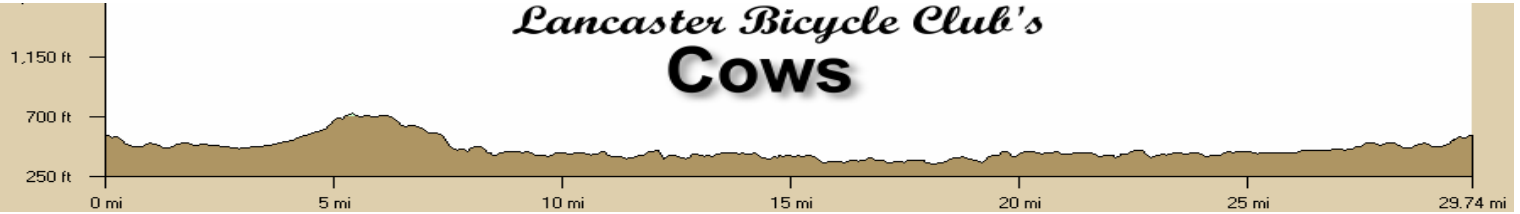


Lancaster Bicycle Club's COWS



Dec 2003

Terrain: **Rolling** Climb Per Mile: 53 ft Steepest Climb: 6%

Start: Garden Spot High School

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

<u>Miles</u>	<u>Turn</u>		<u>Miles</u>	<u>Turn</u>	
0.0	L	Tower Rd	19.7	L	Monterey Rd
0.4	L	Weavertown Rd	20.2	L	Newport Rd (immediately)
0.7	L	Spruce Rd		R	E Eby Rd
1.3	L	Kinzer Rd	20.9	R	to stay on Eby Rd
3.2	T	Overly's Grove Rd.	22.5	R	Groffdale Rd
4.6	R	Wallace Rd	22.9	L	Musser School Rd
7.0	T	Summitville Rd. (cross New Holland Rd.)	23.5	R	Zeltenreich Rd
7.6	R	S Custer Rd	24.4	L	Hollander Rd
7.8	L	Maple Grove Rd	24.7	R	Horning Rd
8.6	L	Horning Rd	25.0	R	Maple Grove Rd (immediately)
8.9	L	Hollander Rd		L	Meadow Creek Rd
9.2	R	Zeltenreich Rd	25.7	L	S Custer Rd
10.1	L	Musser School Rd	26.7	R	Phillip Rd
12.0	R	Hess Rd	27.1	L	Brimmer Rd
13.1	L	Eby Rd	27.4	R	Valley View Rd
13.6	L	Stumptown Rd	27.7	L	Kinzer Rd
15.2	L	Monerey Rd	28.4	R	Spruce Rd
16.3	R	Church Rd	29.0	R	Weaverland Rd
17.2	R	Beechdale Rd	29.3	R	Tower Rd
18.2	R	Stumptown Rd	29.7	R	into parking lot