

SDBC D-3 Standard Route

| | | Distance | Elevation |
|-----------|---|----------|-----------|
| | | 0 | 0 |
| | Start UC Cyclery Parking Lot Turn Rt onto Nobel Dr | 0.01 | 329.07 |
| Left | Turn left onto Regents Road | 0.82 | 339.9 |
| Left | Turn left onto Miramar Street | 1.36 | 354 |
| Right | Quick Right Mesa Ln | 1.45 | 350.72 |
| Left | Turn left onto Athena Circle | 1.47 | 335.96 |
| Slight Rt | Keep right onto Athena Circle | 1.6 | 329.07 |
| Left | Turn left onto Medical Center Drive | 1.71 | 327.43 |
| Right | Turn right onto Gilman Drive | 2.19 | 323.16 |
| Straight | Cross Voigt Dr to Top of Bike Path | 2.55 | 342.19 |
| Right | Turn right onto Roselle Street | 4.12 | 35.1 |
| Left | Turn left onto Sorrento Valley Boulevard | 4.21 | 37.84 |
| Left | Turn left onto Vista Sorrento Parkway | 4.4 | 35.76 |
| Right | Turn right onto Carmel Mountain Road | 5.8 | 169.95 |
| Left | Turn left onto El Camino Real | 5.98 | 175.2 |
| Sharp Rt | Turn right onto San Dieguito Road | 10.62 | 21.65 |
| Left | Right into 2nd Driveway Regroup for Rotating Pace lines | 10.85 | 38.71 |
| Left | Turn left onto El Apajo | 13.98 | 54.46 |
| Right | Quick Right to School for Regroup | 14.02 | 39.7 |
| Right | Turn right onto El Apajo | 14.08 | 39.7 |
| Straight | Continue straight onto Via De Santa Fe | 14.57 | 34.78 |
| Slight Rt | Turn right onto Via De La Valle | 15.62 | 107.94 |
| Right | Turn right onto Paseo Delicias Regroup first at stop sign | 16.25 | 251.31 |
| Left | Turn left onto El Montevideo | 16.94 | 284.12 |
| Right | Turn right onto Lago Lindo | 17.32 | 275.92 |
| Left | Turn left onto El Camino Del Norte | 18.1 | 255.58 |
| Left | Left (west) onto Rncho Santa Fe Rd After regroup bottom of hill | 20.91 | 113.52 |
| Straight | Continue onto Manchester Ave | 21.87 | 74.48 |
| Left | Turn left to stay on Manchester Ave Regroup after turn | 23.46 | 74.48 |
| Straight | Continue onto San Elijo Ave | 25.29 | 35.1 |
| Left | Turn left onto Chesterfield Dr | 25.9 | 52.17 |
| Left | Turn left onto Hwy 101 Regroup after the turn if needed | 25.96 | 27.89 |
| Straight | Continue onto N Hwy 101 | 27.4 | 60.04 |
| Right | Turn right into CVS parking lot - Cafe LaTerre Coffee Stop | 28.18 | 71.85 |
| Right | Turn right onto Hwy 101 | 28.27 | 71.85 |
| Straight | Continue onto Camino Del Mar | 28.83 | 65.62 |
| Right | Turn right to stay on N Torrey Pines Rd | 35.41 | 419.95 |
| Straight | Continue onto La Jolla Village Dr | 37.02 | 405.18 |
| Right | Turn right onto the Gilman Drive ramp | 37.15 | 372.38 |
| Right | Turn right onto Gilman Dr | 37.29 | 305.77 |
| Left | Turn left onto Villa La Jolla Dr | 37.79 | 243.11 |
| Right | Turn right onto Nobel Dr | 38.12 | 324.48 |
| Right | Turn right into UCC parking lot | 38.16 | 327.76 |
| End | End of route | 38.19 | 329.72 |