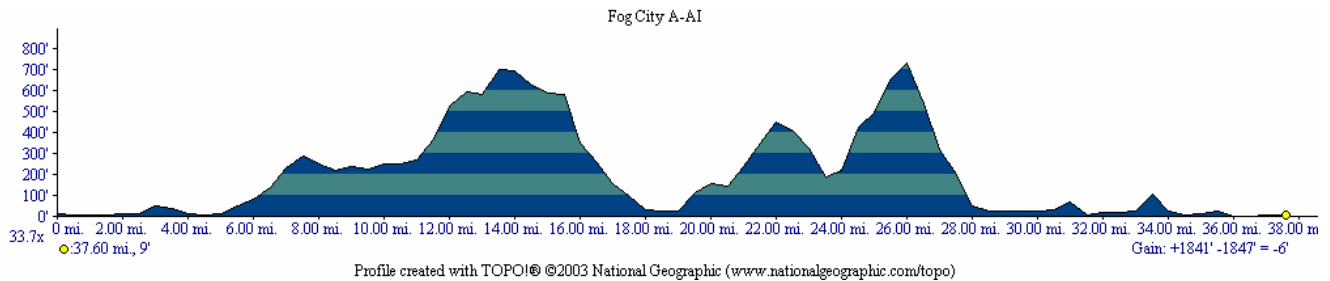


## Fog City – Advanced/Advanced Intermediate

Distance: 38.3 miles      Climb: 2,700 feet  
 Start: Embarcadero & Bryant, San Francisco

| Dir | Street/Road                           | At   | Go    | Comments   |
|-----|---------------------------------------|------|-------|--|
| E   | Embarcadero & Bryant                  | 0    | START | Meet at the parking lot across from Red's Java House |
| L   | Embarcadero                           | 0.0  | 2.1   |  |
| C   | Jefferson                             | 2.1  | 0.7   |  |
| L   | Polk                                  | 2.8  | 0.1   |  |
| R   | North Point                           | 2.9  | 0.1   |  |
| R   | Van Ness                              | 3.0  | 0.2   |  |
| L   | Fort Mason                            | 3.2  | 0.4   | gear down this is a little hill                      |
| R   | Marina Blvd.                          | 3.6  | 1.0   |  |
| RS  | Lyon                                  | 4.6  | 0.0   | restroom stop on right                               |
| C   | Old Mason Street                      | 4.6  | 1.1   |  |
| R   | Crissey Field Ave.                    | 5.7  | 0.2   | one way up hill                                      |
| C   | Lincoln Blvd.                         | 5.9  | 0.9   |  |
| L   | Kobbe                                 | 6.8  | 0.1   | if you go down the hill you missed the turn          |
| R   | Washington                            | 6.9  | 0.5   |  |
| L   | Washington                            | 7.4  | 1.0   |  |
| BR  | Arguello                              | 8.4  | 0.3   |  |
| BL  | Arguello                              | 8.7  | 1.1   | follow the orange line onto Arguello                 |
| R   | Conservatory                          | 9.8  | 0.3   | after Fulton   |
| R   | JFK                                   | 10.1 | 0.2   |  |
| L   | Tea Garden Dr                         | 10.3 | 0.3   | (toward De Young Museum)                             |
| L   | MLK                                   | 10.6 | 0.4   |  |
| C   | 9th Ave                               | 11.0 | 0.4   | Cross Lincoln  |
| L   | Kirkham                               | 11.4 | 0.1   |  |
| R   | 7th Ave.                              | 11.5 | 0.4   |  |
| C   | Laguna Honda                          | 11.9 | 0.3   |  |
| L   | Clarendon                             | 12.2 | 1.1   |  |
| R   | Twin Peaks                            | 13.3 | 1.9   | Re group at view point                               |
| R   | Portola                               | 15.2 | 1.4   |  |
| R   | Sloat                                 | 16.6 | 2.0   |  |
|     | REST STOP at GREAT HWY (Bathrooms)    | 18.6 | 0.0   |  |
| L   | Great Hwy                             | 18.6 | 0.8   |  |
| R   | Skyline                               | 19.4 | 3.1   |  |
| L   | Westmoor into Eastmoor into San Pedro | 22.5 | 0.4   |  |
| C   | Eastmoor                              | 22.9 | 0.7   |  |
| C   | San Pedro                             | 23.6 | 0.5   |  |
| X   | Mission                               | 24.1 | 0.0   |  |
| C   | East Market                           | 24.1 | 0.7   |  |
| C   | onto Guadalupe Canyon                 | 24.8 | 1.5   |  |
| RS  | San Bruno Mt. Park                    | 26.3 | 0.3   | restroom near far end of parking lot                 |
| C   | Guadalupe Canyon Parkwa               | 26.6 | 2.1   |  |
| R   | Bayshore Blvd.                        | 28.7 | 0.6   |  |
| L   | Tunnel Road                           | 29.3 | 1.5   |  |

|    |                              |      |     |   |
|----|------------------------------|------|-----|---|
| R  | Beatty                       | 30.8 | 0.3 | this is a rough road!!!                           |
| L  | Alana                        | 31.1 | 0.3 |   |
| BL | Harney                       | 31.4 | 0.4 |   |
| R  | Jamestown                    | 31.8 | 1.0 | curve around ballpark to Gilman                   |
| R  | Arelious Walker              | 32.8 | 0.0 | detour from 3rd St.                               |
| C  | Fitch                        | 32.8 | 0.2 |   |
| BL | Carroll                      | 33.0 | 0.7 | watch out for the tracks on Carroll               |
| R  | 3rd Street                   | 33.7 | 1.8 | there is ongoing construction going on on 3rd St. |
| R  | Cesar Chavez                 | 35.5 | 0.0 | 1 block to Illinois                               |
| L  | Illinois                     | 35.5 | 1.0 |   |
| R  | Terry Francois @ Mariposa    | 36.5 | 1.0 | enjoy McCovey Cove                                |
| R  | 3rd Street                   | 37.5 | 0.1 | pass by SBC Park - GO GIANTS                      |
| R  | Willie Mays Plaza (King St.) | 37.6 | 0.2 |   |
| C  | Embarcadero                  | 37.8 | 0.5 |   |
| L  | Bryant St.                   | 38.3 | END |   |



R=right L=left C=continue BR=bear right BL=bear left RS=rest stop E=east F=finish X=cross

30JUN2004



www.oaklandyellowjackets.org

