

LONG BEACH FLAT RIDE

our ride is going to Long Beach From Liemart Park turn left onto Vernon to Van Ness turn right on Van Ness to 190 Street left on 190 to Vermont. Right on Vermont to Del Amo Blvd left on Del Amo Blvd to the 710 River Bed.[under the 710 Freeway and over the L.A River].Turn right on the river bed going South to Long Beach to they end. Take bike path to Sea Shore Line take Sea Shore Line to Ocean Blvd. Right on Ocean Blvd. Ocean Blvd verge to Livingston East right on Livingston to 2nd Street. Take 2nd Street to P.C.H turn left onto P.C.H take P.C.H to the round-a-but right on Lakewood Blvd. Take Lakewood going North to Firestone Blvd left on Firestone Blvd. Firestone Blvd change into Manchester Blvd take Manchester Blvd to Van Ness right on Van Ness to Liemart Park. This course is a flat