

TROY'S KITCHEN CREEK CENTURY		TROY'S KITCHEN CREEK CENTURY	
<b>Start:</b>	<b>Starbucks Coffee Shop</b> <b>2512 Jamacha Rd</b> <b>El Cajon, CA 92019</b> <b>(619) 660-6056</b>		
<b>Required:</b>	<b>Camelbak &amp; Two Water Bottles</b> <b>Winter Clothes for descent</b>		
<b>CUM DIST.</b>		<b>NEXT TURN</b>	
	0.0 Exit onto Willow Glen Dr.	5.1	Option 1
R	5.1 Dehesa Rd.	3.2	Turn around at Pine Valley Mountain Market
R	8.3 Dehesa Rd.	4.8	Advance from 33.6 to 62.3 and continue
R	13.1 Japatul Rd. / Old Highway 80	21.8	Cuts 28 Miles off and the Kitchen Creek Climb
	18.8 13% Max		
X	20.1 Stay straight across Lyons Valley Road		
X	25.7 Under I-8 Freeway		
	3600 Feet of Climbing So Far		
	26.9 Descanso Trading Post		
	Optional Water Stop		
L	33.6 <b>Water Stop - Pine Valley Market</b>		
	Fill Camelback & Two Water Bottles		
	4350 Feet of Climbing So Far		
R	34.9 Sunrise Highway	0.3	
C	35.2 Old Highway 80	7.1	
L	42.3 Kitchen Creek Rd.	12.0	
	Don't Miss This Turn!!		
	4830 Feet of Climbing So Far		
L	54.3 Sunrise Highway / S1	6.7	
	7100 Feet of Climbing So Far		
R	61.0 Old Highway 80	1.3	
R	62.3 <b>Water Stop - Pine Valley Market</b>		
R	62.3 Old Highway 80 / Japatul Rd.	13.3	
L	75.6 Lyons Valley Road	7.7	
R	83.3 Skyline Truck Trail	8.1	
R	91.4 Jamul Drive	3.0	
R	94.4 Steele Canyon Road	0.5	
L	94.9 Willow Glen Dr.	0.8	
X	95.7 Jamacha Rd.		
	Starbucks		
	<b>A HUGE CONGRATULATIONS!</b>		
	Designed by Troy Raffelson 6/22/08		
	Route Analyst: Chuck Bramwell		