

SROP PRESENTS: Run & Ride

20 July Fourth 25

12-MILE BIKE RIDE

RIDE INSTRUCTION

12-MILE RIDE

Start Time : 8:00 a.m.

Safety

This is a ride, NOT a race. Please obey all traffic laws and regulations. All roads and paths used for the course are open to normal traffic. Watch for other bikes, cars, and pedestrians. The course will be marked with "Scripps Ranch Bike Ride" signs. Course marshals will be at several major intersections. Sweep vehicles will provide transportation back to the finish if needed. Helmets are required.

Assistance

Sweep vehicles will be patrolling the course if you should need assistance. Limited bike repair is available at the start line. If you get a flat tire, or need a ride, please get a message to the following aid station and a vehicle will be sent to your location. If you require emergency medical assistance, please call 911.

T-Shirts, Refreshments, Festivities

One T-shirt will be given to each participant. Soft drinks, water, beer and fruit will be served in Hoyt Park.

Per ABC regulations, you must wear your bib and present a picture ID for beer. **There are no exceptions!** Be sure to retain your bib if you pick up your T-shirt before entering the beer garden. If you do drink beer, please do so responsibly and **do not drink and drive.**

The Scripps Ranch Old Pros thank you for participating in this event. We take pride in the details and organization of this ride and appreciate your comments.

Start times and course closed times

	Start	Course Closed
35 Mile Ride	7:00 a.m.	11:00 a.m.
22.5 Mile Gravel Ride	7:15 a.m.	11:00 a.m.
12 Mile Ride	8:00 a.m.	11:00 a.m.

Directions

From I-15

Exit Mira Mesa Blvd., go east 1/4 mile. Turn right onto Scripps Ranch Blvd. Watch for signs and course marshals.

From I-5 Southbound

Take I-805 to Mira Mesa Blvd. Go east onto Mira Mesa Blvd., approximately six miles. Pass under I-15 and turn right onto Scripps Ranch Blvd. Watch for signs and course marshals.

From I-5 Northbound

Take Route 52 East to I-15. Take I-15 North to Mira Mesa Blvd. Go east 1/4 mile. Turn right onto Scripps Ranch Blvd. Watch for signs and course marshals.

Parking

Parking is available at the Scripps Ranch High School parking lot. Please do not park in "No Parking" areas or in private parking lots or you may have your car towed away.

Registration

If you are pre-registered and have your bib, then go directly to the start area. Your bib must be attached to an outer garment or to your bike frame so that it is visible. For day of ride registration or "will call" go to the registration area. Registration opens at 6:00 a.m.

Start and Finish

The Start Line is one block north of Scripps Ranch High School at the corner of Scripps Ranch Blvd. and Hibert Street. The Finish Line is at Hoyt Park, about a mile from the start.

**PLEASE SEE THE REVERSE SIDE
FOR BIKE ROUTE**

Have a fun and safe ride!

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The Scripps Ranch 12 Mile Bike Ride
Course Directions & Map

Caution

Keep your speed down. **This is NOT A RACE.**

Ride in a straight line—do not swerve left and right.
Watch for oncoming traffic, walkers and others using the lake. There are many blind curves around the lake. The road is very narrow around the backside of the lake.

Requirements regarding Lake Miramar security require us to prohibit backpacks and anything but water bottles or baby bottles taken on the course for 12-mile bike ride. Wear the bib facing front. It must be visible as you approach the dam. You will not be allowed to cross the dam if you violate any of the above rules.

Violators will be subject to search

Wear a Helmet

START: Hibert Street

Right on Scripps Ranch Blvd. (out of start)
Left on Scripps Lake Drive
Left into Miramar Lake Entrance
Follow road to the right, twice around the lake

Aid Station (in parking lot)

Right into Miramar Lake Exit
Left on Scripps Lake Drive

Caution: Watch for 28- and 50-mile riders

Right on Red Cedar Drive
Right on Grayfox Drive
Right on Vista Valle Drive
Left on Pinetree Drive
Left on Canyon Lake Drive

FINISH: Hoyt Park

