

Alameda, The Arlington, SPDR, Pinehurst Loop			
51.2	miles	3000 feet of climbing	
Mile	Turn	Road/ Segment	for
0.0	Start	Peet's Coffee, Central & Park	0
0.0	L	Park Street, over Bridge to Oakland	1
1.0	L	Rotary around 7-11 counterclockwise	0.2
1.2	C	Kennedy St	0.2
1.4	L	Embarcadero	1.9
3.3	R	Oak	0.1
3.4	L	3rd Street	2
5.4	S	Mandella Parkway	1.8
7.2	S	Bicycle Blvd (watch for signs)	4
11.2	R	Gilman	1.3
12.5	L	Hopkins	0.2
12.7	L	Monterey	0.7
13.4	R	Marin Ave	0.2
13.6	S	Around Rotary to The Arlington	2.3
15.9	S	Regroup at summit near Moeser	0
15.9	S	Continue on Arlington (more climbing)	3.3
19.2	R	Marin Ave (not the one in Berkeley)	0.1
19.3	L	Immediate left on Shasta	0.2
19.5	R	Amador Rd.	0.3
19.8	R	Alpine Road	0.2
20.0	L	Hillcrest Road	1.2
21.2	R	San Pablo Dam Road	8
29.2	S	becomes Camino Pablo	2.4
31.6	S	becomes Moraga Way	4.5
36.1	R	Canyon	1.8
37.9	R	Pinehurst	3.9
41.8	R	Grizzly Peak Blvd	1
42.8	L	Snake	2
44.8	L	Mountain Blvd	0.3
45.1	R	Park Blvd	1.7
46.8	S/L	Beaumont Avenue	0.4
47.2	S	E 14th Avenue	1.2
48.4	L	Foothill	0.2
48.6	R	E 16th and over Overpass	0.4
49.0	L	Embarcadero	1
50.0	R	Kennedy St	0.2
50.2	R	Park Street	1
51.2	End	Peet's Coffee, Central & Park	0
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