

**Cinderella Classic Training Ride #5
Over the Bridge - 36 Miles, 720 feet
Start: Bicycle Garage, Fremont
2/13/10 8:00 am**

Direction Legend: L = Left R = Right X = Cross >> = Becomes

AT MILE	GO	STREET/LANDMARK
0.0	R	Blacow Rd
500'	R	Royal Palm
1600'	R	Flamingo Ln
0.4	R	Farwell
1.7	L	Central Ave
2.4	R	Newark Blvd
2.8	L	Thornton
5.1	L	Marshlands
	X	Dumbarton Bridge
10.9	R	University to bike path (X HWY 84 at the light)
	R	Bike path behind SUN (Caution! sometimes a chained entrance)
12.0	R	Bayfront Expressway bike path (Caution! Small silver pole at exit)
13.5	R	Bayfront Park (Rest Rooms inside Park)
	>>	Rest Rooms and return to Expressway
14.3	X	Bayfront Expressway onto Marsh (may need to push WALK button on far right behind overgrown bush)
	X	101 on overpass
15.2	R	15th
15.2	R	18th
15.3	R	Bay
15.3	X	Marsh
16.5	X	Ringwood
16.7	R	Berkeley
17.3	L	Coleman @ T
17.4	R	Santa Monica
17.5	L	Gilbert @ stop sign
	X	Willow Road
17.8	R	Marmona
17.9	L	Concord
18.3	L	Woodland
18.7	R	at Y w/ Menalto to stay on Woodland
19.4	R	University
19.9	R	Marlowe (after Maple)
	>>	Palo Alto Ave
	X	Chaucer St
	X	Hale St
20.4	R	to stay on Palo Alto @ Lytton & Seneca
	R	to stay on Palo Alto @ Guinda St
	X	Everett
	X	Fulton
20.9	R	Middlefield
21.7	R	Ringwood

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AT MILE	GO	STREET/LANDMARK
22.8	X	Bike Bridge over 101 (Careful of pedestrians!)
22.9	R	Ringwood
	R	Ivy (enter traffic circle)
	L	Market Place (exit traffic circle)
23.0	R	Hamilton
23.8	L	Shopping center - Starbucks Coffee Break
	L	Hamilton to exit shopping center same way you came in
23.8	L	Willow Road
24.0	R	Bike Path
	X	Dumbarton Bridge
	L	Marshlands
30.4	R	Thornton
31.1	R	Willow
31.7	L	Central
34.2	R	Farwell
35.2	L	Mowry Ave
35.5	R	Blacow Rd
35.6	R	into shopping center/BikeGarage

Fremont Emergency (510)793-3434

East Palo Alto Emergency (650) 321-1112

Palo Alto Emergency (650)470-1258

Menlo Park Emergency (650) 321-2231

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	R	Ivy (enter traffic circle)
	L	Market Place (exit traffic circle)
23.0	R	Hamilton
23.8	L	Shopping center - Starbucks Coffee Break
	L	Hamilton to exit shopping center same way you came in
23.8	L	Willow Road
24.0	R	Bike Path
	X	Dumbarton Bridge
	L	Marshlands
30.4	R	Thornton
31.1	R	Willow
31.7	L	Central
34.2	R	Farwell
35.2	L	Mowry Ave
35.5	R	Blacow Rd
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