

ACT Training Ride			
Ride to Sugar River Road		Cell Phone	
Ride Leader:			
Ride Leader:			
Go	Onto	Miles	Total
S	Start Elver Park	0.1	0.1
R	McKenna	0.1	0.2
L	Hammersley Rd	2.2	2.4
R	SW Commuter	0.5	2.9
R	Bike Path to Raymond Rd	0.1	3.0
S	Verona Rd Frontage Rd	0.4	3.4
R	Capital City Tr Underpass	0.3	3.7
R	Williamsburg Way	0.1	3.8
L	Anton Dr	0.4	4.2
L	King James Way	0.2	4.4
L	Kapec Rd	0.1	4.5
S	Nesbitt Rd	2.9	7.4
S	Cross Country Rd	3	10.4
R	Nine Mounds Rd	0.8	13.4
L	CTH PD	1.7	15.0
L	White Crossing	1.4	16.8
L	Dairy Ridge Rd	1.9	19.1
L	Marsh View Rd	0.5	20.1
R	Sugar River Rd	0.8	20.6
L	Valley Rd	1.3	23.0
L	Hwy 69	1.2	26.0
L	Main St (watch traffic)	1.1	27.1
R	Cross Country Rd	1.7	28.8
L	on Maple Grove Drive	1.3	30.1
L	on Putnam Road	0.2	30.3
R	on McKenna Boulevard	1.2	31.5
L	End Elver Park	0.1	31.6

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