

Terrain: 2. Rolling, easy grades; Mileage: 33



**Bike Yoga AB Pace**  
**2700 Yulupa Avenue, Santa Rosa 95405**

At	Go On	For	At	Go On	For
0.0	L Bethards Dr (East)	0.4	16.8	L Warm Springs Rd	2.4
0.4	L Summerfield Rd	1.0	19.2	R Warm Springs Rd	2.7
1.4	R Hoen Ave	0.1	21.9	L Hwy-12 W	2.4
1.5	L Newanga Ave	0.8	24.3	L Pythian Rd	0.3
2.3	L thru Spring Lake Park	0.7	24.6	R Oak Leaf Dr	1.4
3.0	R Channel Dr	1.7	26.0	R Fairfield Dr	0.3
4.7	L over narrow bridge	0.2	26.3	L White Oak Dr	0.3
4.8	R Stone Bridge Rd	1.0	26.6	R Oakmont Dr	0.2
5.9	R Oakmont Dr	1.4	26.7	L Stone Bridge Rd	1.1
7.2	L Valley Oaks Dr	0.1	27.8	L over narrow bridge	0.2
7.3	R Pythian Rd	0.8	27.9	R Channel Dr	1.6
8.2	R Hwy-12 E	0.9	29.5	L Spring Lake Park	1.1
9.0	R Lawndale Rd	1.7	30.6	L Newanga Ave	0.6
10.7	> stay on Lawndale Rd	0.7	31.2	R Hoen Ave	0.1
11.4	L stay on Lawndale Rd	1.0	31.3	L Summerfield Rd	1.0
12.5	R Warm Springs Rd	1.5	32.2	R Bethards Dr	0.4
14.0	L Warm Springs Rd	2.4	32.6	E End of route	
16.4	R Arnold Dr	0.2			
16.6	Return	0.2			

**Bridgette DeShields 953-8192**

**Janice Oakley 495-0353**

Map at <https://ridewithgps.com/routes/29665945>

**Carry ID, Wear a Helmet**  
**Sonoma Emergency 707-565-2121**