

<b>Team Alameda, Grizzly Peak Century Training Ride</b>				
(Grizzly Peak Century North Loop from Alameda)				
	<b>88.5</b>	<b>miles</b>	<b>6650</b>	<b>feet of climbing</b>
<b>Direction</b>	<b>Tot Miles</b>	<b>Segment</b>	<b>Alt Gain</b>	<b>Road/ Segment</b>
Start	0.0	0	0	Peet's Coffee, Central & Park
L	0.0	1	0	Park Street, over Bridge to Oakland
L	1.0	0.2	0	Rotary around 7-11 counterclockwise
C	1.2	0.2	0	Kennedy St
L	1.4	0.8	0	Embarcadero
R	2.2	0.8	100	Overpass becomes E 16th Avenue
L	3.0	0.05	0	E 21st Street
R	3.1	0.8	80	E 14th Avenue
C	3.9	0.4	90	Beaumont Avenue
R	4.3	1.7	315	Park Boulevard
L	6.0	1.2	125	Mountain Blvd
L	7.2	0.1	0	Florence Terr
C	7.3	0.2	0	Duncan Way
C	7.5	0.3	0	Broadway Terr
X	7.8	0	0	Highway 13 (under)
R	7.8	0.5	20	Lake Temescal Bike Path, take 2 rights
R	8.3	0.6	120	Broadway
L	8.9	0.1	0	Over Highway 24
L	9.0	0.1	0	Caldecott Lane
R	9.1	3.2	750	Old Tunnel Road
L	12.3	7.8	300	Grizzly Peak Blvd
R	20.1	6.7	200	Wildcat Canyon Road
L	26.8	5.3	150	San Pablo Dam Road
R	32.1	2.3	150	Castro Ranch Road
L	34.4	4	50	Pinole Valley Road
R	38.4	2.1	75	San Pablo Avenue
L	40.5	0.7	0	Parker Avenue
R	41.2	3.1	200	San Pablo Avenue
S	44.3	3.3	200	Pomona Street becomes Carq St Scenic
R	47.6	2.4	800	McEwen Road
S	50.0	3.6	0	Franklin Canyon Road
R	53.6	7	500	Alhambra Valley Raod
L	60.6	8	1200	Bear Creek Road
L	68.6	3	50	Camino Pablo
S	71.6	4.7	300	Moraga Way
R	76.3	1.8	100	Canyon Road
L	78.1	2.7	300	Pinehurst
R	80.8	3.7	475	Redwood Road, cross Skyline
S	84.5	2.5	0	becomes 35th past 580
R	87.0	0.2	0	San Leandro Street
L	87.2	0.5	0	Fruitvale Ave
S	87.7	0.6	0	becomes Tilden Way across bridge
L	88.3	0.2	0	Park Street
Stop	88.5	0	0	Peet's Coffee, Central & Park
<b>Totals</b>	<b>88.5</b>	<b>miles</b>	<b>6650</b>	<b>feet of climbing</b>