



30 MILE

Street Name	Direction	Total Dist
Start at cross walk on Shoreline Drive & Linden, westbound lanes heading west		0.00
Shoreline Drive to Pine Avenue	Straight	0.46
Pine Avenue	Left	0.46
On esplanade	Right	0.53
Follow esplanade past Aquarium, around light house	Continue	1.40
Continue on bike path	Continue	1.45
Front of Catalina Landing	Left	1.57
Veer right	Veer Right	1.68
Golden Shore (in front of Chancellor's Office)	Left	1.71
Stay on bike path (behind RV Park)	Left	1.82
Enter L.A. River trail	Right	1.96
Continue on bike path of L.A. River	Continue	5.60
Exit river trail down ramp to 34th Street (at Wrigley Greenbelt)	Exit Right	5.60
Continue on 34th Street	Continue	5.68
Merge onto Wardlow Road	Merge	5.88
Continue on Wardlow Road to Pacific Avenue	Continue	6.28
Pacific Avenue	Left	6.28
Country Club Drive (at 36th)	Left	6.52
Los Cerritos Park Place	Left	6.82
Del Mar	Right	6.89
Access road in Los Cerritos Park	Right	6.94
Aid Station #1 at Los Cerritos Park	Aid Station	7.00
Country Club Drive	Left	7.00
W. San Antonio Drive	Right	7.05
E Roosevelt Road	Right	7.17
Olive	Right	8.08

Street Name	Direction	Total Dist
36th Street	Left	8.50
Industry Ave	Left	9.50
Cover Street	Right	9.90
Heinemann Ave	Right	10.70
E. Conant Street	Left	10.90
Palo Verde Ave	Left	13.30
Carson Blvd.	Right	13.80
The San Gabriel River Trail entrance is about 350 to 400 past the N Los Coyotes Diagonal intersection (the entrance is on your right hand side before you cross the bridge)	Right	14.50
Over bridge and continue south (right) on river trail	Left	14.60
After Bridge, right tun to continue on San Gabriel River Trail	Right	14.60
Enter El Dorado Park, Area III (all cyclists will do 2 loops).	Left	15.50
Aid Station #2		
Continue on bike path through park	Continue	19.10
Exit park back onto river trail at Area II	Right	19.60
Cross Bridge then Right turn to stay on path	Left	20.80
Marina Drive	Right	24.60
Continue west on Marina Drive	Continue	25.50
Rest Stop #3 on Corner of Marina Dr and 2nd St.		25.60
2nd Street, over bridges	Left	25.60
Bayshore Drive	Left	26.60
54th Street	Left	26.90
Cross over Ocean Blvd and enter Shoreline Bike Path (beach)	Straight	27.00
Exit onto Marina Green access road (parking lot)	Veer Right	30.00
Enter finish chute		30.00