/shaving kit
2-3 casual khakis/nice jeans/collared shirts
Swim suit
Socks
Camera
Sunglasses

Arrival at Hotel / Rooming:

Please look for the big truck when you arrive to the finish. There you will find your bags and rooming assignments. PLEASE NOTE: you are free to change roommates on your own, but please make sure all 4 parties are in agreement.

When you arrive, most days there will be fresh baked cookies and snacks courtesy of Otis Spunkmeyer. Please make sure that you thank those staff for their support.

DINNER: when you arrive, and in this guide are the times for dinner. It is usually 5:30 depart from the hotel and 6-8 dinner.



While Riding:

Ten Commandments of Bicycling

- I. Wear a helmet for every ride
- 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 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 by practicing bike handling skills
- IX. Drink before you are thirsty and eat before you are hungry
- X. Have fun

Rules of the road

Cyclists 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

Most beginning cyclists push too big 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 rpms; you'll have more energy and get a better workout

No bull

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, slightly bend your elbows, stretch your neck while riding

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 stroke

Skip the soft shoes

Soft-soled shoes absorb pedaling energy and slow you down
Stiff-soled cycling shoes help you transfer more energy to forward motion
Toe clips and clipless pedals attach your foot to the pedal which increases efficiency



Red light, green light

Restarting from a stop uses more energy than a slowing and not stopping
Time it so that you hit the intersection on green so you don't have to stop
Make sure that you are aware of how your actions affect other vehicles around you

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

There will be a ride briefing 30 minutes before the start of each day.... and there will be an Mandatory Clinic on Saturday at 2 PM at Hotel in San Francisco.

Saturday, Oct. 3 (for non Bay area riders) FREE shuttle from the airport!!

Best Western-Grosvenor 380 S Airport Blvd S. San Francisco CA 94080 (650) 873-3200

SATURDAY NIGHT DINNER

6-8 pm
Shuttles leave the hotel starting at 5:45 pm
Everyone is invited to attend....
American Legion 409
757 San Mateo Ave
San Bruno, CA 94066-3613
(650) 589-3102

Saturday, October (for non Bay area riders)

**Best Western Grosvenor Airport Hotel
380 S Airport Boulevard,
South San Francisco, CA, 94080
Phone: 650/873-3200 Fax: 650/589-3495**

Depart Hotel on Sunday at 7:30 am for start at San Francisco VA



RIDE 2 RECOVERY
 Making a Difference in the Lives of Wounded Warriors
Ride Guide



Dinner: VFW Post 2259 Seventh Ave., Santa Cruz, CA, 95062; (831) 475-9804

Dinner: Depart Time: 5:45 PM

Dinner Time: 6:00PM



Sunday, October 4

Summary: 76.2 miles Depart SF Hotel 7:30 am for VA

Time	Mile	Instruction	Notes
9:00 AM	0.0	Depart 4150 Clement St, San Francisco, CA 94121 Right on Clement St (West)	
	0.1	Road name changes to Seal Rock Dr	
	0.3	Turn LEFT (South) onto El Camino del Mar, then immediately turn RIGHT (West) onto Point Lobos Ave	
	0.9	Road name changes to Great Hwy	
	4.6	Bear RIGHT (South) onto SR-35 [Skyline Blvd]	
	7.6	Turn RIGHT (West) onto Westmoor Ave	
	7.6	Turn LEFT (South) onto Skyline Dr	
	9.4	Turn LEFT (South) onto Crenshaw Dr	
	9.4	Road name changes to Crenshaw Ct	
	9.4	Turn RIGHT (West) onto Palmetto Ave	
	11.8	Bear LEFT (South-East) onto Clarendon Rd, then immediately turn RIGHT (South) onto Lakeside Ave	
	12.0	Turn RIGHT (South) onto Francisco Blvd	
	12.6	Road name changes to Bradford Way	
	12.8	Turn RIGHT (South) onto SR-1 [Cabrillo Hwy]	Head south
WATER STOP	13.5	American Legion Rest Stop	On right at State Beach
REST STOP	24.9	At 2830 SR-1, Half Moon Bay, CA 94019, Return on SR-1 [Cabrillo Hwy N] (South)	Hansen's Stop on Right
REST STOP	50.2	At 5720 Cabrillo Hwy, Pescadero, CA 94060, Return on SR-1 [Cabrillo Hwy] (South)	Left Side of street Gazo Grill USO REST STOP
	65	HWY 1 Cabrillio Hwy	CAUTION: RR tracks
	65.7	At Cabrillo Hwy and Bonny Doon.... stay on SR-1	Follow ORANGE ARROWS
	75.3	Bear RIGHT (East) onto Mission St	
	75.6	Road name changes to Water St	
	75.9	Turn RIGHT (South) onto Ocean St	
3 PM	76.2	Arrive UcsC Inn and Conference Center [611 Ocean St, Santa Cruz CA 95060, (831) 426-7100]	



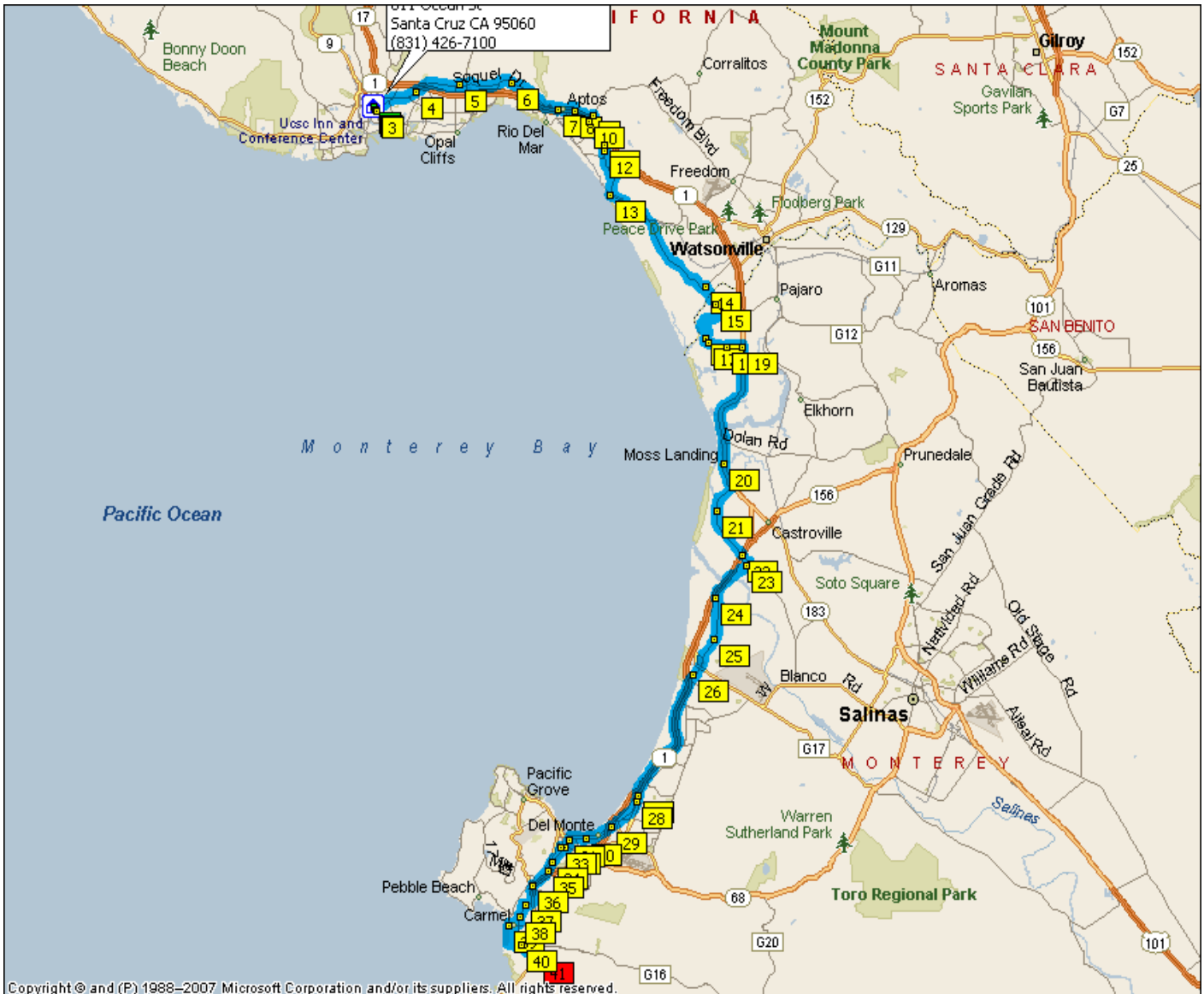
**Alternate Route Finish
 TOUR OF CALIFORNIA ROUTE**

65.7	Turn LEFT (North-East) onto Bonny Doon Rd	Follow WHITE ARROWS
69.3	Keep STRAIGHT onto Pine Flat Rd	
73.1	Keep STRAIGHT onto Empire Grade	Top of Climb
82.7	Road name changes to High St	
83.1	Turn RIGHT (South) onto Bay Dr.	
84.2	Bear LEFT (North-East) onto SR-1 [Mission St]	RESUME ORANGE ARROWS
84.5	Bear RIGHT (East) onto Mission St	
84.8	Road name changes to Water St	
85.1	Turn RIGHT (South) onto Ocean St	
85.3	Arrive Ucsc Inn and Conference Center [611 Ocean St, Santa Cruz CA 95060, (831) 426-7100]	



Ride Guide

Monday, October 5 Santa Cruz to Carmel Ride Briefing at 8:30 AM
 Depart: First group 9 AM Second group 10 AM



Dinner: DINNER WITH DIRTY HARRY

Clint Eastwood's Mission Ranch
 26270 Dolores St
 Carmel, CA 93923-9215
 (831) 624-6436

Depart Time: 5:00 PM

Dinner Time: 5:15 PM



Summary: 50.6 miles

Mile	Instruction	Notes
0.0	Depart Ucsc Inn and Conference Center [611 Ocean St, Santa Cruz CA 95060, (831) 426-7100]	
0.1	Turn LEFT (East) onto Soquel Ave	
2.1	Bear LEFT (North-East) onto Soquel Dr	
8.4	Turn RIGHT to stay on Soquel Dr	
8.5	Keep STRAIGHT to stay on Soquel Dr	
9.3	Turn RIGHT (South) onto Freedom Blvd	
9.5	Turn LEFT (South-East) onto Bonita Dr	
10.6	Turn RIGHT (South) onto San Andreas Rd	
17.6	Turn LEFT (North-East) onto W Beach St	
17.8	Turn RIGHT (South) onto Thurwacher Rd	
18.1	Road name changes to McGowan Rd	
18.9	Turn RIGHT (South-West) onto Trafton Rd	
20.4	Turn LEFT (East) onto Bluff Rd	
21.2	Bear LEFT (East) onto Jensen Rd	
21.9	Turn RIGHT (South) onto SR-1 [Cabrillo Hwy]	
26.6	J & S Supply 8086 SR-1, Moss Landing, CA 95039	USO REST STOP
27.5	Turn RIGHT (South-West) onto Molera Rd	
30.5	Road name changes to Nashua Rd	
30.9	Turn RIGHT (West) onto Monte Rd	
32.7	Turn LEFT (South) onto Del Monte Blvd	
35.7	Turn RIGHT (West) onto Palm Ave	
35.7	At Palm Ave, enter bike path	ENTER BIKE PATH
35.8	SUPPORT VEHICLES continue on Del Monte Blvd	
36.1	SUPPORT VEHICLES Take Ramp onto SR-1 [Cabrillo Hwy]	
40.3	At exit 404, turn RIGHT onto Ramp	
40.7	Road name changes to Fremont Blvd Rejoin Riders	Rejoin Riders
40.8	Keep RIGHT onto Del Monte Blvd	
41.1	Rest Stop American Legion Post #591	Hansen's Rest Stop
44.0	Turn LEFT (South) onto Camino el Estero	FOLLOW ORANGE ARROWS
44.4	Turn RIGHT (West) onto Fremont St	
44.6	Keep LEFT onto Local road(s)	
44.6	Turn LEFT (South) onto Munras Ave	
45.7	Take Ramp onto SR-1 [SR-68]	
46.1	At exit 399A, turn RIGHT onto Ramp	
46.4	Bear LEFT (South) onto 17 Mile Dr	
46.5	Take Ramp onto SR-1 [Cabrillo Hwy]	
49.0	Turn LEFT (East) onto Rio Rd	
49.0	Arrive Best Western Carmel Mission Inn [3665 Rio Rd, Carmel-By-the-Sea CA 93923, (831) 624-1841]	FINISH



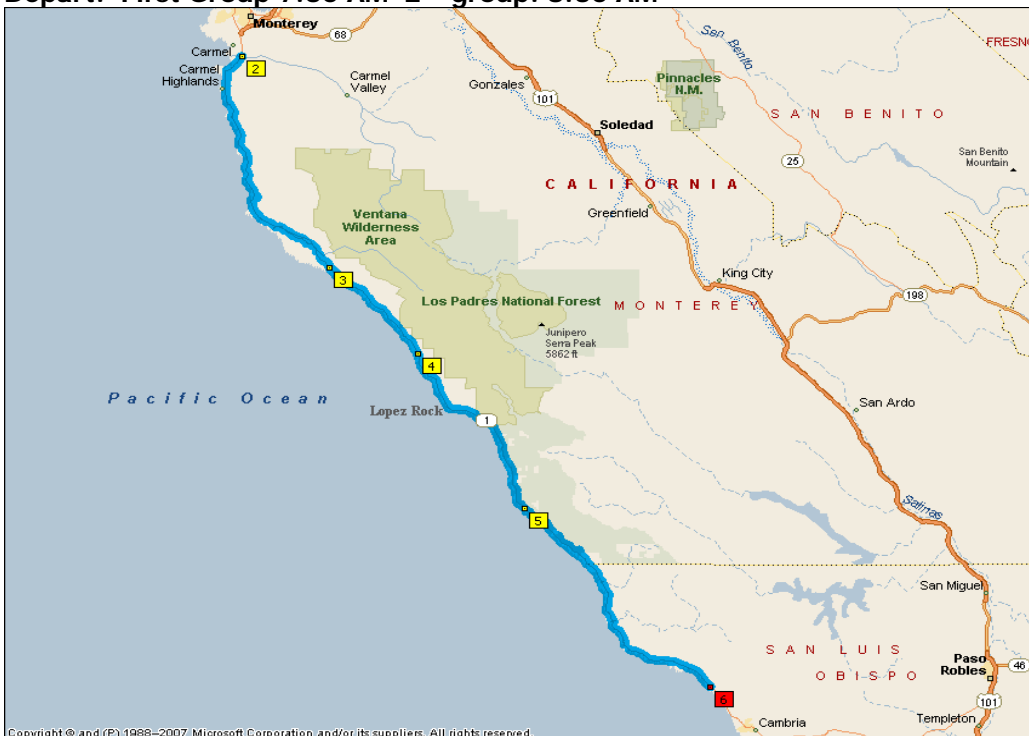
Alternate Route Finish

Scenic Route thru Pebble Beach and Carmel

Mile	Instruction	Toward
41.1	Rest Stop American Legion Post #591	REST STOP
44.0	KEEP STRAIGHT at Camino el Estero	FOLLOW WHITE ARROWS
44.3	Keep STRAIGHT onto Lighthouse Ave	
44.9	Keep RIGHT onto Foam St	
45.6	Turn RIGHT (East) onto David Ave	
45.7	Turn LEFT (North) onto Ocean View Blvd	
46.7	Turn RIGHT to stay on Ocean View Blvd	
48.7	Road name changes to Sunset Dr	
50.1	Keep STRAIGHT onto SR-68 [Sunset Dr]	
50.3	Bear RIGHT (South) onto 17 Mile Dr	
51.4	Turn RIGHT (North-West) onto 17 Mile Dr [Spanish Bay Rd]	Enter Del Monte Forrest
52.0	Bear RIGHT (North-West) onto 17 Mile Dr	
57.1	Turn RIGHT (East) onto 17 Mile Dr [Cypress Dr]	
57.3	Bear LEFT (North) onto 17 Mile Dr	
59.2	Keep RIGHT onto Carmel Way	Exit Del Monte Forrest
59.5	Road name changes to San Antonio Ave	
59.8	Turn RIGHT (West) onto Ocean Ave, then immediately turn LEFT (South) onto Scenic Rd	
60.5	Turn LEFT (East) onto Santa Lucia Ave	
61.1	Turn RIGHT (South) onto Rio Rd	
61.8	Arrive Best Western Carmel Mission Inn [3665 Rio Rd, Carmel-By-the-Sea CA 93923, (831) 624-1841]	



Tuesday, Oct. 6 Carmel to San Simeon Ride Brief: 7:15 am
Depart: First Group 7:30 AM 2nd group: 8:30 AM



Dinner: Best Western Hotel Ball Room 9415 Hearst Drive San Simeon, California 93452
Happy Hour: 5 pm Dinner Time: 6:00PM
Walk to dinner

Summary: 92.3 miles

Mile	Instruction	Notes
0.0	Depart Best Western Carmel Mission Inn [3665 Rio Rd, Carmel-By-the-Sea CA 93923, (831) 624-1841] on Rio Rd (West)	
0.1	Turn LEFT (South-West) onto SR-1 [Cabrillo Hwy]	
28.2	Big Sur	Hansen's Rest Stop
49.8	At Lucia Lodge [62400 SR-1, Big Sur CA 93920, (831) 667-2391], stay on SR-1 [Cabrillo Hwy] (East)	USO Rest Stop
62.7	Gorda	2 climbs left
74.3	At Ragged Point Inn on SR-1 [Cabrillo Hwy] (South)	Hansen's Rest Stop
92.2	Turn RIGHT (South-West) onto Pico Ave, then immediately turn LEFT (South-East) onto Hearst Dr	
92.3	Arrive 9415 Hearst Dr, San Simeon, CA 93452 Morgan Inn & Sands Hotel	Finish at Morgan Inn



Wednesday, October 7 San Simeon to Pismo Ride Briefing at 9:15 AM
 Depart: 9:35 AM



Dinner: Marie Calendars
 2131 Price St. Pismo Beach, CA 93449-2107 (805) 773-0606

Depart Time: 5:45 PM Dinner at 6 PM
Walk to dinner



Summary: 50.8 miles

Mile	Instruction	Notes
0.0	Depart Sea Breeze Inn [9065 Hearst Dr, San Simeon CA 93452, (805) 927-3284] on Hearst Dr	
0.1	Turn LEFT (East) onto Vista del Mar, then immediately turn RIGHT (South-East) onto SR-1 [Cabrillo Hwy]	
6.2	Turn LEFT (North) onto SR-1 Bus [Main St]	White Arrows Cambria Elementary School
6.2	Turn LEFT (South-East) onto SR-1 [Cabrillo Hwy]	Orange Arrows
17.9	Turn RIGHT (South) onto SR-1 Bus [N Ocean Ave]	Cayucos
19.6	Take Ramp onto SR-1 [Cabrillo Hwy]	
25.5	Bear RIGHT (South) onto Main St	Morro Bay
25.6	Turn LEFT (East) onto Quintana Rd	
26.0	At 710 Quintana Rd, Morro Bay Look for shopping center on Right	Hansen's Rest Stop
27.3	Go straight thru S Bay Blvd intersection	
28	Take Ramp (left) onto SR-1 [Cabrillo Hwy]	Enter Hwy 1
33.1	Turn Right onto Sonoma Ave	California National Guard Post
33.4	Turn LEFT (South-East) onto Kern Ave, then immediately turn LEFT (North-East) onto Sonoma Ave	
33.7	Turn (RIGHT) onto SR-1 [Cabrillo Hwy]	Exit National Guard Base
37.9	At Santa Rosa St, Look for Rabobank on Right	USO Rest Stop
38.6	Keep STRAIGHT onto Santa Rosa St	
38.8	Turn RIGHT (South-West) onto Monterey St	
39.0	Turn LEFT (South-East) onto Chorro St, then immediately turn RIGHT onto Higuera St	
43.8	Bear RIGHT (West) onto Ontario Rd	
46.8	Bear LEFT (South-East) onto Avila Beach Dr	
47.1	Turn RIGHT (South) onto Shell Beach Rd	Regroup at Shell Station on Rt.
48.1	At 2836 Shell Beach Rd, Pismo Beach, CA 93449,	Shell Beach Elementary school
49.8	Road name changes to Price St	
50.8	Arrive Pismo Lighthouse Suites [2411 Price St, Pismo Beach CA 93449, (805) 773-2411]	



RIDE 2 RECOVERY
Making a Difference in the Lives of Wounded Warriors
Ride Guide

Thursday, October 8 Pismo to Solvang Ride Briefing at 8:30 AM
Depart: 1st group 9 AM 2nd group 10 AM



Dinner: Veteran's Memorial Hall
1745 Mission Drive Solvang, CA 93463. Phone: (805) 688-5575

Depart Hotel 5:15 PM
Dinner 5:30 PM



Summary: 65 miles

Mile	Instruction	Toward
0.0	Depart Pismo Lighthouse Suites [2411 Price St, Pismo Beach CA 93449, (805) 773-2411] on SR-1 [Pacific Coast Hwy] (East)	
0.4	Turn RIGHT (South) onto SR-1 [Dolliver St]	
1.1	Keep STRAIGHT onto SR-1 [S Dolliver St]	
2.3	Bear RIGHT (South) onto SR-1 [Pacific Blvd]	
3.9	Keep STRAIGHT onto SR-1 [Front St]	
4.4	Keep STRAIGHT onto SR-1 [Cienaga St]	
27.5	Turn LEFT (North-East) onto W Clark Ave	American Legion/USO Lunch Stop
28.6	Turn LEFT (South-East) onto SR-1 [Cabrillo Hwy]	
39.4	Turn LEFT to stay on SR-1 [Cabrillo Hwy]	
46.0	Keep STRAIGHT onto Purisima Rd	
48.9	Turn LEFT (East) onto SR-246 [E CA-246]	
57.2	Keep STRAIGHT onto SR-246	Look for Hansen's Rest Stop on Right
57.2	Bear RIGHT (East) onto SR-246 [W CA-246]	
59.0	Keep STRAIGHT onto SR-246	
59.5	Keep STRAIGHT onto SR-246 [W CA-246]	
60.5	Keep STRAIGHT onto SR-246	School on right
60.7	Keep STRAIGHT onto SR-246 [W CA-246]	
61.9	Keep STRAIGHT onto SR-246	
62.3	Keep STRAIGHT onto SR-246 [W CA-246]	
62.4	Keep STRAIGHT onto SR-246	
62.4	Keep STRAIGHT onto SR-246 [E CA-246]	
65.4	Arrive Holiday Inn Express-Solvang [1455 Mission Dr, Solvang CA 93463, (805) 688-2018]	



Ride Guide

Friday, October 9 Solvang to Ventura Ride Briefing at 8:30 AM
 Depart: 1st group 9 AM 2nd group 10 AM



Copyright © and (P) 1988–2007 Microsoft Corporation and/or its suppliers. All rights reserved.

Dinner:
Knights of Columbus
 36 Figueroa St Ventura, CA. Phone: 805-643- 6756

Depart Hotel 5:45 PM
Dinner 6 PM



Summary 65 Miles

Mile	Instruction	Toward
0.0	Depart Holiday Inn Express-Solvang [1455 Mission Dr, Solvang CA 93463, (805) 688-2018] on SR-246 [Mission Dr] (East)	
5.6	Keep Right onto SR-154 [San Marcos Pass Rd]	
17.9	Bear LEFT (East) onto Stagecoach Rd	Start Climb
21.9	Turn LEFT (South-East) onto San Marcos Pass Rd [Stagecoach Rd], then immediately turn RIGHT (South-East) onto SR-154 [San Marcos Pass Rd]	CAUTION - STEEP DOWNHILL
31	Turn LEFT (East) onto Calle Real	
31.2	Turn LEFT (East) onto State St	USO LUNCH STOP on Right
31.3	Turn RIGHT (South) onto S La Cumbre Rd	
31.6	Road name changes to Las Palmas Dr	Enter Hope Ranch
33.9	Road name changes to Roble Dr	
34.2	Turn LEFT (East) onto Marina Dr	
35.2	Bear RIGHT (South-East) onto Cliff Dr	
36.3	Keep STRAIGHT onto SR-225 [Cliff Dr]	
37.6	Turn RIGHT (South) onto Meigs Rd	
37.7	Road name changes to Shoreline Dr	
40.0	Keep STRAIGHT onto W Cabrillo Blvd	
42.6	Road name changes to Coast Village Rd	Watch construction...keep right
43.4	Turn LEFT (North) onto Olive Mill Rd	
43.5	Turn RIGHT (East) onto N Jameson Ln	
45.1	Turn RIGHT (East) onto Ortega Hill Rd	FOLLOW BIKE PATH TO AVOID HILL
45.9	Bear RIGHT (East) onto Lillie Ave	SUPPORT follow road regroup with riders
46.5	Road name changes to Via Real	
50.5	Turn RIGHT (South) onto Santa Ynez Ave	
50.6	Turn LEFT (East) onto Carpinteria Ave	
52.6	Turn LEFT (North) onto Bailard Ave, then immediately turn RIGHT (East) onto Ramp	HANSEN'S REST STOP (before FWY)
52.8	Merge onto US-101 [El Camino Real]	
58.3	At exit 78, keep RIGHT onto Ramp	
58.7	Turn RIGHT (South-East) onto SR-1 [Pacific Coast Hwy]	
61.6	ENTER Bike Path to Ventura	SUPPORT: Take Ramp (RIGHT) onto US-101 [Ventura Fwy]
62.6	At exit 71, keep RIGHT onto Ramp Regroup with Riders coming off bike path	Main St / Ventura
66.4	Bear RIGHT (East) onto W Main St	
67.1	Turn RIGHT (South) onto S Garden St	
67.3	Keep STRAIGHT onto (W) Thompson Blvd	Road curves left
67.5	Turn RIGHT (South) onto Figueroa St, then immediately turn LEFT (East) onto E Harbor Blvd	
68.9	Arrive Marriott-Ventura Beach [2055 E Harbor Blvd, Ventura CA 93001, (805) 643-6000]	



Saturday, October 10 Ventura to West LA VA
 Depart: 1st group 9 AM 2nd group 10 AM

Ride Briefing at 8:30 AM



FINISH CELEBRATION:
WEST LA VA
Next to the Wadsworth Theater
 11301 Wilshire Blvd.
 Los Angeles, CA 90073
 Phone: (310) 478-3711
arrive approx. 2 PM



Summary: 60 Miles

Mile	Instruction	Toward
0.0	Depart Marriott-Ventura Beach [2055 E Harbor Blvd, Ventura CA 93001, (805) 643-6000] on (E) Harbor Blvd (North)	
8.4	Bear LEFT (East) onto W Channel Islands Blvd	
11.1	Turn RIGHT (South) onto (S) Ventura Rd	
13.0	Turn LEFT (East) onto E Port Hueneme Rd	
17.7	Keep RIGHT onto Naval Air Rd	
20.6	Turn LEFT (East) onto E Las Posas Rd	
20.7	Take Ramp onto SR-1 [Pacific Coast Hwy]	CA-1 / Santa Monica
29.8	At Neptune's Net [42505 Pacific Coast Hwy, Malibu CA 90265, (310) 457-3095], Return on SR-1 [Pacific Coast Hwy] (south)	REST STOP ON THE LEFT
56.8	Turn LEFT (North-East) onto Chautauqua / W Channel Rd	
56.9	Keep right onto W. Channel Rd.	
57.2	Bear RIGHT (South-West) onto Ocean Ave Ext	
57.5	Road name changes to Ocean Ave	Road curves left Regroup at Park at top of the hill
57.6	Turn LEFT (North-East) onto San Vicente Blvd	
61.3	Turn LEFT (North) onto Darlington Ave	
61.4	Turn RIGHT (South-East) onto Bringham Ave, then immediately turn LEFT (North-East) onto Eisenhower Ave	
61.5	Arrive Eisenhower Ave, Los Angeles, CA 90049	Welcome Home