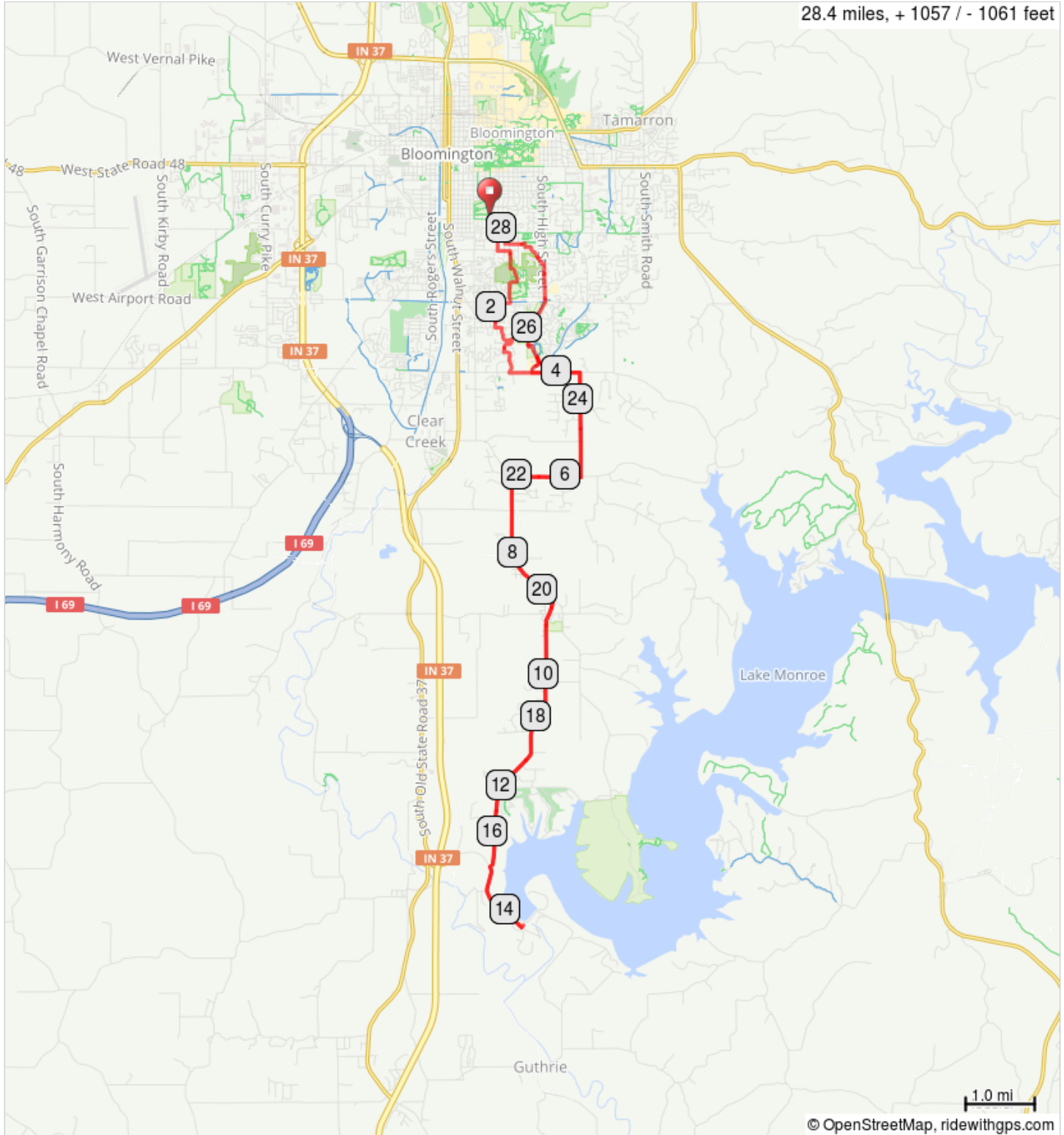


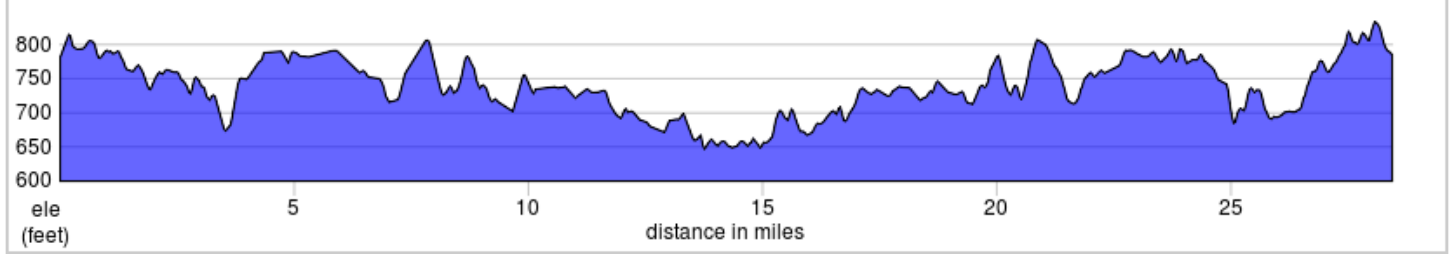
In Between Training Ride #1 28



28.4 miles, + 1057 / - 1061 feet



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In Between Training Ride #1 28

Dist	Type	Note	Next
0.0		Start of route	0.3
0.3	←	L onto East Hillside Drive	0.1
0.4	→	R onto South Huntington Drive	0.3
0.6	←	L onto East Miller Drive	0.2
0.8	→	R onto South Highland Avenue	0.9
1.7	→	R onto East Winslow Road	0.2
1.9	←	L onto South Westminster Way	0.4
2.3	←	L onto East Allendale Drive	0.1
2.4	→	R onto South Bainbridge Drive	0.3
2.7	→	R onto South Laura Way	0.2
2.9	←	L onto East Jamie Lane	0.1
3.0	↑	Continue onto South Jamie Lane	0.3
3.3	←	L onto East Rhorer Road	1.0
4.3	→	R onto South Harrell Road	1.5
5.8	→	R onto East Moffett Lane	1.0

5.8 miles. +195/-193 feet

Dist	Type	Note	Next
6.9	←	Sharp L onto South Fairfax Road	2.0
8.9	→	R onto S Strain Ridge Rd	4.3
13.2	←	L onto East Monroe Dam Road	0.8
14.1	→	R onto E Monroe Dam Ct	0.6
14.7	←	L onto E Monroe Dam Rd	0.8
15.5	→	R onto S Strain Ridge Rd	1.3
16.8	←	L to stay on S Strain Ridge Rd	3.0
19.8	←	L onto S Fairfax Rd	2.0
21.9	→	R onto E Moffett Ln	1.0
22.9	←	L onto S Harrell Rd	1.5
24.4	←	L onto E Rhorer Rd	0.7
25.1	→	R onto S Sare Rd	0.3
25.4	←	L toward The Stands Rd	0.1
25.5	←	Slight L onto The Stands Rd	0.1
25.6	←	Slight L onto Jackson Creek Trail	0.2

19.8 miles. +678/-670 feet

Dist	Type	Note	Next
25.8	→	R to stay on Jackson Creek Trail	0.6
26.4	←	L toward S High St	0.0
26.5	→	R toward S High St	0.0
26.5	↑	At the traffic circle, 2nd exit onto S High St	0.6
27.0	←	L onto Greenbriar Ln	0.0
27.1	→	R onto N Locust Ct	0.0
27.1	←	Slight L onto Greenbriar Ln	0.0
27.1	↑	Continue onto Wilton Dr	0.2
27.4	←	L onto E Arden Dr	0.1
27.4	→	R onto S Oxford Dr	0.1
27.5	←	L onto E Thornton Dr	0.3
27.8	→	R onto S Olive St	0.2
27.9	↑	Continue onto S Weatherstone Ln	0.1
28.1	↑	At the traffic circle, continue straight to stay on S Weatherstone Ln	0.4

2.5 miles. +171/-36 feet

Dist	Type	Note	Next
28.4	→	R onto S Woodlawn Ave	0.0
28.4		End of route	0.0

0.4 miles. +0/-0 feet