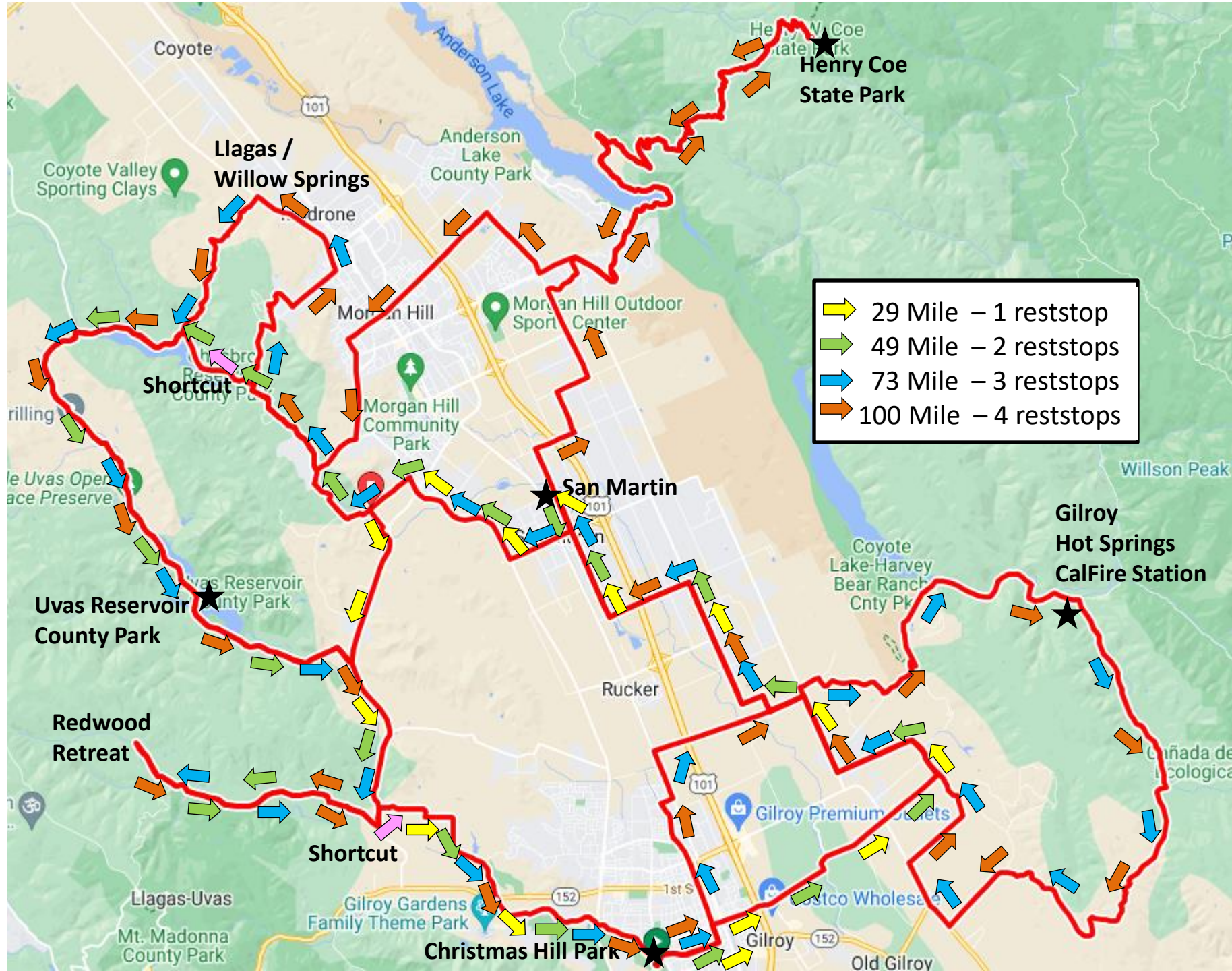




100 Mile - Gilroy Hot Springs, Henry Coe

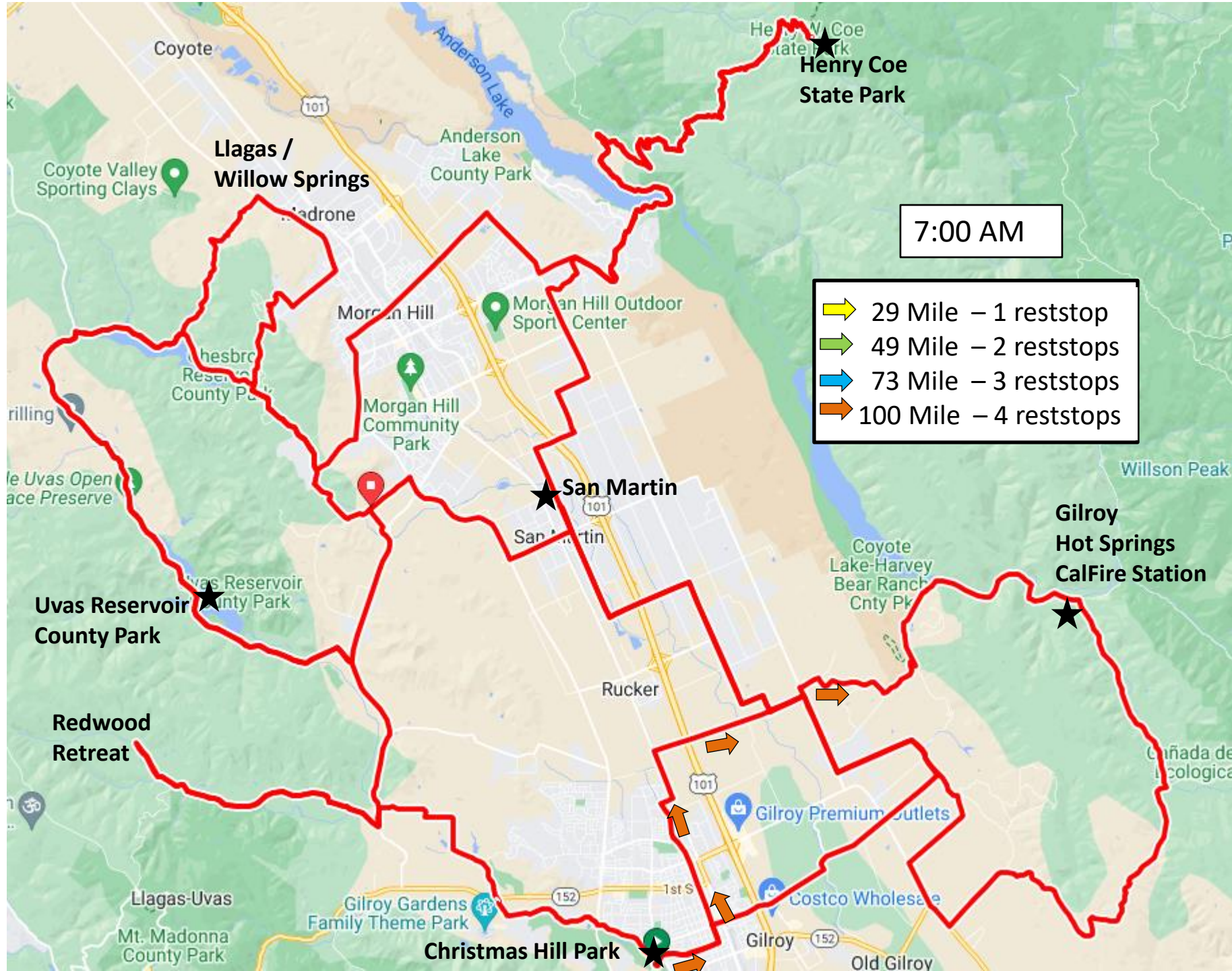
Reststop	Total Miles	Total Climbing	Fast (B,90%)	Slow (MB,75%)	First Time	Last Time
Christmas Hill Park	0.0	0			6:30	7:30
New and Bannister	6.5	107	0:23	0:31	6:53	8:01
Gilroy Hot Springs	12.7	994	0:54	1:14	7:24	8:44
Dryden and New	26.1	1610	1:43	2:20	8:15	9:50
San Martin Peninsula Building Supply	33.2	1762	2:08	2:53	8:38	10:23
Gallop and Dunne	37.8	1904	2:24	3:15	8:54	10:45
Henry Coe Park Headquarters	48.5	4709	3:33	4:55	10:03	12:25
Dunne and Hill	59.5	5296	4:15	5:51	10:45	1:21
Oak Glen at Llagas	66.9	5560	4:41	6:27	11:11	1:57
Uvas Reservoir	81.0	6609	5:38	7:43	12:08	3:13
Redwood Retreat	90.0	6999	6:12	8:30	12:42	4:00
Watsonville and Burchell	94.2	7085	6:27	8:49	12:57	4:19
Christmaas Hill Park	99.9	7172	6:46	9:15	1:16	4:45

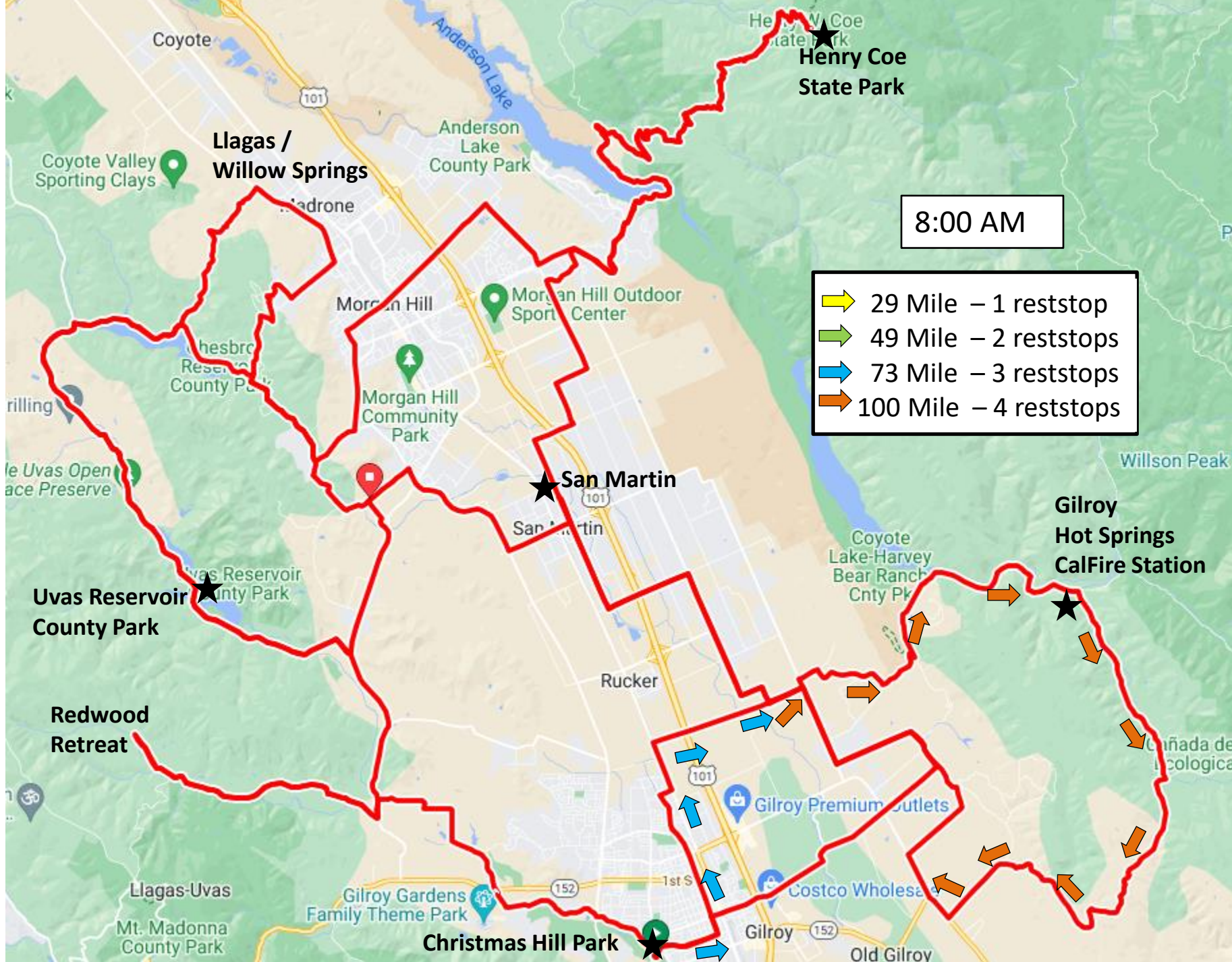
73 Mile - Gilroy Hot Springs

Reststop	Total Miles	Total Climbing	Fast (MB,80%)	Slow (LM,70%)	First Time	Last Time
Christmas Hill Park	0.0	0			7:30	8:30
New and Bannister	6.5	107	0:29	0:43	7:59	9:13
Gilroy Hot Springs	12.7	994	1:08	1:48	8:38	10:18
Dryden and New	26.1	1610	2:11	3:25	9:41	11:55
San Martin Peninsula Building Supply	33.2	1762	2:42	4:11	10:12	12:41
Oak Glen at Llagas	40.2	2051	3:15	5:01	10:45	1:31
Uvas Reservoir	54.3	2995	4:27	6:54	11:57	3:24
Redwood Retreat	63.2	3509	5:11	8:03	12:41	4:43
Watsonville and Burchell	67.5	3616	5:30	8:31	1:00	5:01
Christmaas Hill Park	73.1	3703	5:54	9:06	1:24	5:36

49 Mile - Short route						
Reststop	Total Miles	Total Climbing	Fast (M,80%)	Slow (L,70%)	First Time	Last Time
Christmas Hill Park	0.0	0			8:30	9:30
Dryden and New	6.7	152	0:34	0:53	9:04	10:23
San Martin Peninsula Building Supply	13.9	308	1:10	1:49	9:40	11:19
Oak Glen at Llagas	21.0	614	1:48	2:51	10:18	12:21
Uvas Reservoir	29.4	1214	2:38	4:13	11:08	1:43
Redwood Retreat	38.3	1658	3:28	5:34	11:58	3:04
Watsonville and Burchell	42.6	1763	3:49	6:08	12:19	3:38
Christmaas Hill Park	48.3	1850	4:17	6:51	12:47	4:21

29 Mile - Shortest Route						
Reststop	Total Miles	Total Climbing	Fast (M,70%)	Slow (L,70%)	First Time	Last Time
Christmas Hill Park	0.0	0			9:30	10:30
Dryden and New	6.7	152	0:39	0:53	10:09	11:23
San Martin Peninsula Building Supply	13.9	308	1:20	1:49	10:50	12:19
Watsonville and Burchell	22.7	614	2:13	3:03	11:43	1:33
Christmaas Hill Park	28.4	701	2:45	3:46	12:15	2:16





8:00 AM

- 29 Mile – 1 reststop
- 49 Mile – 2 reststops
- 73 Mile – 3 reststops
- 100 Mile – 4 reststops

