WHEELCHAIR RACING COURSE

OBEY THE RULES OF THE ROAD
BIKE COURSE TURN
BY TURN DIRECTIONS

Bike Course Coordinator
Rocky Whan (714) 473-2848

Exit Transition Area

Start to the right onto Coast
Continue up Girard Ave.
Merge right onto Prospect Pl
Left on Girard
Left on Wall St.
Left on Ivanhoe
Left on Ivanhoe
Right on Cave St.
Right on Prospect Pl
Merge and turn left on Torrey Pines Rd –
STAY ON LEFT LANE ON EXIT
Left on La Jolla Shores Dr
Left on North Torrey Pines Rd
Left again on North Torrey Pines Rd
Right on Chesterfield
Immediate Right on San Elijo
Right on Manchester at South El Camino Real
Water Station #1 at Encintas Country Day School
Right on Rancho Santa Fe Rd.
Right on La Bajada
RUN COURSE TURN BY TURN DIRECTIONS

Run Course Coordinator:
Kevin Crilley (310) 974-2469

Start at La Jolla Cove
Exit by turning left onto Coast Blvd
Turn left on Prospect
Turn left on Torrey Pines Road
Turn left on Princess St.
Princess becomes Spindrift Dr.
Spindrift becomes Paseo Dorado
Turn left onto Calle De La Plata
Turn left onto Avenida De La Playa
Turn right onto the boardwalk along La Jolla Shores
Continue on the boardwalk to north end of Kellogg Park
Turn left onto Paseo Grande
Turn left onto La Jolla Shores Dr.

*5 Mile Runners Turn Around at Naga Way, return via same route

Turn left onto North Torrey Pines Road
Turn left to stay on North Torrey Pines
Turn left on Torrey Pines Court
Turn around in cul de sac at aid station

Return via same route