

## Tour de Poway 50 mile course

	<u>Segment Mile</u>	<u>Total Distance</u>
(R) Midland	1	1
(L) Poway Rd	4.5	5.5
(L) Hwy 67	6	11.5
(R) Dye Rd\Ramona Rd\Warnock	3	14.5
(L) San Vicente Rd	2	16.5
(L) Main St	3	19.5
(R) Highland Valley Rd(AID STATION)	13.5	33
(R) Pomerado\West Bernardo Dr(AID STATION)	2.5	35.5
(R) Rancho Bernardo Rd	1.2	36.7
(L) Camino San Bernardo	.6	37.3
(L) Camino Del Norte(East)	2.5	39.8
(R) Carmel Mnt Road	.25	40
(R) Rancho Carmel Dr	2	42
(L) Ted Williams Pwky(East)	2	44
(R) Pomerado Road	3	47
(L) Metate	1.25	48.25
(L) Community Road	1.5	49.75
(R) Aubrey to Finish	.25	50

**Emergencies call 911 or (858)486-4202**