

| Seapoint Route | | <i>Lightning</i> VELO | | Turn Sheet |
|---|---------------------------|---------------------------------|------------|------------|
| Turn | At | Then Ride | Cumulative | |
| L | Onto Studebaker | 2.9 | 2.9 | |
| R | Loynes | 0.9 | 3.7 | |
| L | Pacific Coast Highway | 8.0 | 11.7 | |
| L | Seapoint | 0.9 | 12.6 | |
| R | Garfield | 0.2 | 12.8 | |
| L | Edwards | 0.5 | 13.3 | |
| R | Ellis | 0.5 | 13.8 | |
| L | Goldenwest | 1.0 | 14.8 | |
| R | Slater | 0.4 | 15.2 | |
| R | Gothard | 1.5 | 16.7 | |
| L | Garfield | 1.3 | 18.0 | |
| R | Newland | 1.0 | 19.0 | |
| L | Adams | 2.5 | 21.5 | |
| R | Placentia | 1.5 | 23.0 | |
| R | Victoria / Hamilton | 1.8 | 24.7 | |
| R | Newland | 2.0 | 26.7 | |
| L | Yorktown | 1.5 | 28.2 | |
| L | Goldenwest | 1.0 | 29.2 | |
| R | PCH | 7.0 | 36.2 | |
| L | Seal Beach Blvd / Ocean | 0.7 | 36.9 | |
| R | Bogart's | 0.0 | 36.9 | |
| R | Ocean | 0.5 | 37.4 | |
| R | 1st Street | 0.2 | 37.6 | |
| L | Marina Drive | 0.1 | 37.7 | |
| R | SG River Bike Path | 2.3 | 40.0 | |
| R | College Park Drive | 0.3 | 40.2 | |
| R | Salida Avenue | 0.1 | 40.3 | |
| L | E. Lees Way / Lees Avenue | 0.3 | 40.6 | |
| L | 9th Street | 0.0 | 40.6 | |
| R | Studebaker | 2.0 | 42.6 | |
| R | Parking Lot Entrance | 0.0 | 42.6 | |
| Distances Rounded to the Nearest One Tenth of a Mile | | | | |