

Palomares – Humane Intermediate

Distance: 54.6 miles Climb: 4,230 feet

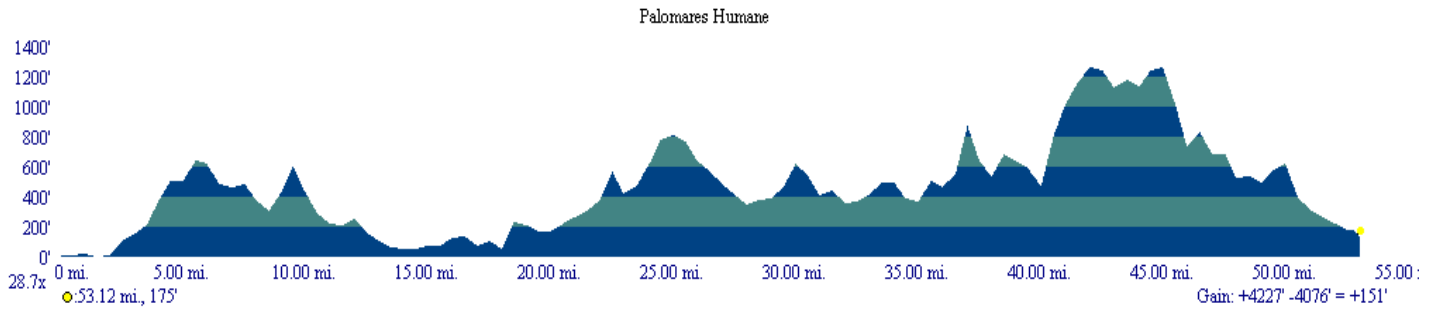
Start: Lake Merritt, Children's Fairyland Parking Lot

Dir	Street/Road	At	Go	Comments
E	Bellevue	0.0	0.6	toward lake
R	Grand	0.6	0.9	
R	Wildwood	1.5	0.3	
BR	Wildwood	1.8	0.2	
BR	Wildwood	2.0	0.3	
BR	Wildwood	2.3	0.5	At Highland
R	Crocker	2.8	0.1	T-Intersection
L	Hampton	2.9	0.2	
R	St James	3.1	0.9	
L	Park Blvd.	4.0	0.7	
R	Monterey	4.7	0.9	
rest stop	Mormon Temple	5.6	0.0	at Lincoln
C	Monterey	5.6	1.0	
L	Redwood Rd	6.6	0.2	
R	Aliso	6.8	0.4	
L	Carson	7.2	0.1	
R	Mountain Blvd	7.3	0.7	
L	Mountain Blvd	8.0	0.3	Do not go under freeway.
R	Kuhnle	8.3	0.1	
C	Sunnymere	8.4	0.5	At Seminary
L	Edwards	8.9	0.2	
R	Mountain Blvd	9.1	2.0	
R	Golf Links	11.1	0.1	
L	98th Ave	11.2	0.2	
L	Stanley	11.4	0.5	
L	Foothill Bvd	11.9	0.6	
L	MacArthur Blvd	12.5	0.7	
R	Estudio	13.2	0.5	
L	Bancroft	13.7	1.8	
L	E 14th	15.5	0.1	
L	150 th Ave	15.6	0	
RG	Union gas station	15.6	0	Rest Stop
C	150th Ave	15.6	0.4	
R	Foothill	16.0	2.5	Name changes to John Dr in Castro Valley
C	Strobridge	18.5	0.1	Stay in the far left lane to make a U Turn. Take first right onto Norbridge by yellow building.
R	Norbridge	18.6	1.2	
R	E. Castro Valley Blvd	19.8	2.9	
becomes	Dublin Canyon Rd.	22.7	5.0	at Eden Canyon Rd.
R	Foothill Rd.	27.7	8.5	
L	Kirkare Rd.	36.2	0.1	
L	Main St	36.3	0.0	
rest stop	store on Main St	36.3	0.1	
W	Hwy 84/ Niles Blvd	36.4	4.0	
R	Palomares	40.4	9.7	Quick right after the Train tressle crosses over Niles. Prepare to climb
L	Palo Verde	50.1	0.4	
L	E. Castro Valley Blvd/Dublin Canyon Rd	50.5	2.4	
L	Northbridge Ave	52.9	0.5	
L	Castro Valley BART Station	53.4	0.0	Return to Lake Merrit BART

R=right L=left BR=bear right BL bear left C=name change RG=regroup S=south W=west E=east
F=finish X=cross

Dir	Street/Road	At	Go	Comments
	Castro Valley BART Station	53.4	0.0	Return to Lake Merrit BART
R	Oak Street	53.4	0.3	One Way - go direction of traffic
C	Lakeside Dr	53.7	0.5	
C	Harrison	54.2	0.2	
R	Grand	54.4	0.1	
R	Bellevue	54.5	0.1	
F	Fairyland	54.6		

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April2007

Oakland **Yellowjackets**
 BICYCLE CLUB

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