

<b>Alameda, Three Bears Loop</b>			
(casual outbound, steep return)			
	<b>55.0</b>	<b>miles</b>	<b>4600 feet of climbing</b>
<b>Tot Miles</b>	<b>Direction</b>	<b>Segment</b>	<b>Road/ Segment</b>
0.0	Start	0	Peet's Coffee, Central & Park
0.0	L	1	Park Street, over Bridge to Oakland
1.0	L	0.2	Rotary around 7-11 counterclockwise
1.2	C	0.2	Kennedy St
1.4	L	0.8	Embarcadero
2.2	R	0.8	Overpass becomes E 16th Avenue
3.0	L	0.05	E 21st Street
3.1	R	0.8	E 14th Avenue
3.9	C	0.4	Beaumont Avenue
4.3	R	1.7	Park Boulevard
6.0	L	1.2	Mountain Blvd
7.2	L	0.1	Florence Terr
7.3	C	0.2	Duncan Way
7.5	C	0.3	Broadway Terr
7.8	X	0	Highway 13 (under)
7.8	R	0.5	Lake Temescal Bike Path, take 2 rights
8.3	R	0.6	Broadway
8.9	L	0.1	Over Highway 24
9.0	L	0.1	Caldecott Lane
9.1	R	3.2	Old Tunnel Road becomes Skyline
12.3	L	3.3	Grizzly Peak Blvd
15.6	R	1	Lomas Cantadas
16.6	L	1.1	El Toyonal
17.7	R	0.9	Wildcat Canyon Road
18.6	L	5.4	San Pablo Dam Road
24.0	R	2.4	Castro Ranch Road
26.4	R	2.6	Alhambra Valley Road
29.0	R	7.8	Bear Creek Road, Mama Br, bb, Papa Br
36.8	S	3.4	Wildcat Canyon Road
40.2	L	1.4	South Park Drive (steep climb)
41.6	L	4	Grizzly Peak Blvd
45.6	L	1	Skyline Blvd
46.6	R	2	Snake
48.6	L	0.3	Mountain Blvd
48.9	R	1.7	Park Blvd
50.6	S/L	0.4	Beaumont Avenue
51.0	S	1.2	E 14th Avenue
52.2	L	0.2	Foothill
52.4	R	0.4	E 16th and over Overpass
52.8	L	1	Embarcadero
53.8	R	0.2	Kennedy St
54.0	R	1	Park Street
55.0	End	0	Peet's Coffee, Central & Park
created by Brian Aldrich for Team Alameda			