

# SROP PRESENTS: Run & Ride

20 July Fourth 25

35-MILE BIKE RIDE

## RIDE INSTRUCTION

### 35-MILE RIDE

**Start Time : 7:00 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

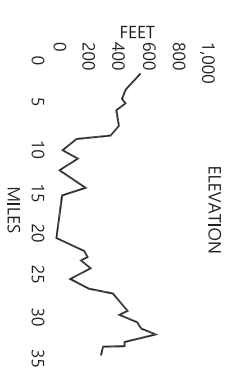
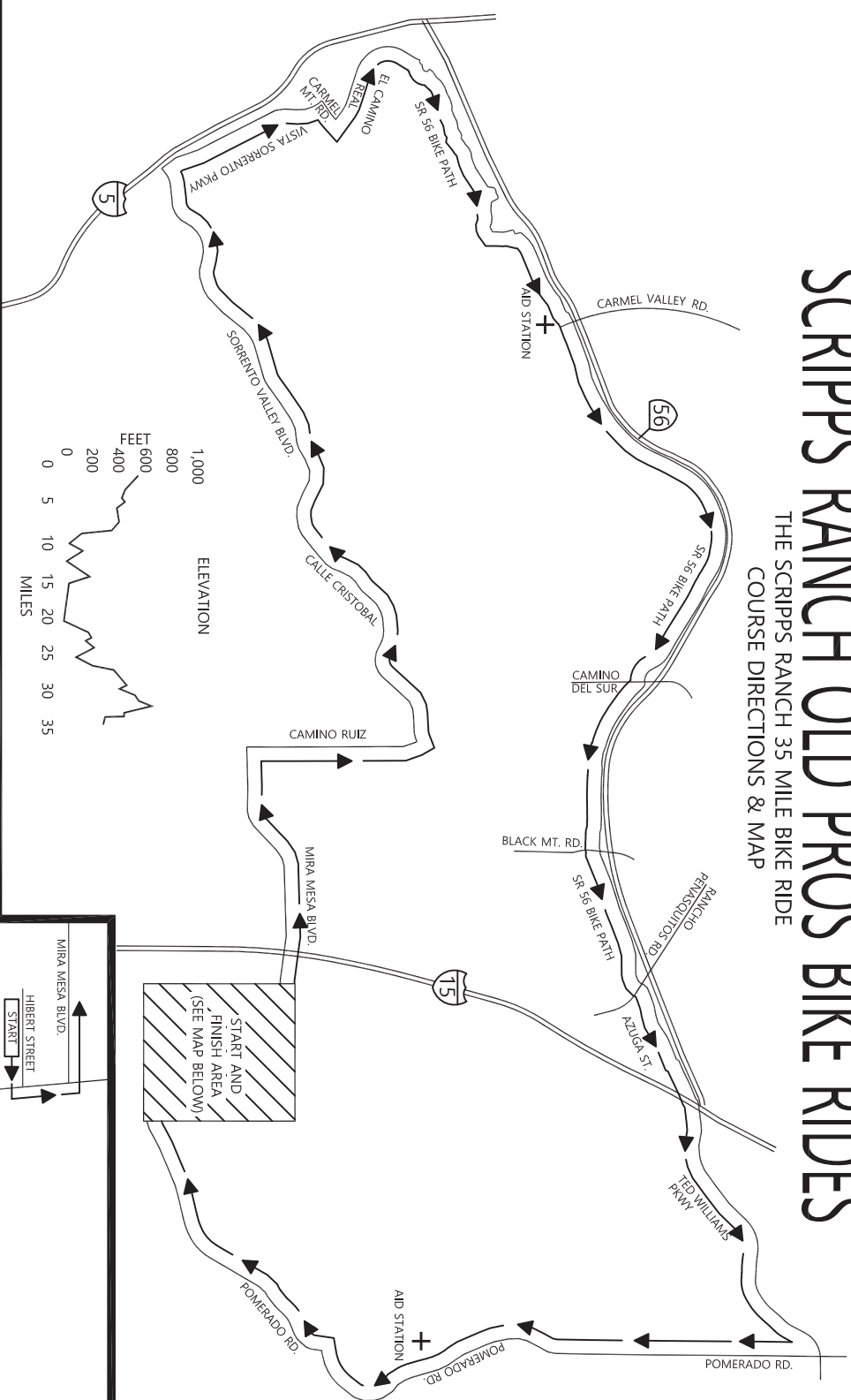
The Start Line is one block north of Scripps Ranch High School at the corner of Scripps Ranch Blvd. and Hibert Street. The Finish Line is at Hoyt Park, about a mile from the start.

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

**Have a fun and safe ride!**

# SCRIPPS RANCH OLD PROS BIKE RIDES

THE SCRIPPS RANCH 35 MILE BIKE RIDE  
COURSE DIRECTIONS & MAP



**START: HIBERT STREET**

- LEFT ONTO SCRIPPS RANCH BLVD
- LEFT ONTO MIRA MESA BLVD.
- RIGHT ONTO CAMINO RUIZ
- LEFT ONTO CALLE CRISTOBAL
- STRAIGHT ONTO SORRENTO VALLEY BLVD.
- RIGHT ONTO VISTA SORRENTO PARKWAY
- RIGHT ONTO CARMEL MOUNTAIN RD
- LEFT ONTO EL CAMINO REAL
- RIGHT ONTO SR-56 BIKE ROUTE - MARVIN GERST TRAIL

**AID STATION 14 MILES**

- CONTINUE ONTO SR 56 BIKE PATH
- CROSS CAMINO DEL SUR
- CONTINUE ONTO SR 56 BIKE PATH
- CROSS BLACK MOUNTAIN RD
- CONTINUE ONTO SR 56 BIKE PATH
- CROSS RANCHO PENASQUITOS RD.
- CONTINUE STRAIGHT ONTO AZUAGA ST.

**AID STATION 26 MILES**

- LEFT ONTO BIKE PATH
- CONTINUE STRAIGHT ACROSS I-15
- CONTINUE STRAIGHT ONTO TED WILLIAMS PKWY
- RIGHT ONTO POMERADO RD.

**FINISH HOYT PARK**

- LEFT ONTO POMERADO RD. (LIGHT AT TOP OF HILL)
- RIGHT ONTO WILLOW CREEK RD.
- RIGHT ONTO BUSINESS PARK AVE.
- RIGHT ONTO CARROLL CANYON RD.
- STRAIGHT ONTO SCRIPPS RANCH BLVD.
- RIGHT ONTO SCRIPPS LAKE DR.
- RIGHT ONTO RED CEDAR DR.
- RIGHT ONTO GRAYFOX DR.
- RIGHT ONTO VISTA VALLE DR.
- LEFT ONTO PINETREE DR.
- LEFT ONTO CANYON LAKE DR.
- FINISH HOYT PARK

