

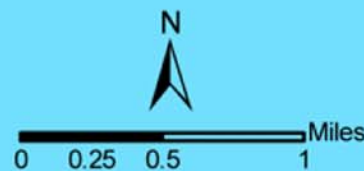
# BIKE ROUTE - Olympic 40K Sprint 15K



"The State of California cannot confirm that this route meets all the criteria set forth in Section 1000 of the State's Highway Design Manual. It is the responsibility of the event organizer to inform orally and in writing each participant to ride with caution."



**BIKE COURSE DIRECTIONS(15 &40K)**  
 Linden Ave to Carpinteria Ave Turn Right  
 Hwy 150 to Hwy 192(Casitas Pass/Foothill) Turn Left  
**SPRINT TURN LEFT ONTO LINDEN TO TRANSITION**  
 OLYMPIC- FOOTHILL (HWY 192) to NIDEVER (HWY 192) -Turn Right  
 Hwy 192 to Toro Cyn - Turn Right  
 Toro Cyn to East Valley - Turn Left  
 East Valley to Sheffield - Turn Left  
 Sheffield to Ortega Hill - Left Fork  
 Ortega Hill to Ortega Ridge - Turn Left  
 Ortega Ridge to Greenwell - Turn Right  
 Greenwell to Via Real - Turn Left  
 Via Real to Nidever - Turn Left  
 Nidever to Foothill - Turn Right  
 Foothill runs straight into Linden - Turn Right  
 Linden to Transition



### Legend

Course Direction

Numbered boxes are  
Volunteer stations

**A Timed Credit will be given to all cyclists who must stop for a train. Please use safety as your guide - stop and wait.**