

COASTAL CRUISE CENTURY

Century - 94 Miles - 3400 Feet (barometric)

PROTECTIVE HELMETS ARE REQUIRED ON ALL WHEELMEN RIDES

TOTAL NEXT
MILES TURN

START LOCATION (Elev. 13 ft):
Del Rey Lagoon in Playa Del Rey

START SOUTH ON ESPLANADE ST	0.0	0.1
R - CULVER BLVD	0.1	0.2
INTO BIKE PATH - GO LEFT (SOUTH)	0.3	6.3
CONT PATH ON STREET IN HERMOSA	6.6	2.3

L - BERYL ST	8.9	0.1
R - CATALINA AVE	9.0	0.7
R - ESPLANADE AVE (<i>Pearl St. on Left</i>)	9.7	1.6
R - PASEO DE LA PLAYA	11.3	0.8

R - PALOS VERDES BLVD (<i>Curve R into PALOS VERDES DR</i>)	12.1	0.5
R - VIA CORTA / VIA ALAMAR	12.6	0.4
R - VIA ARROYO	13.0	0.1

L - PASEO DEL MAR (<i>Go L at T up to PV Dr</i>)	13.1	0.9
R - PALOS VERDES DR WEST	14.0	0.8
R - PASEO DEL MAR (<i>again</i>)	14.8	2.2
R - PALOS VERDES DR WEST (<i>again</i>)	17.0	0.8

R - CALLE ENTRADERO (<i>Bcms Via Vicente</i>)	17.8	0.9
R - PALOS VERDES DR WEST (<i>Bcms PV Dr South - goes into 25th St</i>)	18.7	7.1
R - PATTON AVE	25.8	0.1
L - 26TH ST	25.9	0.4

R - ALMA ST	26.3	0.5
L - 37 TH ST (<i>for a short way</i>)	26.8	0.0
R - EMILY ST	26.8	0.1
L - PASEO DEL MAR (<i>Bcms SHEPARD ST</i>)	26.9	1.0

L - PACIFIC AVE	27.9	1.2
R - 22ND ST	29.1	0.5
L - MINER ST	29.6	0.8
L - HARBOR BLVD	30.4	1.4

R - PACIFIC AVE (<i>Into JOHN GIBSON BL</i>)	31.8	1.7
R - HARRY BRIDGES BL (<i>Bcms ALAMEDA</i>)	33.5	2.2
R - ANAHEIM ST	35.7	2.5
R - OREGON ST (<i>Go R around to River Trail</i>)	38.2	0.3

L - LA RIVER TRAIL (south) (<i>To end</i>)	38.5	1.3
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Full & Metric Century split here
Full goes left on river - Metric goes right

L - INTO LONG BEACH TRAIL (<i>go past Catalina Cruises and under bridge</i>)	39.8	0.6
L - PAST AQUARIUM TO ...	40.4	0.2
R - SHORELINE DR	40.6	0.5
R - SHORELINE VILLAGE DR	41.1	0.1

L - BEACH BIKE PATH (<i>To End</i>)	41.2	3.8
INTO 54TH ST /BAYSHORE DR (<i>at end of path</i>)	45.0	0.3
R - 2nd ST.	45.3	1.0
R - MARINA DR (<i>follow curve to R</i>)	46.3	1.0

L - MARINA DR (<i>At T</i>)	47.3	0.6
R - PACIFIC COAST HWY	47.9	3.5
L - WARNER AVE	51.4	1.5
L - AIRPORT CIR	52.9	0.1

LUNCH IN MALL ON RIGHT
Pick-Up-Stix and others
After Lunch - return back on Warner

R (NORTH) ON BOLSA CHICA ST	53.0	3.1
L - WESTMINSTER AVE (<i>Bcms 2nd St</i>)	56.1	3.4
R - STUDEBAKER RD	59.5	2.1
L - ATHERTON ST	61.6	2.0

R - CLARK AVE	63.6	0.5
L - STEARNS ST.	64.1	1.0
L - REDONDO AVE	65.1	0.1
R - 20TH STREET	65.2	0.5

R - TEMPLE AVE (<i>Bear R into Panorama Continue R thru gate into walkway/bike path</i>)	65.7	0.8
L - DAWSON AVE.	66.5	0.1

Stop at Park on Right at top and take in the view

R - 23RD ST / SKYLINE	66.6	0.3
R - CHERRY AVE (<i>At bottom of hill</i>)	66.9	0.2
L - WILLOW ST (<i>Bcms SEPULVEDA</i>)	67.1	6.3
L - MAIN ST	73.4	0.6

R - LOMITA AVE	74.0	5.3
R - ANZA AVE (<i>At T</i>)	79.3	2.7
CONT. INTO PARK AT END OF ANZA (<i>Cont. Into LILENTHAL LN</i>)	82.0	0.5
R - RIPLEY AVE	82.5	0.1

L - FELTON LN	82.6	0.2
L - INTO BIKE PATH (<i>cont. to end</i>)	82.8	0.8
L - ROBINSON ST (<i>follow bike route R, then L</i>)	83.6	0.5
R - VAIL AVE (<i>Bcms FREEMAN</i>)	84.1	0.7

L - MARINE AVE	84.8	0.4
R - AVIATION AVE	85.2	0.3
L - 33RD ST	85.5	0.3
R - REDONDO AVE (<i>Bcms DOUGLAS ST</i>)	85.8	1.2

L - EL SEGUNDO BLVD	87.0	1.9
R - MAIN ST	88.9	1.0
L - IMPERIAL HWY	89.9	0.8
R - PERSHING DR	90.7	1.7

L - WATERVIEW ST (<i>one last hill</i>)	92.4	0.3
R - RINDGE AVE	92.7	0.4
R - FOWLING ST (<i>At T</i>)	93.1	0.1
L - MONTREAL ST (<i>into Vista del Mar</i>)	93.2	0.2

L - ARGONAUT ST	93.4	0.1
R - ESPLANADE ST	93.5	0.1
BACK TO START	93.6	

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Next Week: Surf City

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Century - 94 Miles - 3400 Feet (barometric)

PROTECTIVE HELMETS ARE REQUIRED ON ALL WHEELMEN RIDES

TOTAL NEXT
MILES TURN

START LOCATION (Elev. 13 ft):
Del Rey Lagoon in Playa Del Rey

START SOUTH ON ESPLANADE ST 0.0 0.1
R - CULVER BLVD 0.1 0.2
INTO BIKE PATH - GO LEFT (SOUTH) 0.3 6.3
CONT PATH ON STREET IN HERMOSA 6.6 2.3

L - BERYL ST 8.9 0.1
R - CATALINA AVE 9.0 0.7
R - ESPLANADE AVE (*Pearl St. on Left*) 9.7 1.6
R - PASEO DE LA PLAYA 11.3 0.8

R - PALOS VERDES BLVD 12.1 0.5
(*Curve R into PALOS VERDES DR*)
R - VIA CORTA / VIA ALAMAR 12.6 0.4
R - VIA ARROYO 13.0 0.1

L - PASEO DEL MAR (*Go L at T up to PV Dr*) 13.1 0.9
R - PALOS VERDES DR WEST 14.0 0.8
R - PASEO DEL MAR (*again*) 14.8 2.2
R - PALOS VERDES DR WEST (*again*) 17.0 0.8

R - CALLE ENTRADERO (*Bcms Via Vicente*) 17.8 0.9
R - PALOS VERDES DR WEST 18.7 7.1
(*Bcms PV Dr South - goes into 25th St*)
R - PATTON AVE 25.8 0.1
L - 26TH ST 25.9 0.4

R - ALMA ST 26.3 0.5
L - 37 TH ST (*for a short way*) 26.8 0.0
R - EMILY ST 26.8 0.1
L - PASEO DEL MAR (*Bcms SHEPARD ST*) 26.9 1.0

L - PACIFIC AVE 27.9 1.2
R - 22ND ST 29.1 0.5
L - MINER ST 29.6 0.8
L - HARBOR BLVD 30.4 1.4

R - PACIFIC AVE (*Into JOHN GIBSON BL*) 31.8 1.7
R - HARRY BRIDGES BL (*Bcms ALAMEDA*) 33.5 2.2
R - ANAHEIM ST 35.7 2.5
R - OREGON ST (*Go R around to River Trail*) 38.2 0.3

L - LA RIVER TRAIL (south) (*To end*) 38.5 1.3

Full & Metric Century split here
Full goes left on river - Metric goes right

L - INTO LONG BEACH TRAIL (*go past Catalina Cruises and under bridge*) 39.8 0.6
L - PAST AQUARIUM TO ... 40.4 0.2
R - SHORELINE DR 40.6 0.5
R - SHORELINE VILLAGE DR 41.1 0.1

L - BEACH BIKE PATH (*To End*) 41.2 3.8
INTO 54TH ST / BAYSHORE DR (*at end of path*) 45.0 0.3
R - 2nd ST. 45.3 1.0
R - MARINA DR (*follow curve to R*) 46.3 1.0

L - MARINA DR (*At T*) 47.3 0.6
R - PACIFIC COAST HWY 47.9 3.5
L - WARNER AVE 51.4 1.5
L - AIRPORT CIR 52.9 0.1

LUNCH IN MALL ON RIGHT
Pick-Up-Stix and others
After Lunch - return back on Warner

R (NORTH) ON BOLSA CHICA ST 53.0 3.1
L - WESTMINSTER AVE (*Bcms 2nd St*) 56.1 3.4
R - STUDEBAKER RD 59.5 2.1
L - ATHERTON ST 61.6 2.0

R - CLARK AVE 63.6 0.5
L - STEARNS ST. 64.1 1.0
L - REDONDO AVE 65.1 0.1
R - 20TH STREET 65.2 0.5

R - TEMPLE AVE (*Bear R into Panorama*) 65.7 0.8
(*Continue R thru gate into walkway/bike path*)
L - DAWSON AVE. 66.5 0.1

Stop at Park on Right at top and take in the view

R - 23RD ST / SKYLINE 66.6 0.3
R - CHERRY AVE (*At bottom of hill*) 66.9 0.2
L - WILLOW ST (*Bcms SEPULVEDA*) 67.1 6.3
L - MAIN ST 73.4 0.6

R - LOMITA AVE 74.0 5.3
R - ANZA AVE (*At T*) 79.3 2.7
CONT. INTO PARK AT END OF ANZA
(*Cont. Into LILENTHAL LN*) 82.0 0.5
R - RIPLEY AVE 82.5 0.1

L - FELTON LN 82.6 0.2
L - INTO BIKE PATH (*cont. to end*) 82.8 0.8
L - ROBINSON ST (*follow bike route R, then L*) 83.6 0.5
R - VAIL AVE (*Bcms FREEMAN*) 84.1 0.7

L - MARINE AVE 84.8 0.4
R - AVIATION AVE 85.2 0.3
L - 33RD ST 85.5 0.3
R - REDONDO AVE (*Bcms DOUGLAS ST*) 85.8 1.2

L - EL SEGUNDO BLVD 87.0 1.9
R - MAIN ST 88.9 1.0
L - IMPERIAL HWY 89.9 0.8
R - PERSHING DR 90.7 1.7

L - WATERVIEW ST (*one last hill*) 92.4 0.3
R - RINDGE AVE 92.7 0.4
R - FOWLING ST (*At T*) 93.1 0.1
L - MONTREAL ST (*into Vista del Mar*) 93.2 0.2

L - ARGONAUT ST 93.4 0.1
R - ESPLANADE ST 93.5 0.1
BACK TO START 93.6

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Next Week: Surf City

COASTAL CRUISE CENTURY

Metric Century - 64 Miles - 1900 Feet (mapping software)

PROTECTIVE HELMETS ARE TOTAL NEXT
REQUIRED ON ALL WHEELMEN RIDES MILES TURN

START LOCATION (Elev. 13 ft): Del Rey Lagoon in Playa Del Rey		
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START SOUTH ON ESPLANADE ST	0.0	0.1
R - CULVER BLVD	0.1	0.2
INTO BIKE PATH - GO LEFT (SOUTH)	0.3	6.3
CONT PATH ON STREET IN HERMOSA	6.6	2.3

L - BERYL ST	8.9	0.1
R - CATALINA AVE	9.0	0.7
R - ESPLANADE AVE (<i>Pearl St. on Left</i>)	9.7	1.6
THRU TRAFFIC CIR. INTO CALLE MIRAMAR	11.3	0.3

R - CAMINO DE ENCANTO	11.6	0.5
L - PASEO DE LA PLAYA	12.1	0.1
R - PALOS VERDES BLVD (<i>Curve R into PALOS VERDES DR</i>)	12.2	2.2
R - PASEO DEL MAR (<i>2nd one - not first</i>)	14.4	1.8

R - VIA ANACAPA	16.2	0.2
R - VIA PACHECO	16.4	0.2
R - PALOS VERDES DR WEST (<i>again</i>) (<i>Bcms PV Dr South - goes into 25th St</i>)	16.6	8.2
R - PATTON AVE	24.8	0.1

L - 26TH ST	24.9	0.4
R - ALMA ST	25.3	0.5
L - 37 TH ST (<i>for a short way</i>)	25.8	0.0
R - EMILY ST	25.8	0.1

L - PASEO DEL MAR (<i>Bcms SHEPARD ST</i>)	25.9	1.0
L - PACIFIC AVE	26.9	1.2
R - 22ND ST	28.1	0.5
L - MINER ST	28.6	0.8

L - HARBOR BLVD	29.4	1.4
R - PACIFIC AVE (<i>Into JOHN GIBSON BL</i>)	30.8	1.8
R - HARRY BRIDGES BL (<i>bcms ALAMEDA</i>)	32.6	2.3
R - ANAHEIM ST	34.9	2.5

R - OREGON ST (<i>Go R around to River Trail</i>)	37.4	0.3
R - LA RIVER TRAIL (north)	37.7	1.6

<i>Full & Metric Century split here Full goes left on river - Metric goes right</i>		
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SHARP R TO EXTI PATH AFTER CROSSING UNDER WILLOW ONTO 26 TH	39.3	0.2
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WAY		
R - GOLDEN AVE (<i>for a short way</i>)	39.5	0.0
R - WILLOW ST (<i>Bcms SEPULVEDA BL</i>)	39.5	3.6

LUNCH NEAR AVALON BL (several places) Then Cont. On Sepulveda		
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CONTINUED IN NEXT COLUMN

CONT. ON SEPULVEDA BL	43.1	0.7
L - MAIN ST	43.8	0.6
R - LOMITA AVE	44.4	5.3
R - ANZA AVE (<i>At T</i>)	49.7	2.7

CONT. INTO PARK AT END OF ANZA (<i>Cont. Into LILENTHAL LN</i>)	52.4	0.6
R - RIPLEY AVE	53.0	0.1
L - FELTON LN	53.1	0.2
L - INTO BIKE PATH (<i>cont. to end</i>)	53.3	0.8

L - ROBINSON ST (<i>follow bike route R, then L</i>)	54.1	0.5
R - VAIL AVE (<i>Bcms FREEMAN</i>)	54.6	0.7
L - MARINE AVE	55.3	0.4
R - AVIATION AVE	55.7	0.3

L - 33RD ST	56.0	0.3
R - REDONDO AVE (<i>Bcms DOUGLAS ST</i>)	56.3	1.2
L - EL SEGUNDO BLVD	57.5	1.9
R - MAIN ST	59.4	1.0

L - IMPERIAL HWY	60.4	0.8
R - PERSHING DR	61.2	2.3
L - TO STAY ON PERSHING	63.5	0.1
L - CULVER BLVD	63.6	0.1

R - ESPLANADE ST	63.7	0.1
BACK TO START	63.8	

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Next Week: Surf City

COASTAL CRUISE CENTURY

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REQUIRED ON ALL WHEELMEN RIDES MILES TURN

START LOCATION (Elev. 13 ft):
Del Rey Lagoon in Playa Del Rey

START SOUTH ON ESPLANADE ST 0.0 0.1
R - CULVER BLVD 0.1 0.2
INTO BIKE PATH - GO LEFT (SOUTH) 0.3 6.3
CONT PATH ON STREET IN HERMOSA 6.6 2.3

L - BERYL ST 8.9 0.1
R - CATALINA AVE 9.0 0.7
R - ESPLANADE AVE (*Pearl St. on Left*) 9.7 1.6
THRU TRAFFIC CIR. INTO CALLE MIRAMAR 11.3 0.3

R - CAMINO DE ENCANTO 11.6 0.5
L - PASEO DE LA PLAYA 12.1 0.1
R - PALOS VERDES BLVD 12.2 2.2
(*Curve R into PALOS VERDES DR*)
R - PASEO DEL MAR (*2nd one - not first*) 14.4 1.8

R - VIA ANACAPA 16.2 0.2
R - VIA PACHECO 16.4 0.2
R - PALOS VERDES DR WEST (*again*) 16.6 8.2
(*Bcms PV Dr South - goes into 25th St*)
R - PATTON AVE 24.8 0.1

L - 26TH ST 24.9 0.4
R - ALMA ST 25.3 0.5
L - 37 TH ST (*for a short way*) 25.8 0.0
R - EMILY ST 25.8 0.1

L - PASEO DEL MAR (*Bcms SHEPARD ST*) 25.9 1.0
L - PACIFIC AVE 26.9 1.2
R - 22ND ST 28.1 0.5
L - MINER ST 28.6 0.8

L - HARBOR BLVD 29.4 1.4
R - PACIFIC AVE (*Into JOHN GIBSON BL*) 30.8 1.8
R - HARRY BRIDGES BL (*bcms ALAMEDA*) 32.6 2.3
R - ANAHEIM ST 34.9 2.5

R - OREGON ST (*Go R around to River Trail*) 37.4 0.3
R - LA RIVER TRAIL (*north*) 37.7 1.6

*Full & Metric Century split here
Full goes left on river - Metric goes right*

SHARP R TO EXTI PATH AFTER CROSSING 39.3 0.2
UNDER WILLOW ONTO 26TH

WAY
R - GOLDEN AVE (*for a short way*) 39.5 0.0
R - WILLOW ST (*Bcms SEPULVEDA BL*) 39.5 3.6

LUNCH NEAR AVALON BL (several places)
Then Cont. On Sepulveda

CONT. ON SEPULVEDA BL 43.1 0.7
L - MAIN ST 43.8 0.6
R - LOMITA AVE 44.4 5.3
R - ANZA AVE (*At T*) 49.7 2.7

CONT. INTO PARK AT END OF ANZA
(*Cont. Into LILENTHAL LN*) 52.4 0.6
R - RIPLEY AVE 53.0 0.1
L - FELTON LN 53.1 0.2
L - INTO BIKE PATH (*cont. to end*) 53.3 0.8

L - ROBINSON ST (*follow bike route R, then L*) 54.1 0.5
R - VAIL AVE (*Bcms FREEMAN*) 54.6 0.7
L - MARINE AVE 55.3 0.4
R - AVIATION AVE 55.7 0.3

L - 33RD ST 56.0 0.3
R - REDONDO AVE (*Bcms DOUGLAS ST*) 56.3 1.2
L - EL SEGUNDO BLVD 57.5 1.9
R - MAIN ST 59.4 1.0

L - IMPERIAL HWY 60.4 0.8
R - PERSHING DR 61.2 2.3
L - TO STAY ON PERSHING 63.5 0.1
L - CULVER BLVD 63.6 0.1

R - ESPLANADE ST 63.7 0.1
BACK TO START 63.8

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Next Week: Surf City

CONTINUED IN NEXT COLUMN