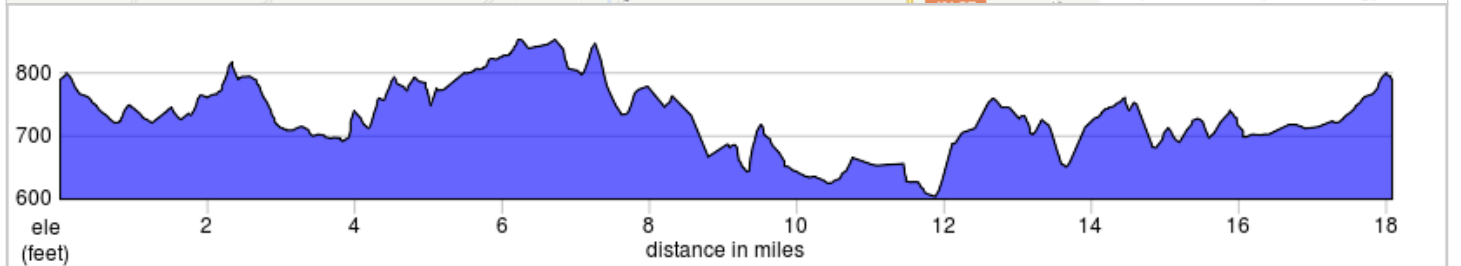
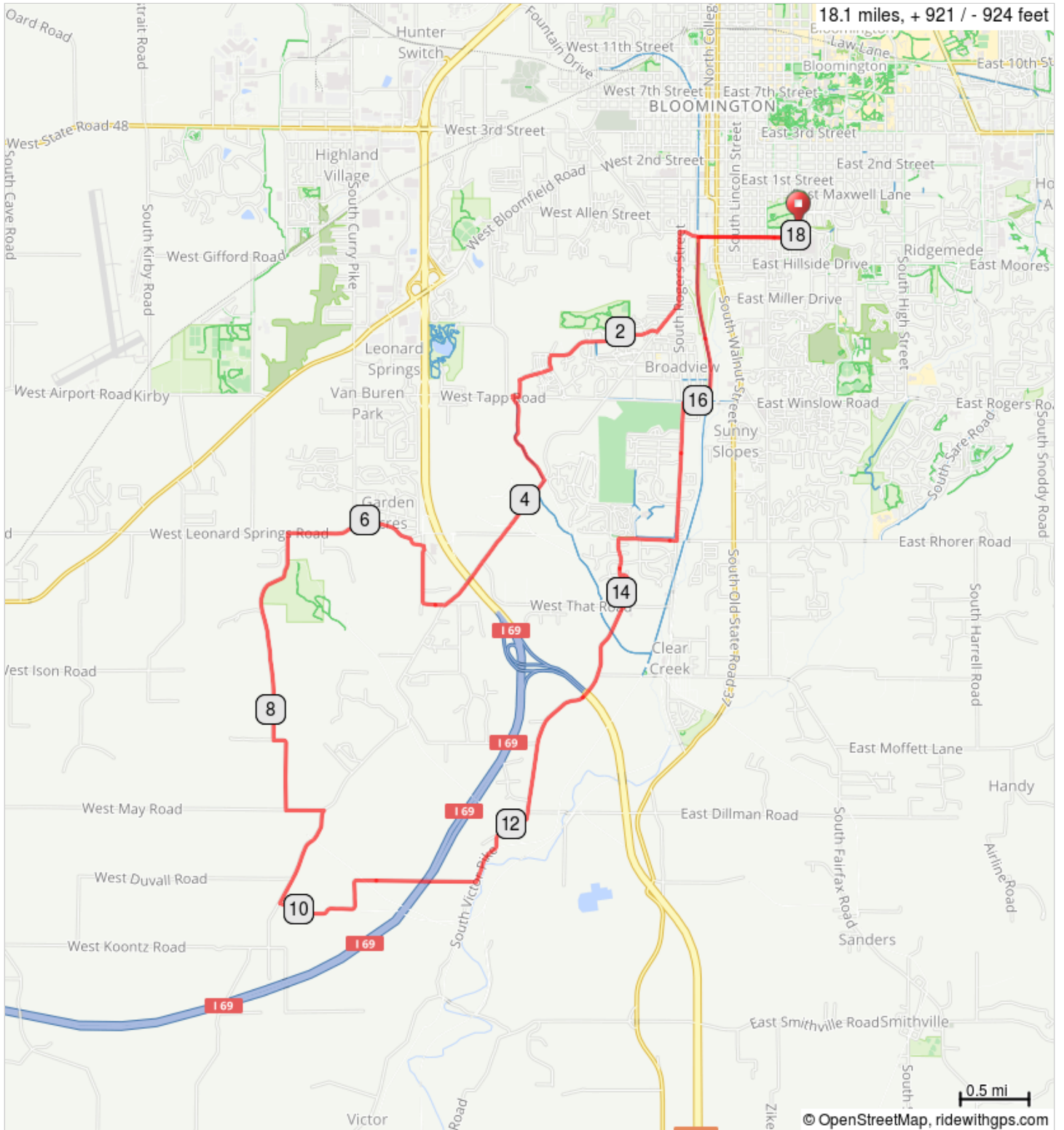


In Between Training Ride #3 18



In Between Training Ride #3 18

Dist	Type	Note	Next
0.0		Start of route	0.1
0.1		R onto E Grimes Ln	0.7
0.8		Slight R at S Morton St	0.1
1.0		L onto S Rogers St	0.5
1.5		R onto S Rockport Rd	0.2
1.7		R onto W Countryside Ln	0.8
2.6		L onto S Adams St	0.1
2.7		R onto W Sunstone Dr	0.2
2.9		L onto Kegg Rd	0.1
3.0		R onto Clear Creek Trail	0.1
3.1		L to stay on Clear Creek Trail	0.0
3.1		Continue straight to stay on Clear Creek Trail	0.7
3.8		R onto S Rockport Rd	1.2
5.0		Slight R onto W Shaw Rd	0.6
5.5		L onto S Monroe Medical Park Blvd	0.0
5.5		L onto W Fullerton Pike	0.6

5.5 miles. +288/-280 feet

Dist	Type	Note	Next
18.1		End of route	0.0

0.1 miles. +0/-0 feet

Dist	Type	Note	Next
6.1		L onto W Leonard Springs Rd	0.5
6.6		L onto S Leonard Springs Rd	1.6
8.2		L to stay on S Leonard Springs Rd	0.6
8.8		L onto W May Rd	0.3
9.1		R onto S Rockport Rd	0.8
9.8		L onto W Tramway Rd	1.6
11.5		L onto S Victor Pike	2.4
13.9		R onto W That Rd	0.0
13.9		L onto S Eagleview Dr	0.3
14.2		R onto Falcon Dr	0.3
14.5		R onto W Gordon Pike	0.4
14.9		L onto S Rogers St	1.0
15.9		R onto W Country Club Dr	0.2
16.1		L onto B-Line Trail/Bloomington Rail Trail	1.2
17.3		R onto W Grimes Ln	0.7
18.0		L onto S Woodlawn Ave	0.1

12.5 miles. +606/-646 feet