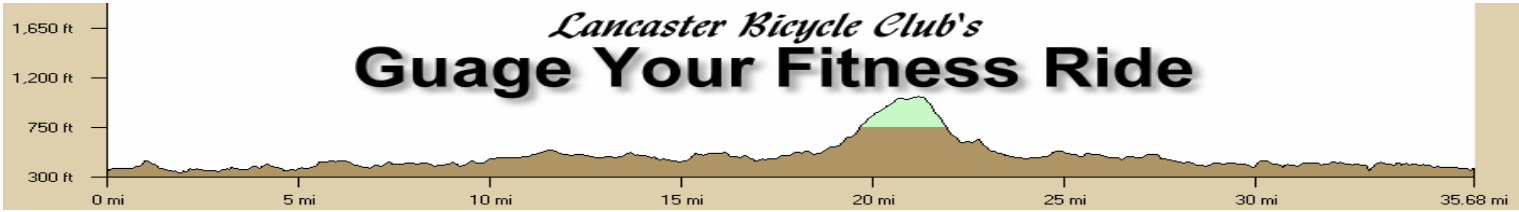


Lancaster Bicycle Club's
Guage Your Fitness Ride



Jun 2004

Start: Conestoga Valley High School

Terrain: Hilly Climb Per Mile: 60 ft Steepest Climb: 8%

Key: R = Right Turn L = Left Turn T = Thru on

<u>Miles</u>	<u>Turn</u>		<u>Miles</u>	<u>Turn</u>	
0.0	R	Horseshoe Rd.	19.1	T	Meeting House Rd.
0.3	R	Hathoway Rd.	21.0	T	Ranck Rd.
0.5	R	Mt. Sidney Rd.	23.5	L	to stay on Ranck Rd.
0.7	L	Stumptown Rd.	23.7	R	to stay on Rank Rd.
1.7	R	Beechdale Rd.	24.9	L	Jackson St.
2.8	L	Church Rd.	26.2	L	Custer Ave.
4.4	L	N. Weavertown Rd.	26.4	R	Orlan Rd.
5.4	L	Harvest Rd.	27.1	L	Hollander Ave.
5.8	L	Rte 772 (N. Newport Rd.)	28.3	R	Zelternriech Rd.
6.1	T	Hess Rd. (immediately)	29.2	L	Musser School Rd.
	R	Musser School Rd.	29.7	R	Groffdale Rd.
8.1	R	Zeltenriech Rd.	30.2	L	Eby Rd. (top of hill)
8.9	R	Peters Rd.	31.8	L	to stay on Eby Rd. (at Farmland Rd.)
13.7	R	Snake Lane	34.4	L	Horseshoe Rd.
14.8	L	Old Philadelphia Pike	35.7	L	into parking lot
17.0	L	Cambridge Rd.			
18.5	L	Kauffroth Rd. (immediately)			
	L	Seldomridge Rd.			