

## Medio Fondo Route Turn-by-Turn

### Campagnolo GranFondo San Diego Turn by Turn

Medio Fondo Route 54 miles

Mile	Next Turn	18 mph	14 mph	10 mph	Turn
0.0	0.2	7:15 AM	7:15 AM	7:15 AM	Head north on India St toward W Fir St
0.2	0.1	7:15 AM	7:15 AM	7:16 AM	Turn left onto W Hawthorn St
0.3	1.0	7:15 AM	7:16 AM	7:16 AM	Turn left onto Pacific Hwy
1.3	4.7	7:19 AM	7:20 AM	7:22 AM	Turn left onto W Harbor Dr
6.0	0.2	7:34 AM	7:40 AM	7:50 AM	Turn right onto Civic Center Dr
6.2	0.6	7:35 AM	7:41 AM	7:52 AM	South on Tidelands Ave
6.8	0.8	7:37 AM	7:44 AM	7:55 AM	Turn left onto Bay Marina Dr
7.6	0.4	7:40 AM	7:47 AM	8:00 AM	Turn right onto National City Blvd
8.0	2.0	7:41 AM	7:49 AM	8:03 AM	Left onto E 30th St [START RULES OF ROAD]
10.0	1.3	7:48 AM	7:57 AM	8:15 AM	Turn right onto Plaza Bonita Rd [REST STOP]
11.3	1.9	7:52 AM	8:03 AM	8:22 AM	Turn left onto Bonita Rd
13.2	3.0	7:59 AM	8:11 AM	8:34 AM	Turn right onto Otay Lakes Rd
16.2	1.0	8:09 AM	8:24 AM	8:52 AM	Continue onto La Media Rd
17.2	3.3	8:12 AM	8:28 AM	8:58 AM	Turn left onto Olympic Pkwy
20.7	0.7	8:24 AM	8:43 AM	9:19 AM	Right onto Wueste
21.4	6.7	8:26 AM	8:46 AM	9:23 AM	Turn right onto Otay Lakes Rd
28.1	6.4	8:48 AM	9:15 AM	10:03 AM	Make U-turn [REST STOP]
34.5	0.9	9:09 AM	9:42 AM	10:41 AM	Continue straight on Otay Lakes Rd
35.4	1.2	9:13 AM	9:46 AM	10:47 AM	Turn right onto Hunte Pkwy
36.6	0.9	9:16 AM	9:51 AM	10:54 AM	Left onto Proctor Valley Rd
37.5	2.0	9:20 AM	9:55 AM	11:00 AM	Turn right onto Mountain Miguel Rd
39.5	0.6	9:26 AM	10:04 AM	11:12 AM	Right on Proctor Valley Rd
40.1	1.5	9:28 AM	10:06 AM	11:15 AM	Left onto San Miguel Rd
41.6	0.1	9:33 AM	10:13 AM	11:24 AM	Right onto Central Ave
41.7	1.4	9:34 AM	10:13 AM	11:25 AM	Left onto Sweetwater Rd
43.1	1.4	9:38 AM	10:19 AM	11:33 AM	Right at Willow st, stay on Sweetwater rd
44.5	0.2	9:43 AM	10:25 AM	11:42 AM	Left onto Plaza Bonita Rd
44.7	2.7	9:44 AM	10:26 AM	11:43 AM	Right onto bike path [REST STOP]
47.4	0.1	9:52 AM	10:38 AM	11:59 AM	Straigh to Tidlands
47.5	1.3	9:53 AM	10:38 AM	12:00 PM	Turn right onto Tidelands Ave
48.8	4.8	9:57 AM	10:44 AM	12:07 PM	Left onto East Harbor dr
53.6		10:13 AM	11:04 AM	12:36 PM	Left into Ruocco Park (just past PCH)