

Thursday Evening Fitness Ride (Odd)



Mar 2013

Terrain: **Rolling** Climb Per Mile: 58 ft Steepest Climb: 7%

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.	10.2	L	Milton Grove Rd.
0.2	T	School Parking Lot	10.6	R	Echo Valley Rd.
0.5	L	Stanley Ave.	12.2	L	Meadow View Rd.
0.7	R	Cooper Ave. (immediately)	12.3	R	Valley Rd.
	L	Silver Spring Rd.	14.4	L	Hossler Rd.
1.2	T	Clear Spring Rd.	16.0	R	S. Colebrook Rd.
2.0	R	Eby Chiques Rd.	17.6	L	Mill Rd.
3.8	R	Rte. 230	18.2	R	Junction Rd.
4.1	L	S. Strickler Rd.	21.4	R	S. Colebrook Rd.
4.3	L	Strickler Rd.	21.5	L	Long Rd.
5.6	T	N. Strickler Rd.	22.8	L	Landisville Rd.
5.8	L	Elm Tree Rd.	23.0	T	Church St.
6.7	R	Milton Grove Rd.	23.3	R	Hempfield Ave.
7.4	L	Mount Pleasant Rd.	23.5	L	Farm Ln.
8.0	R	Risser Mill Rd.	23.6	T	School Parking Lot
8.5	L	Valley View Rd.	23.9	T	Mumma Dr.
9.5	R	Grand View Rd.	24.1	R	Middle School