

PCHR Channel Isle 400K

At mile	Turn	Ride for	Key: C=Control, L=Left, R=Right, S=Straight, SS=Stop sign, TL=Traffic light, 4X=4 way stop, T=T intersection
0.0	C		Control#1 Start - Tierra Rejada Von's Shopping Center - Java Kai - Start 05:30
0.0	East	0.0	Take Eastern Exit from Center to Mountain Trail
0.0	L @ SS	0.1	Mountain Trail
0.1	L @ TL	0.8	Tierra Rejada Road
0.9	L @ TL	1.8	SR 118 - Los Angeles Avenue
2.7	R @ TL	3.6	Grimes Canyon Road
6.3	L @ TL	0.7	Broadway
7.0	R	4.3	Stockton Road
11.3	R @ SS	2.5	Balcom Canyon Road
13.8	S	3.4	Stay Straight Name Changes to Bradley Road
17.2	R	1.4	Berylwood Road
18.6	R @ TL	0.3	Aggen Road
18.9	L	3.9	La Loma Avenue
22.8	R – L	0.6	Center Road/La Vista Road
23.4	R @ T	1.1	Los Angeles Avenue / SR 118
24.5	R @ TL	4.6	to Stay on Los Angeles Ave. / SR 118 Name will change to Wells Road
29.1	L @ T	5.6	Foothill Road
34.7	S	2.1	Straight - Name Change to Poli St
36.8	L	0.1	California Street
36.9	R @ TL	1.2	Main St. Food/Water/Bathrooms
38.1	L	1.4	Emma Wood State Beach / Bicentennial Bike Path – Follow road to left before freeway on ramp – go towards Seaside Wilderness Park
39.5	L	8.0	Old Pacific Coast Highway ** Caution ** Watch for traffic exiting Freeway from right.

47.5	S	2.8	Enter Highway 101 North Bike lane/Bike Path at end of road
50.3	R	0.2	Bates Road off ramp
50.5	R @ SS	0.8	Bates Road - Name Changes to Rincon Hill Road
51.3	Bear L @ SS	0.6	Highway 150 / Rincon Road - Looks like you are going straight
51.9	R	2.7	Carpinteria Avenue (Just past FWY overpass) Food/Water/Bathrooms
54.6	C	0.0	Control# 2 - Any Establishment near Carpinteria Ave. between Casitas Pass Road and Linden Ave. Get Receipt - Open 08:05 / Close 11:22
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54.6	R @ TL	0.2	Santa Ynez Avenue
54.8	L @ SS	4.6	Via Real - Name then Changes to Lillie Avenue Food Water Bathrooms
59.4	L	0.8	Ortega Hill Bike Path - Just after FWY entrance on left
60.2	L @ SS	0.1	Ortega Hill Rd.
60.3	L @ SS	1.1	Jameson Road
61.4	R @ 4X	1.5	San Ysidro Road
62.9	Bear L	0.2	To Stay on San Ysidro Road
63.1	L @ T	0.5	East Mountain Dr. - STAY on Mountain! - If you find yourself steeply descending toward the ocean for a long way you are on the wrong road and will have to climb back up! Go horizontal across the Mountain - You will be on East/West Mountain for 6.6 miles
63.6	L - R	5.8	STAY on Mountain! Sign on Left side of road.
69.4	Bear L @ SS	0.3	At intersection with Las Canoas Road/Gibraltar Road go downhill now to stay on Mountain Drive.
69.7	R @ SS	0.4	Stop Sign at bottom of hill! Turn Right on 192 (Foothill Road)
70.1	Bear R	12.3	Bear Right to SR-192 / Foothill Road - Name will change to Cathedral Oaks
82.4	L @ SS	0.3	Winchester Canyon Road

82.7	C	0.0	Control#3 - 76 Gas Station/Market - Get Receipt - Open 09:25 / Close 14:22
82.7	L - R	1.0	Calle Real
83.7	L - R	8.8	Jog to Shoulder of 101 FWY North - 1st opportunity to go left after Hollister. (True direction is West)
92.5	R	0.4	Bear Right to Exit FWY at Refugio State Beach
92.9	L @ SS		Refugio Beach Road
92.9	C	0.0	Control#4 - Info Control - Under FWY Overpass - Answer Question on Brevet Card
92.9	Continue S	0.2	Refugio Road
93.1	S	9.4	101 FWY South
102.5	R	0.2	Hollister Ave. exit
102.7	R @ SS	4.5	Hollister Avenue Food/Water/Bathrooms
107.2	R @ TL	0.6	Fairview Avenue
107.8	R	0.3	James Fowler Road
108.1	L	0.4	William Moffet
108.5	Bear R	0.3	Enter Bike Path - Just Past Entrance to Goleta Slough
108.8	L	0.2	Coast Route Bike Path LEFT at 'T' intersection
109.0	L	0.1	Sandspit Rd (entrance road to parking lot) - Cross Bridge
109.1	C	0.0	Control #5 - Info Control - At Entrance to Coast Route / Oberrn Trail - Answer Question on Brevet Card
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109.1	R	3.5	Continue on Coast Route Bike Path - Follow Signs for Coast Route / Oberrn Trail.
112.6	S	0.1	Arroyo Road (Follow Coast Route) Exit bike path
112.7	R	0.3	Nueces Drive (Follow Coast Route)
113.0	S	0.3	Coast Route Bike Path - Cross Bridge - Continue on Nueces Drive (Follow Coast Route)
113.3	S	0.4	Coast Route Bike Path
113.7	R @ SS	0.7	Modoc Road
114.4	R - R	5.6	Right on Via Senda, then Right on Las Palmas Drive - Name Changes to Roble Drive - Name Changes to Marina Drive - Name Changes to Cliff Drive
120.0	C	0.0	Control #6 - Any Establishment Near Cliff Drive and Meigs Road - Get Receipt - Open 11:11 / Close 18:22

120.0	R @ TL	2.4	Meigs Road (Go Downhill) Name Changes to Shoreline Drive
122.4	S	2.4	Name Changes to Cabrillo Blvd.
124.8	R	1.8	Channel Drive @ Y (Go towards Cemetery but not into Cemetery) Follow Bike Path at top of hill down to Channel Drive becomes Olive Mill Rd. after FWY
126.6	R	0.7	Danielson Rd - Name Changes to S. Jameson Lane
127.3	L @ SS	0.1	Eucalyptus Lane/San Ysidro Rd. - Cross over FWY
127.4	R @ 4X	1.1	N. Jameson Lane
128.5	R	0.1	Ortega Hill Road
128.6	R	0.7	Ortega Hill Bike Path
129.3	R @ SS	0.4	Ortega Hill Rd/Lillie Avenue
129.7	S	4.0	Becomes Via Real
133.7	R @ T	0.2	Santa Ynez Avenue
133.9	L @ TL	1.9	Carpinteria Ave LAST CHANCE FOR Food /Water / Bathrooms until over Casitas Pass - 22 Miles!
135.8	L @ SS	0.1	Bailard Avenue - Cross Over Freeway
135.9	R @ SS	1.1	Via Real
137.0	L @ SS	16.7	Rincon Road - SR 150
153.7	L	2.0	Ojai Valley Bike Trail (Just BEFORE HWY 33 / 150)
155.7	S @ TL	1.9	Cross HWY 33 /150 to stay on Ojai Valley Bike Trail
157.6	L	0.2	Montgomery Street
157.8	C	0.0	Control#7 - Any Establishment Near Montgomery & Ojai Ave - Get Receipt - Open 13:04/Close 22:26 (Chevron – Mini Mart)
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157.8	Return	0.5	Montgomery Street (Go Downhill)
158.3	L @ SS	4.1	Creek Road
162.4	R	0.4	Encino Drive Steep uphill! Gear down!
162.8	L	0.3	Thomas Street
163.1	L @ SS	0.1	Dale Avenue

163.2	R @ SS	0.3	Donna Street Name Changes to High Street
163.5	R @ T	0.1	Oak View Avenue Cross Hwy 33 at traffic light
163.6	R	0.2	Bundren Street
163.8	L @ SS	0.9	Santa Ana Boulevard
164.7	C	0.0	Control#8 - Info Control - At Intersection of Santa Ana Blvd. & Santa Ana Rd - Answer Question on Brevet Card
164.7	L @ T	3.2	Santa Ana Road
167.9	L @ T	0.6	Casitas Vista Road
168.5	R	5.6	Enter bike path
174.1	S	0.1	Rex St./Dubber St./Harriett St.
174.2	R @ T	0.2	Olive St.
174.4	L @ TL	0.1	Main St. - Food/Water/Bathrooms
174.5	R @ TL	0.1	Ventura Ave.
174.5	L @ TL	0.3	Santa Clara Avenue
174.8	R	0.2	Figueroa Street
175.0	L @ SS	8.7	Harbor Boulevard
183.7	L @ TL	2.0	Channel Islands Boulevard
185.7	C	0.0	Control#9 - Any Establishment near corner of Channel Islands Blvd. & Ventura Rd - Get Receipt - Open 14:29 / Close 01:26 (Denny's - Mini Marts)
185.7	R @ TL	1.9	Ventura Road
187.6	L @ TL	4.2	Hueneme Road (East)
191.8	R @ TL	2.7	Naval Air Road
194.5	L - R	16.4	Las Posas then Right to On-ramp to PCH South
210.9	C	0.0	Control#10 - Any Establishment near corner of PCH and Trancas Canyon - Get Receipt - Open 15:44 / Close 04:06 (Chevron Mini Mart)
210.9	Return	16.3	North on PCH - Return to Las Posas
227.2	R @ SS	2.9	Las Posas
230.1	R @ TL	4.5	Hueneme Road (East) Name will Change to Lewis Rd
234.6	R @ TL	1.9	Pleasant Valley Road
236.5	S	8.6	Name Changes to Santa Rosa Road after FWY
245.1	L @ TL	1.4	Moorpark Road
246.5	L @ TL	2	Tierra Rejada Road
248.5	R @ TL	0.2	Mountain Meadows
248.7	L	0.1	Cedarglen Court
248.8	C	0.0	Control#11 - Finish Control - 4465 Cedarglen Court - Open 17:38 / Close 08:30