

<b>ACT Training Ride</b>			
<b>Lake Monona Loop-AIDS Network</b>		<b>Cell Phone</b>	
<b>Ride Leader:</b>			
<b>Ride Leader:</b>			
Go	Onto	Miles	Total
	<b>Start AIDS Network</b>		
R	Isthmus Bike Trail	2.3	2.3
R	Starkweather Crk Bike Path	1.5	3.8
R	Dempsey Road	0.5	4.3
S	Davies Street	0.3	4.6
R	Buckeye Road	0.1	4.7
L	Jerome Street	0.2	4.9
R	E. Winnequah Road	0.1	5.0
S	Winnequah Road	0.7	5.7
R	Tonywatha Trail	0.5	6.2
L	Progressive Lane	0.1	6.3
R	Winnequah Road	0.1	6.4
R	Tonywatha Trail	1.1	7.5
L	Winnequah Court	0.3	7.8
R	Winnequah Road	1.0	8.8
R	Bridge Road	0.1	8.9
R	Paunack Park Bike Path	0.4	9.3
S	Waunona Way	2.2	11.5
S	Bike Path	0.3	11.8
R	John Nolen Bike Path(N)	2.4	14.2
S	At path end cross Willy St	0.1	14.3

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