

**Cinderella Training Ride #10**  
**Crystal Springs - 56 Miles, 1900 feet**  
**Start: Bicycle Garage, Fremont**  
**3/20/10 7:30 am**

Direction Legend:

L = Left      R = Right  
X = Cross      >> = Becomes

AT MILE	GO	STREET/LANDMARK
0.0	R	Blacow
0.2	R	Royal Palm
0.3	R	Flamingo
0.4	R	Farwell
0.6	X	Mowry
1.7	L	Central
3.4	L	Central (veer left at light to stay on Central)
3.7	R	Cherry
4.2	L	Thornton (two lanes turn right)
6.0	L	Marshlands
9.1	X	Dumbarton Bridge
11.9	R	University
	X	Hwy 84
12.0	R	Bike path around Sun (watch for chain across entrance on weekends)
12.3	R	Bayfront Expressway Bike Path
14.4	R	Bayfront Park - Potty Stop
15.2	<<	Return and cross street onto Marsh
16.0	R	15th Avenue
16.4	>>	Palmer
16.8	X	Middlefield
16.8	>>	Fair Oaks
17.3	X	El Camino Real
17.3	>>	Atherton
19.1	R	Alameda de Las Pulgas
20.1	L	Woodside Road
22.0		Stop @ Chevron or Roberts Market
22.0	R	Canada Road from Chevron ( <b>left from Roberts Mkt.</b> )
25.8	X	Edgewood Road
29.7	U	Hwy 92 - <i>caution cross traffic</i>
33.6	L	Edgewood Road
34.6	R	Edgewood Park (if needed)
35.2	R	Cordilleras (at light)
36.0	R	Canyon
36.7	L	Highland
36.8	L	Jefferson
37.0	X	Alameda de Las Pulgas
37.0	R	Upton - <b>quick right turn</b>
37.4	X	Roosevelt
37.4	>>	Perx Coffee Shop/Sandwich Shop - BREAK

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AT MILE	GO	STREET/LANDMARK
37.4	R	Roosevelt to exit coffee stop
37.7	R	Valota
38.6	X	Woodside Road
38.6	>>	Nimitz
39.0	L	Selby
39.0	R	Selby
39.7	L	Atherton @ dead end
39.8	>>	Fair Oaks
40.8	>>	Palmer (Bad tracks)
41.5	>>	15th Avenue
42.1	L	18th Avenue
42.2	R	Bay
42.3	L	Marsh Road
42.6	X	Fwy 101 ( <i>caution fwy ramps</i> )
43.0	R	Independence
43.0	L	Constitution
43.3	L	Chrysler
43.4	X	Bayfront Expressway
43.4	R	Bike Path (access at crosswalk)
44.6	L	Follow bike path behind Sun
45.4	L	To continue on bike path
45.7	X	Bayfront Xpress @ University Ave.
45.7	L	Onto bikepath to Dumbarton Bridge
48.4	L	Marshlands
51.6	R	Thornton
53.4	R	Cherry
54.0	L	Central
55.0	R	Farwell
55.7	L	Mowry Ave
55.9	R	Blacow
56.0	R	parking lot/Bike Garage

**Menlo Park Emergency (650) 321-2231**  
**Palo Alto Emergency (650)470-1258**  
**East Palo Alto Emergency (650) 321-1112**  
**San Mateo County Sheriff 650-363-4911**  
**Fremont Emergency (510)793-3434**  
**Newark Emergency (510) 793-3737**

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