

MID-VALLEY TRAINER

(Riders must wear Snell-approved helmets)

FOOTHILL CYCLE CLUB RIDE

Rt R Lt L Cont C	stop s light l T t	Total Miles	Next Turn	Description

Start Arcadia Park				-from 210 Freeway, go south on Santa Anita 0.5 miles, parking lot on right below Colorado
Go east on California				-cross Santa Anita
R s	Fifth Ave.	0.6	1.0	
L t	Camino Real	1.6	0.1	
R s	Sixth Ave.	1.7	1.0	-becomes Hempstead
L	Daines	2.7	0.1	-sidewalk on left through posts end of Daines

R	Bike Trail	2.8	0.6	
L t	Bike Trail	3.6	0.4	-optional Whittier Narrows Loop right
R	Through yellow gate	4.0	0.1	
C	Rio Hondo Pky.	4.1	0.4	-careful traffic crossing Peck Rd.
R s	Cogswell	4.5	0.5	-curves rt. and lt. at 4.2 miles
L s	Roseglen	5.0	0.1	
L l	Lower Azusa	5.1	0.4	

R	Enter bike trail	5.5	0.1	
L	North on bike trail	5.6	1.7	
L t	Cross Arrow Hwy.	7.3	0.3	-follow bike path, north side of Arrow Hwy.
R	Climb Santa Fe Dam	7.6	0.2	
C	East across dam	7.8	1.7	-optional 2 mile spur to left on top of dam and back
C	S. F. Dam gate	9.5	0.6	-stay on top of dam
C	End of dam	10.1	0.3	-bike trail curves left, optional Azusa Loop right

L	Follow bike trail	10.4	0.1	-bike path is to left of service building
R t	Follow bike trail	10.5	1.8	
L	Cross bridge	12.3	0.2	-optional 4 miles spur to top of bike trail and back
L t	Encanto	12.5	0.1	
R	Hacienda	12.6	0.5	
L	Las Lomas	13.1	0.1	
L	Golf Course park. lot	13.2	0.0	-lunch golf course restaurant (Duffy's Lounge/Grill)

R t	Las Lomas	13.2	0.1	
L	Royal Oaks	13.3	0.1	
R	Vineyard	13.4	0.0	-jog left onto bike path immed. after rt. turn
L	Enter bike path	13.4	0.9	
R	Royal Oaks Dr. Nor.	14.3	0.3	-curves left uphill
R s	Winston	14.6	0.2	-moderate uphill
L t	Lemon	14.8	0.6	
R s	Bradbury Ave.	15.4	0.4	-becomes Wild Rose

R s	Mountain	15.8	0.3	-do not turn left onto foothill
L s	Greystone	16.1	0.2	-straight across Norumbega, jogs right 25 ft.
R s	Grand	16.3	1.6	-becomes Hillcrest at top of hill, curve left
L s	Fifth	17.9	1.2	-tunnel under railroad
R	California	19.1	0.5	-cross Santa Anita into Arcadia Park
C s	Cross Santa Anita	19.6		

WHITTIER NARROWS LOOP

Rt R Lt L Cont C T t	stop s light l t	Total Miles	Next Turn	Description
R t	Bike Trail	0.0	4.6	
C	Bike Trail	4.6	0.7	-continue straight on bike path, not left
R t	Bike Trail	5.3	1.1	
L t	San Gabriel/Durfee	6.4	0.1	
C s	Cross Rosemead	6.5	6.0	-bike trail immediately on right
C	Lower Azusa Road	12.5		-no sign, mini-storage building on left -rejoins main route at this point (other side)

AZUSA LOOP

Rt R Lt L Cont C T t	stop s light l t	Total Miles	Next Turn	Description
R	Divided Rd.(no sign)	0.0	0.2	
C	Pass through gate	0.1		
R t	First St.	0.2	0.1	
R	Motor Ave.	0.3	0.5	
L t	Gladstone St.	0.8	0.9	
L	Clydebank Ave.	1.7	0.2	
R t	Paramount St.	1.9	0.1	
L	Virginia Ave.	2.0	0.3	
L t	First St.	2.3	0.1	
R	Aspan Ave.	2.4	0.3	
L t	Third St.	2.7	0.1	
R	Zachary Padilla	2.8	0.3	-cross 210 freeway by bridge
R t	Fifth St.	3.1	0.2	
L s	Virginia Ave.	3.3	0.2	
R l	Foothill Blvd.	3.5	0.1	-careful, fast traffic
L l	Vernon Ave.	3.6	0.7	
L t	Sierra Madre Ave.	4.3	0.4	
R ts	Todd	4.7	0.3	-through gate, divided road
L t	San Gab. Bike Path	5.0	0.8	
R	fenced bridge	5.8		-Puente Largo Railway Bridge -back on main route (other side)