

Surf City AIDS Ride – 10.40 Mile Training

START	Aptos Bike Station
0 mi	Right Soquel Dr
0.52 mi	Left Trout Gulch
0.86 mi	Stay Right Valencia Rd
3.48 mi	Left Day Valley Rd
5.43 mi	Right Freedom Blvd
8.14 mi	Right Soquel Dr
9.03 mi	Left to stay on Soquel
10.4 mi	END Bike Station Aptos
NOTE:	if desired return to Valencia and add a few miles

Sponsored By:



Steve Volk 831-440-8082



Teresa Marlow – 831-818-3430

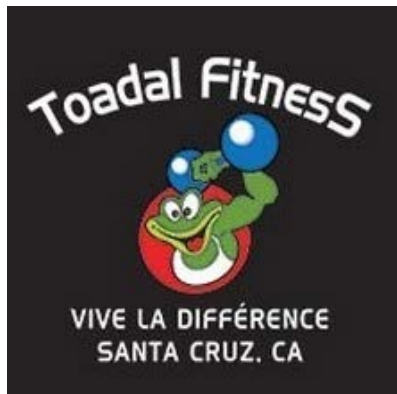


36 Rancho Del Mar Aptos, CA 95003
(831) 688-4169

BIKE STATION APTOS COUPON

Surf City Aids Riders DISCOUNT!

- 10% off regularly priced merchandise on day of the training ride only!! Thank you Joanne!!
- Expires 8/20/16



Surf City AIDS Ride registrants get a special \$10 deal for drop-in Spin classes on Tuesday and Thursday nights at 6:00pm at [Toadal Fitness Downtown](#) with instructor Paul Howell. To make an appointment call 831-423-3764 and ask for John Mcfadden. Be sure to mention you are registered for the Surf City AIDS Ride and be prepared to show your confirmation email.

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