

Lancaster Bicycle Club's HSC Training Ride



Nov 2003

Start: **Hempfield Sports Complex**

Terrain: **Rolling** Climb Per Mile: **52 ft** Steepest Climb: **5%**

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	Stoney Battery Rd. (immediately)	13.7	R	Oak Rd.
	R	Snapper Dam Rd.	14.3	T	Bossler Rd.
0.6	L	Nolt Rd.	17.8	R	Colebrook Rd.
2.0	T	Quarry Rd.	18.0	T	Nolt Rd.
3.0	L	Prospect Rd.	18.9	R	Harrisburg Ave.
3.6	R	Garfield Rd.	19.5	T	Musser Rd.
3.7	L	Pinkerton Rd.	22.1	L	Andersen Ferry Rd. (immediately)
7.0	L	Koser Rd.		R	Long Ln. (immediately)
7.6	L	Andersen Ferry Rd. (at light)		L	Iron Bridge Rd.
7.7	R	Waynesboro Rd. (immediately)	24.3	L	Kinderhook Rd.
	R	Union School Rd. (immediately)	25.0	R	Pinkerton Rd.
	L	Gibble Rd.	26.7	R	Garfield Rd.
9.1	L	Kraybill Church Rd.	26.9	L	Prospect Rd.
10.1	R	Colebrook Rd.	27.4	R	Quarry Rd.
10.5	L	Airport Rd.	28.4	R	Silver Spring Rd.
11.8	R	Endslow Rd.	28.8	L	Meadow Spring Rd.
12.2	L	Donegal Springs Rd.	29.6	R	Stoney Battery Rd.
			30.3	L	HSC Parking Lot