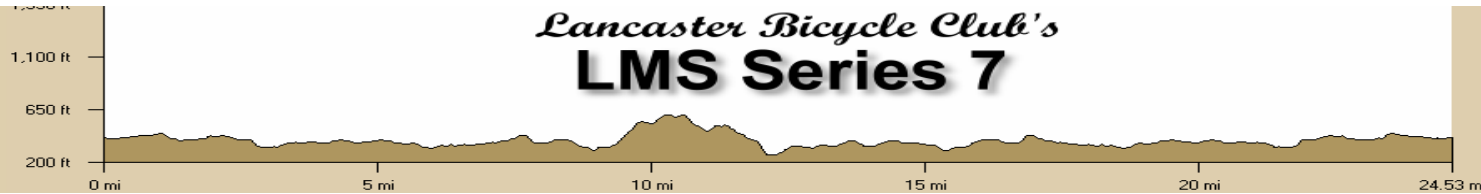


Lancaster Bicycle Club's LMS Series 7



Apr 2003

Terrain: **Hilly** Climb per mile: **64 Ft.** Steepest Climb: **9%**

Start: Landisville Middle 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	Mumma Dr.	11.8	R	Rte. 441
0.4	L	Stanley Ave.	12.1	R	Long Ln.
0.7	R	Cooper Ave. (immediately)	14.2	R	Iron Bridge Rd.
	L	Silver Spring Rd.	16.2	L	Kinderhook Rd.
1.2	T	Clear Spring Rd.	16.8	R	Pinkerton Rd.
2.0	R	Eby Chiques Rd	17.1	L	Longenecker Rd.
2.8	L	Newcomer Rd.	18.7	R	Garfield Rd.
4.2	T	Pleasure Rd.	19.8	L	Pleasure Rd.
4.7	R	Garfield Rd.	20.3	T	Newcomer Rd.
5.8	L	Longenecker Rd.	21.7	R	Eby Chiques Rd.
7.4	R	Pinkerton Rd.	22.5	L	Clear Spring Rd.
7.7	L	Kinderhook Rd.	23.2	T	Silver Springs Rd.
9.8	R	Klinesville Rd.	23.8	R	Emily Ave. (immediately)
10.0	L	Fairview Rd. (immediately)		L	Stanley Ave.
	R	Klinesville Rd.	24.0	R	Mumma Dr. (behind HS)
10.8	R	Old Chiques Hill Rd.	24.5	R	Middle School parking lot
11.4	L	Kames Hill Rd.			