

## MID-VALLEY TRAINER

(Riders must wear Snell-approved helmets)

### FOOTHILL CYCLE CLUB RIDE

Rt R Lt L Cont C	stop s light l T t	Total Miles	Next Turn	Description
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	Start Arcadia Park			-from 210 Freeway, go south on Santa Anita 0.5 miles, parking lot on right below Colorado
	Go east on California			-cross Santa Anita
R s	Fifth Ave.	0.5	0.8	
L t	Camino Real	1.3	0.1	
R s	Sixth Ave.	1.4	0.9	-becomes Hempstead
L	Daines	2.3	0.1	-sidewalk on left through posts end of Daines
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R	Bike Trail	2.4	0.6	
C t	Bike Trail	3.0	0.4	-optional Whittier Narrows route right
R	Through yellow gate	3.4	0.1	
C	Rio Hondo Pky.	3.5	0.4	-careful traffic crossing Peck Rd.
R s	Cogswell	3.9	0.5	-curves rt. and lt. at 4.2 miles
L s	Roseglen	4.4	0.1	
L l	Lower Azusa	4.5	0.4	
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R	Enter bike trail	4.9	0.1	
L	North on bike trail	5.0	1.6	
L t	Cross Arrow Hwy.	6.6	0.3	-follow bike path, north side of Arrow Hwy.
R	Climb Santa Fe Dam	6.9	0.1	
C	East across dam	7.0	1.7	-optional 2 mile spur to left
C	S. F. Dam gate	8.7	0.4	-stay on top of dam
C	End of dam	9.1	0.3	-bike trail curves left, optional azusa route rt.
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L	Follow bike trail	9.4	0.1	-bike path is to left of service building
R t	Follow bike trail	9.5	1.7	
L	Cross bridge	11.2	0.2	-optional spur 4 miles to top of bike trail
L t	Encanto	11.4	0.1	
R	Hacienda	11.5	0.3	
L	Las Lomas	11.8	0.2	
L	Golf Course park. lot	12.0	0.1	-lunch golf course restaurant
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R t	Las Lomas	12.1	0.2	
L	Royal Oaks	12.3	0.1	
R	Vineyard	12.4	0.7	-jog left onto bike path immed. after rt. turn
R	Royal Oaks Dr. Nor.	13.1	0.3	-curves left uphill
R s	Winston	13.4	0.2	-moderate uphill
L t	Lemon	13.6	0.7	
R s	Bradbury Ave.	14.3	0.5	-becomes Wild Rose
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R s	Mountain	14.8	0.4	-do not turn left onto foothill
L s	Greystone	15.2	0.2	-straight across Norumbega, jogs right 25 ft.
R s	Grand	15.4	1.6	-becomes Hillcrest at top of hill, curve left
L s	Fifth	17.0	1.2	-tunnel under railroad track-construction, dirt
R	California	18.2	0.5	-cross Santa Anita into Arcadia Park
C s	Cross Santa Anita	18.7		