



## The San Diego Harbor Walk

An AVA Sanctioned Year Round Event

This walk offers a 5K and a 11K option and is rated 1A. The trail starts at the Wyndham Bayside Hotel and the Star of India Sailing Ship, past the Maritime Museum, and then goes along the San Diego Waterfront past the U.S. Coast Guard Station, to Harbor Island and Tom Ham's Lighthouse Restaurant, and then back to the start point. This a "Railroad Friendly" walk; the Coaster and San Diego Trolley stop at the Amtrak Santa Fe Station are just three blocks away.

### Walk Registration:

Registration takes place online using that AVA Online Start Box, on [my.ava.org](http://my.ava.org). Follow the instructions provided to create a user account and sign the AVA waiver (one time). Instructions for payment are also included. Download the directions and print as needed. The POC does not provide event directions or accept alternate payment methods.

### Walk Completion and Walk Credit:

Once you have physically completed the walk, please login to your Online Start Box account click on the "My Start Box" tab, then the "Finish Table" tab, then click on "Go to Finish Table" button for the event you have completed. Use the displayed entry form to submit the date and distance of your walk as well as select applicable AVA Special Programs to generate stamped "virtual" insert cards that you may choose to print out.

### Table of Contents:

Use the following table to guide what portion of this document you may wish to print out.

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### **Driving Directions to Start**

1355 N. Harbor Dr, San Diego, CA 92101. From I-5 heading South - Exit at Front St./Civic Center. Continue a few blocks to Ash St. Turn right (west). Proceed about 8 blocks to Harbor Dr. Turn left. The Wyndham Bayside Hotel is on the left.

There is parking in the hotel lot or metered parking on the street. Restrooms are available at each of the hotels along the route

Please use either the Online Start Box (OSB) or Physical Start Box (PSB) to register and complete the event. Do NOT mix and match, for example, by registering using the OSB then completing your event using the PSB nor signing the PSB log sheet. The sponsoring club only receives credit for an OSB participation when an OSB registration has been completed online by entering your participation date, distances, and any special programs using the OSB.

### **IN CASE OF EMERGENCY DIAL 911**

**FOR EVENT RELATED QUESTIONS CALL MAUREEN CARLSON (909) 227-5319**

**These walk directions and maps may only be used in conjunction with a signed American Volkssport Association athletic waiver. All other uses are prohibited**

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# San Diego Harbor Island 5K

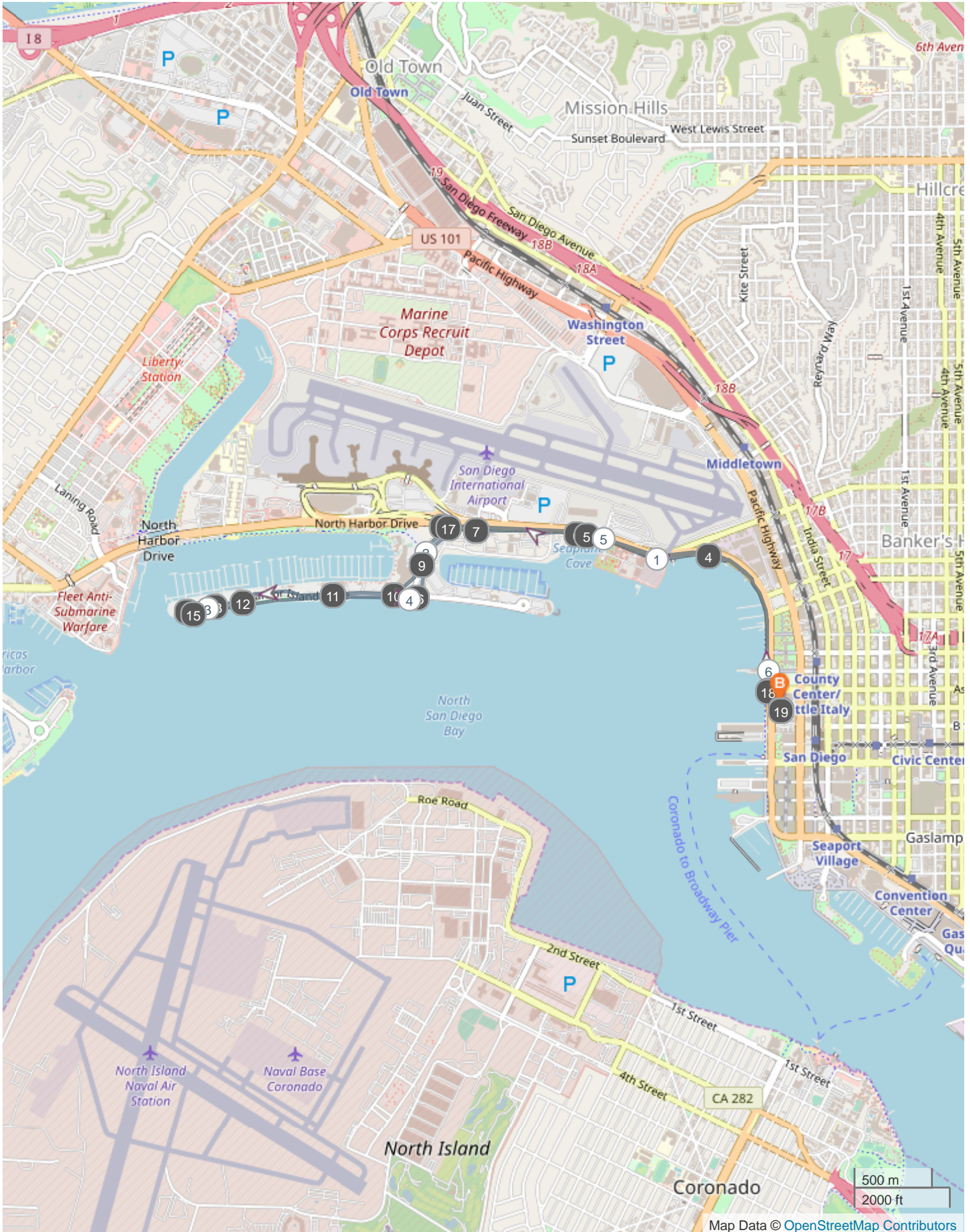


## ROUTE DIRECTIONS

No	Miles	Turn	Directions
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No	Miles	Turn	Directions
1	0.000		From the Wyndham Hotel turn right on Harbor Drive
2	0.068	←	Cross the street at the closest traffic light
3	0.075	→	You will see the Star of India, turn right and walk on the sidewalk along the waterfront towards the airport
4	0.942		Continue past the Coast Guard Station
5	1.799	→	At Harbor Island Drive turn around and head back
6	3.599		At the Star of India cross at the light and go back to the Wyndham start point

# San Diego Harbor Island 10K



## ROUTE DIRECTIONS

No	Miles	Turn	Directions
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No	Miles	Turn	Directions
1	0.000		From the Wyndham Hotel turn right
2	0.109	←	Cross North Harbor Drive at the Traffic Light
3	0.121	→	In front of Star of India, turn right and walk on sidewalk along the waterfront towards the airport
4	0.788	→	Turn right onto Bayshore Bikeway
5	1.292		Keep left
6	1.332	↖	Continue past the U.S. Coast Guard Station
7	1.732		Continue past the Car Rental area
8	1.870	↙	Cross Harbor Island Drive at the traffic light and turn left on Harbor Island Drive
9	2.053	←	Follow the sidewalk past the Sheraton Hotel-Marina Tower
10	2.249	→	At the end of the road, bear right and continue on the sidewalk
11	2.489	←	Continue past the Sheraton Marina West Tower
12	2.856	←	Past the Hilton Hotel
13	2.966	→	Pass the Harbor Island West Marina Deli& Liquor Mini Mart ( Water, fresh fruit, ice cream, etc. available)
14	3.117	↖	At the end of the circle is Tom Ham's Lighthouse Restaurant
15	3.144		Head back on the sidewalk along Harbor Island Drive
16	4.052	←	Turn left onto Harbor Island Drive toward the airport
17	4.376	↙	At the traffic light turn right on North Harbor Drive and follow the sidewalk back towards the Star of India ship
18	6.087	←	Past the Star of India turn left and cross at the traffic light
19	6.209		Welcome back to the Wyndham Hotel