

**MOSSY NISSAN POWAY**  
**Tour de Poway**  
**Sunday October 10<sup>th</sup>**  
**7:30 am start time**  
**62 mile course (Metric Century)**

	<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)	9.5	29
(R) Bandy Canyon Rd(AID STATION)	4.5	33.5
(L) Hwy 78	6.5	40
(L) Bear Valley Parkway	3	43
(R) Beethoven	1	44
(Cross intersection on to I-15 Shoulder)	1	45
(L)West Bernardo Dr(AID STATION)	2	47
(R) Rancho Bernardo Rd	1.2	48.2
(L) Camino San Bernardo	.6	48.8
(L) Camino Del Norte(East)	2.5	50.3
(R) Carmel Mnt Road	.25	50.5
(R) Rancho Carmel Dr	2	52.5
(L) Ted Williams Pwky(East)	2	54.5
(R) Pomerado Road	3	57.5
(L) Metate	1.5	59
(L) Community Road	2	61
(R) Aubrey	1	62