

**Cinderella Classic Training Ride #7
Peninsula - 39 Miles, 1490 feet
Start: Bayfront Park**

Legend: L = left, R = right, X = cross, >> = becomes

AT MILE	GO	STREET/LANDMARK
0.3		Exit park onto Marsh Rd.
1.8	L	Middlefield Rd. (@ T intersection)
	X	Encinal Ave.
2.4	R	Glenwood Ave.
3.0	>>	Valparaiso Ave.
	X	El Camino Real
4.9	L	Alameda de las Pulgas
5.5	>>	Santa Cruz Ave.
5.8	X	Sand Hill Rd.
5.9	R	Alpine Rd. (road curves right)
	X	HWY 280
9.0	L	Arastradero Rd. (use caution)
10.5	L	Arastradero Preserve (Potty Break)
10.6	L	Arastradero Rd.
11.1	L	Page Mill Rd.
10.7	R	Arastradero Rd. GEAR DOWN
12.0	R	Purissima Rd. @ stop sign
	R	Y veer R to stay on Purissima
13.8	L	Robleda Rd. (T intersection)
14.4	R	Chapin Rd. (Y intersection)
14.7	L	Burke Rd. (T intersection)
15.2	L	Foothill Expy. @ light
18.2	>>	Junipero Serra Blvd. (at Page Mill Rd.)
20.6	R	Santa Cruz Ave. (@ T)
20.7	X	Sand Hill Rd.
21.0	R	Santa Cruz Ave. (Y intersection)
21.5	>>	Orange Ave. (at stop sign get in left lane and go straight across street)
21.8	L	Valparaiso Ave. (@ T)
22.0	L	Alameda de las Pulgas
22.3	R	Starbucks/Plantation Coffee Stop
22.3	R	Alameda de las Pulgas
22.7	>>	Santa Cruz Ave.

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AT MILE	GO	STREET/LANDMARK
23.0	R	Sand Hill Rd.
	X	HWY 280 (Caution - bike lane is located at the center of ramp!)
	X	Whiskey Hill Rd.
26.0	R	Manzanita Way
27.3	L	Mountain Home Rd. (T intersection)
28.9	L	Portola Rd. @ Y (stop sign)
29.1	L	Sand Hill Rd. (Caution - fast traffic)
29.9	L	Whiskey Hill Rd. (Caution - fast traffic)
31.3	R	Woodside Rd.
33.0	R	Alameda de las Pulgas
34.0	L	Atherton Ave. @ stop sign
35.8	X	El Camino Real @ light
35.8	>>	Fair Oaks Ln.
36.1	X	RR tracks
36.5	X	Middlefield Rd. @ stop sign (no light)
	>>	Palmer Ln.
	>>	15th Ave
37.2	L	18th Ave
	R	Bay Rd.
37.3	L	Marsh Rd.
	X	HWY 101 (Caution - fwy ramps)
38.0	R	Independence Dr.
	L	Constitution Dr.
38.4	L	Chrysler Dr. @ stop sign
	X	Bayfront Expy @ light (crosswalk accesses bike trail)
38.6	L	Bike trail
39.0	R	Bayfront Park

**Menlo Park Emergency (650) 321-2231
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