

# SROP PRESENTS: Run & Ride

20 July Fourth 25

## 22.5-MILE GRAVEL BIKE RIDE

### RIDE INSTRUCTION

#### 22.5-MILE GRAVEL RIDE

**Start Time : 7:15 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

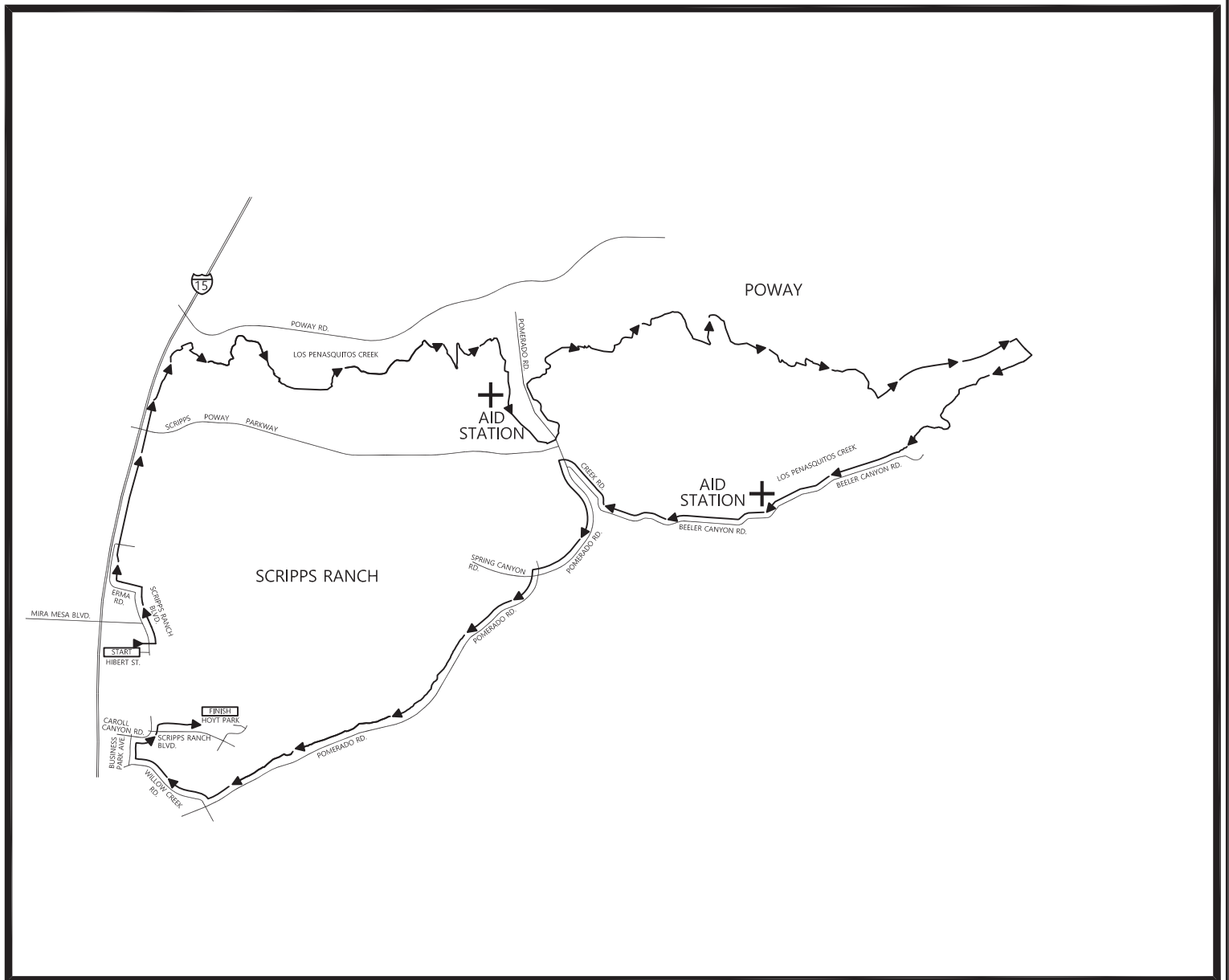
The Start Line is one block north of Scripps Ranch High School at the corner of Scripps Ranch Blvd. and Hibert Street. The Finish Line is at Hoyt Park, about a mile from the start.

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

**Have a fun and safe ride!**

# SCRIPPS RANCH OLD PROS BIKE RIDES

THE SCRIPPS RANCH 22.5 MILE GRAVEL BIKE RIDE  
COURSE DIRECTIONS & MAP



**START: HIBERT STREET**

LEFT ONTON SCRIPPS RANCH BLVD (OUT OF START)  
LEFT ONTO ERMA STREET  
CONTINUE ONTO I-15 BIKE TRAIL  
CROSS SCRIPPS POWAY PARKWAY  
CONTINUE ONTO I-15 BIKE TRAIL

**AID STATION 7 MILES**

RIGHT ONTO OLD POMERADO RD.  
LEFT AT SCRIPPS POWAY PARKWAY  
CROSS POMERADO RD. ONTO SOUTH POWAY TRAIL  
CROSS STOWE DR.  
RIGHT ONTO 1<sup>ST</sup> AMERICAN WAY  
LEFT ONTO DANIELSON STREET  
LEFT ONTO SCRIPPS POWAY PARKWAY

RIGHT AT TURNOUT  
RIGHT ONTO SYCAMORE CANYON RD.  
RIGHT ONTO BEELER CANYON TRAIL

**AID STATION 14 MILES**

CONTINUE ON BEELER CANYON RD.  
CONTINUE ONTO CREEK RD.  
LEFT ONTO POMERADO RD.  
LEFT ONTO POMERADO RD.  
RIGHT ONTO POMERADO TRAIL  
RIGHT ONTO WILLOW CREEK RD.  
RIGHT ONTO BUSINESSPARK AVE.  
RIGHT ONTO CARROLL CANYON RD.  
RIGHT ONTO SCRIPPS RANCH BLVD TRAIL  
**FINISH AT HOYT PARK**