

Alameda, Palomares, Redwood, Happy Valley Loop			
	83.2	miles	lots of Climbing
Tot Miles	Direction	Segment	Road/ Segment
0.0	Start	0	Peet's Coffee, Central & Park
0.0	~	1	Central Avenue
1.0	R	0.5	Fernside Drive
1.5	L	1.2	over Bike Bridge then left on Bike Path
2.7	L	4.8	Doolittle Drive
7.5	L	0.6	Farralon Drive
8.1	R	1.1	Wicks Blvd
9.2	L	1.4	Lewelling Blvd
10.6	R	0.2	Frontage Road
10.8	R	5.8	Hesperian
16.6	L	7	Alameda Creek Bike Trail
23.6	L	0.4	Mission Blvd (wrong side sidewalk best)
24.0	R	2.3	Niles Canyon Road
26.3	L	9.6	Palomares Road (5 mile casual climb)
35.9	L	0.4	Paloverde Road
36.3	L	2.6	Castro Valley Blvd
38.9	R	9.1	Redwood Road
48.0	R	2.7	Pinehurst Road
50.7	C	1.9	Canyon Road
52.6	S	4.8	Moraga Road
57.4	L	0.4	Mt Diablo Blvd (lunch)
57.8	R	4.2	Happy Valley Road (big climb)
62.0	L	3.8	Bear Creek Road (big climb, Papa Bear)
65.8	S	3.4	Wildcat Canyon Road (moderate climb)
69.2	L	1.4	South Park Drive (climb of the day)
70.6	L	3.5	Grizzly Peak Blvd
74.1	L	0.9	Skyline
75.0	R	1.8	Snake
76.8	L	0.3	Mountain
77.1	R	1.7	Park Blvd
78.8	L	0.4	Beaumont Avenue
79.2	S	1.2	E 14th
80.4	L	0.2	Foothill
80.6	R	0.4	E 16th and over overpass
81.0	L	1	Embarcedero
82.0	R	0.2	Kennedy
82.2	R	1	Park Street Bridge and Park Street
83.2	Stop	0	Cental and Park
			created by Brian Aldrich