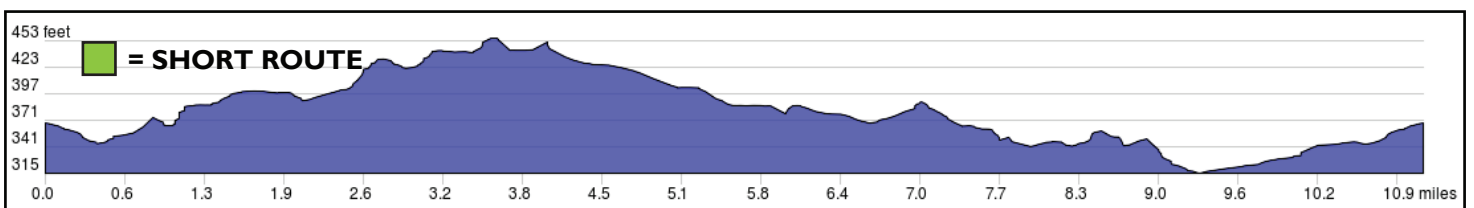
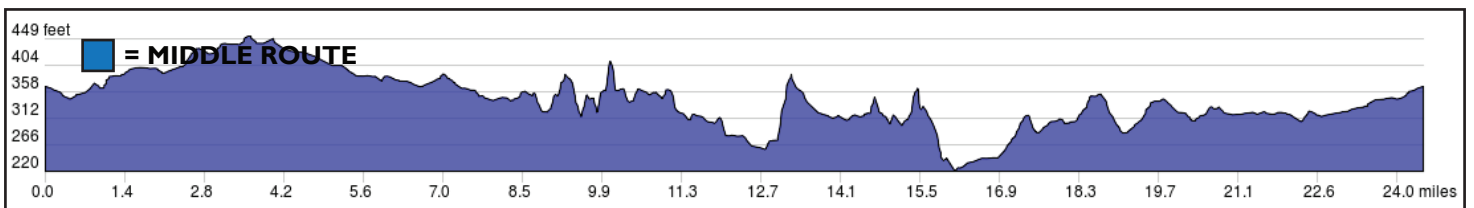
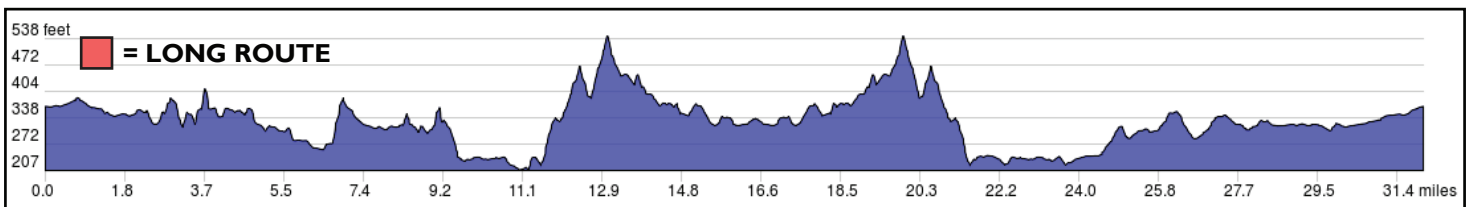


# 2016 BREATHE BIKE TREK ROUTE MAP: DAY 3 (SUNDAY)





## 2016 TREK SUNDAY SHORT ROUTE

0.0	🚩	Start of route	0.0
0.0	→	R onto N Oak St	0.1
0.2	←	L onto Washington St	0.3
0.4	→	R onto Berry St	0.1
0.5	→	R onto Cedar St	0.4
1.0	→	Slight R at Willow St	0.1
1.1	←	L onto Cedar St	0.3
1.3	→	R onto CA-128 W/Foothill Blvd	1.7
3.0	→	Slight R onto Bennett Ln	0.1
3.1	→	R to stay on Bennett Ln	0.9
4.0	→	R to stay on Bennett Ln	1.0
5.1	→	R onto Tubbs Ln	0.2
5.3	←	L onto Myrtledale Rd	0.5
5.8	↑	Continue onto Grant St	0.9

5.8 miles. +146/-128 feet

6.7	←	L onto Lake St	0.4
7.0	→	R onto Silverado Trail N	1.7
8.7	→	R onto Dunaweal Ln	0.4
9.1	→	R onto Napa Valley Vine Trail	1.0
10.1	↑	Continue onto Washington St	0.9
11.0	→	R onto N Oak St	0.1
11.1	←	L	0.0
11.1	🚩	End of route	0.0

5.3 miles. +100/-101 feet

For medical assistance:

- 1) American Medical Response: Hope and Sean: 707-953-2445/707-227-2367
- 2) Communications: Dennis-916-580-9723

**IF YOU CAN'T REACH ANYONE AT THE ABOVE NUMBERS, DIAL 911.**

For general assistance (SAG):

- 1) Communications: Dennis—916-580-9723
- 2) Kori Titus: 916-715-4570/Stacy Springer: 916-477-9140
- 3) Chris Rice (SAG Manager): 916-402-5043

**IF NO CELL SERVICE IS AVAILABLE, FLAG DOWN A SAG VEHICLE (OR ANOTHER VEHICLE IN CASE OF AN EMERGENCY)**

## 2016 TREK SUNDAY MEDIUM ROUTE

0.0	🚩	Start of route	0.0
0.0	→	R onto N Oak St	0.1
0.2	←	L onto Washington St	0.3
0.4	→	R onto Berry St	0.1
0.5	→	R onto Cedar St	0.4
1.0	→	Slight R at Willow St	0.1
1.1	←	L onto Cedar St	0.3
1.3	→	R onto CA-128 W/Foothill Blvd	1.7
3.0	→	Slight R onto Bennett Ln	0.1
3.1	→	R to stay on Bennett Ln	0.9
4.0	→	R to stay on Bennett Ln	1.0
5.1	→	R onto Tubbs Ln	0.2
5.3	←	L onto Myrtledale Rd	0.5
5.8	↑	Continue onto Grant St	0.9

5.8 miles. +147/-129 feet

22.4	←	L onto Napa Valley Vine Trail	1.0
23.4	↑	Continue onto Washington St	0.9
24.3	→	R onto N Oak St	0.1
24.4	←	L	0.0
24.4	🚩	End of route	0.0

2.4 miles. +53/-9 feet

6.7	←	L onto Lake St	0.4
7.0	→	R onto Silverado Trail N	5.8
12.8	←	L onto Crystal Springs Rd	0.2
13.0	→	Slight R to stay on Crystal Springs Rd	1.9
14.9	↑	Continue onto Sanitarium Rd	0.6
15.5	→	Slight R onto Deer Park Rd	0.4
15.9	←	L onto Silverado Trail and immediate R into REST STOP. L onto Silverado Trail after REST STOP.	0.1
16.0	←	L onto Deer Park Rd	0.6
16.6	→	R onto CA-128 W/CA-29 N	5.4
22.0	→	R onto Dunaweal Ln	0.4

16.2 miles. +776/-824 feet

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## 2016 TREK SUNDAY LONG

0.0	🚩	Start of route	0.0
0.0	←	L onto N Oak St	0.0
0.0	→	R onto Fair Way	0.0
0.1	←	L onto Filmore St	0.2
0.2	→	R onto Grant St	0.1
0.3	←	L onto Lake St	0.4
0.7	→	R onto Silverado Trail N	5.8
6.5	←	L onto Crystal Springs Rd	0.2
6.7	→	Slight R to stay on Crystal Springs Rd	1.9
8.6	↑	Continue onto Sanitarium Rd	0.6
9.2	→	Slight R onto Deer Park Rd	0.4

9.2 miles. +517/-537 feet

22.3	→	R onto Silverado Trail N	1.3
23.5	←	REST STOP on L side of Silverado Trail then L onto Deer Park Rd	0.6
24.2	→	R onto CA-128 W/CA-29 N	5.4
29.6	→	R onto Dunaweal Ln	0.4
30.0	←	L onto Napa Valley Vine Trail	1.0
31.0	↑	Continue onto Washington St	0.9
31.8	→	R onto N Oak St	0.1
32.0	←	L	0.0
32.0	🚩	End of route	0.0

9.9 miles. +367/-223 feet

9.6	←	L onto Silverado Trail N and immediate R into REST STOP. R out of REST STOP back onto Silverado Trail.	1.7
11.2	←	L onto Howell Mountain Rd/Old Howell Mountain Rd	1.2
12.4	↑	Continue onto Conn Valley Rd	3.6
16.0	→	R to stay on Conn Valley Rd. REST STOP and around point.	4.6
20.6	↑	Continue onto Howell Mountain Rd/Old Howell Mountain Rd	1.0
21.6	→	R onto Meadowood Ln	0.5
22.1	←	L to stay on Meadowood Ln	0.2

12.9 miles. +961/-965 feet

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