

GPC Century South Loop Training Ride

from Orinda BART

43.8	miles	about 2800' of climbing	
at	go	cycle on	for
0.0	Start	Orinda BART	0.2
0.2	R	Moraga Way	4.7
4.9	R	Canyon Rd	1.8
6.7	L	Pinehurst	2.7
9.4	R	Redwood	2.5
11.9	L	Skyline	4.6
16.5	R	Grass Valley	0.4
16.9	C	continue on Golf Links	1.7
18.6	L	into Zoo (busy intersection)	0.6
19.2	R	down hill out of Zoo	0.3
19.5	R	106th Street	0.2
19.7	L	Foothill Blvd	0.6
20.3	L	MacArthur Blvd	0.6
20.9	L	Estudillo	0.3
21.2	C	continue on Lake Chabot	2.3
23.5	L	Lake Chabot Road	0.8
24.3	L	Quail Road	0.2
24.5	C	cross 7 Hills Rd onto Walnut	0.8
25.3	R	Proctor Road	0.6
25.9	L	Redwood Road	8.3
34.2	R	Pinehurst	2.7
36.9	R	Canyon Rd	1.8
38.7	L	Moraga Way	4.7
43.4	R	into Orinda BART	0.4
43.8	End	Orinda BART	
		briansbicycling.com	