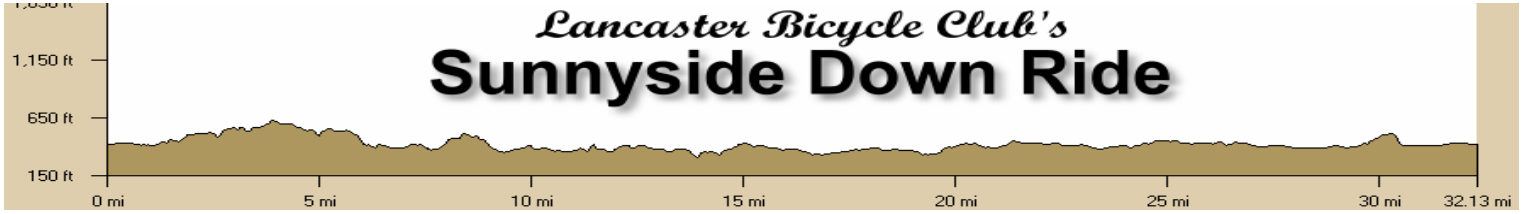


Lancaster Bicycle Club's Sunnyside Down Ride



May 2003

Terrain: **Rolling** Climb Per Mile: **56 ft** Steepest Climb: **6%**

Start: Manheim Central 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	Hershey Ave (immediately)	17.6	R	Pleasure Rd
	R	Adelle Ave (immediately)	18.1	T	Newcomer Rd.
	L	Laurel St (immediately)	19.5	R	Eby Chiques Rd
	R	Gramby St	20.3	L	Clear Springs Rd
0.7	R	Penn St	21.1	T	Silver Springs Rd
1.0	L	Old Line St	21.5	L	Cooper Ave.
4.1	R	Colebrook Rd	21.7	L	Brandt Ave. (at Luthern Church)
4.3	L	Sunnyside Rd	22.0	T	Broad St. (at Stoney Battery Rd.)
6.1	R	at Valley Rd to stay on Sunnyside Rd	22.7	R	Spooky Nook Rd
6.4	L	Meadow View Rd	24.0	R	Landisville Rd
7.7	R	Risser Mill Rd	24.6	L	Long Ln
9.9	L	at Y	25.9	R	Colebrook Rd (immediately)
10.5	L	Sportsman Rd		L	Junction Rd
11.3	R	Old Market St	29.5	R	Sunhill Rd
11.8	R	Rte 772 (Manheim St. at the light)	30.1	L	Power Rd
12.0	T	New Haven St (immediately)	30.5	R	Fuller Rd (immediately)
	L	W. Donegal St.		L	Penn St (no sign)
12.3	R	S. Market St (immediately)	31.3	R	Gramby St
	R	Marietta Ave (Rte. 772)	31.9	L	Laurel St (immediately)
12.5	L	Pinkerton Rd		R	Adelle Ave
16.6	L	Garfield Rd	32.1	L	Hershey Ave (into school lot)