

Lancaster Bicycle Club's
Tuesday Evening Training Ride



Dec 2003

Start: **Hempfield Sports Complex**

Terrain: **Flat** Climb Per Mile: **45 ft** Steepest Climb: **4%**

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.	12.9	L	McKinley Rd.
0.1	R	Snapper Dam Rd.	13.1	R	Rte. 230
0.6	L	Nolt Rd.	13.4	L	Eby Chiques Rd.
2.0	R	Eby Chiques Rd.	14.4	R	Newcomer Rd. (sharp right after bridge)
3.1	R	Prospect Rd. (immediately)	15.8	T	Pleasure Rd.
	R	Prospect Rd.	16.2	R	Garfield Rd.
4.0	L	Broad St.	17.3	L	Longenecker Rd.
4.1	R	Spooky Nook Rd.	19.0	T	Bridge Valley Rd.
4.9	L	Shenk Rd.	19.6	R	Iron Bridge Rd.
5.6	L	Thru covered bridge (immediately)	20.1	R	Kinderhook Rd.
	R	Auction Rd.	20.8	R	Pinkerton Rd.
6.5	L	Weaver Rd.	22.5	R	Garfield Rd.
7.6	L	Rte. 772 (Caution!)	22.7	L	Prospect Rd.
8.2	R	N. Erisman Rd.	23.1	R	Quarry Rd.
9.5	L	Fairview Rd.	24.1	R	Silver Spring Rd.
9.8	L	Esbenshade Rd.	24.6	L	Meadow Spring Rd.
11.6	T	S. Esbenshade Rd. (at light)	25.4	R	Stoney Battery Rd.
12.6	R	Strickler Rd.	26.0	L	HSC parking lot