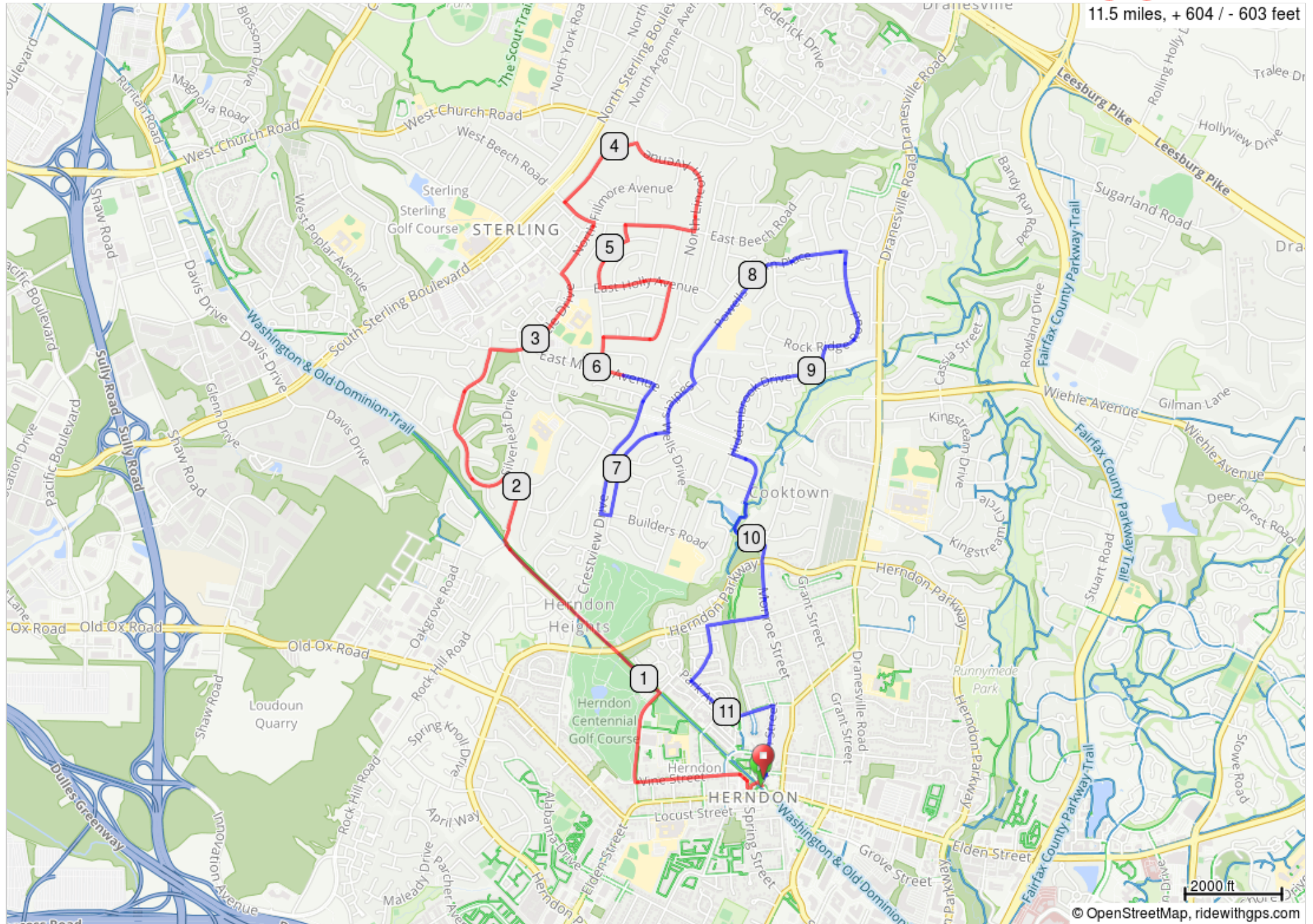


RBC-271: (11.5) GPS Trainer Route



11.5 miles, + 604 / - 603 feet



RBC-271: (11.5) GPS Trainer Route

Dist	Note
0.0	Start of route
0.0	Adjust your volume so you can hear me clearly. Can you hear me know?
0.0	Left onto Station St
0.1	Right into the parking lot
0.1	Right to follow the parking lot toward Vine Street.
0.1	Leave the parking lot onto Vine Street.
0.2	Riding two abreast is okay on Vine St.
0.2	This is the first of several hills to help beautify your legs.
0.5	Use hand signals to right onto Ferndale Ave
0.6	Single up when a car is behind you. Allow cars to pass you on the left.

0.6 miles. +34/-26 feet

Dist	Note
0.9	Move to the center and lane as you prepare for a left ahead.
0.9	Left onto Washington and Old Dominion Trail
1.0	Slower Traffic has the right of way on Virginia Trails. Always announce, "passing on your left, passing left."
1.7	Slow down to exit the trail on the right ahead.
1.8	Right and a quick left to get to trail exit.
1.8	Right toward Tamarack Ct. Single file on the narrow trail.
1.8	Regroup. Wait for others to catch up in the cul-de-sac.
1.9	Continue onto Tamarack Ct.
2.0	Left onto Tamarack Ln
2.1	Left onto Silverleaf Dr

1.5 miles. +58/-15 feet

Dist	Note
2.1	Begin O. C. D. Obsessive cycling downhill.
2.2	Road name change. Continue onto S Dickenson Ave
2.8	Right onto Maple Drive, State Rte 1401
2.8	Single up on East Maple Ave. Stay to the right but 3 feet away from parked cars. Don't get doored.
2.9	Continue straight onto Circle Dr. The road name changed but the incline does not change for 3 tenths of a mile.
3.1	Shut up legs. This climb is elementary at this point.
3.2	You reached a new high point. It's down hill from here.
3.3	Right onto N Fillmore Ave
3.6	Left onto E Beech Rd

1.5 miles. +63/-96 feet

Dist	Note
3.7	Right onto N Argonne Ave
3.9	Take it easy. Curve and stop sign ahead at the bottom of the hill.
4.1	Right onto N Lincoln Ave
4.6	Right onto E Beech Rd
4.7	Don't overlap wheels - ever.
4.8	Remember to pass on prompts. Announce and hand signal "Left turn" ahead.
4.9	Left onto N Irving Rd
4.9	Right onto N Harrison Rd
5.2	Left onto State Rte 1494
5.4	Right onto S Kennedy Rd
5.5	Put the fun between your legs and push up this incline.
5.9	Left onto S Harrison Rd
5.9	You have reached the high point in this route, 417 Feet.

2.3 miles. +206/-164 feet

Dist	Note
6.0	Left onto E Maple Ave
6.2	Right onto S Lincoln Ave
6.3	Attention Cars and bikes, same Roads, Same Rules, Same Rights.
6.5	The road name will change; but your name will remain the same. Continue onto Crestview Dr
6.7	Prepare to left at the traffic light ahead. lane. lane when it is safe to do so!
6.8	Left onto Builders Rd
6.8	Left onto Fantasia Dr
7.3	Left onto Sadlers Wells Dr
7.5	Left onto Powells Tavern Pl
7.7	If you see me collapse, please pause my Garmin.
8.4	Right onto Rock Ridge Rd
8.5	It's a little hill. Get over it.

2.6 miles. +32/-129 feet

Dist	Note
8.9	Left onto Cellar Creek Way
9.0	Right onto Hiddenbrook Dr
9.0	Don't buy upgrades, ride up grades.
9.5	Left onto Fantasia Dr. I said Left on Fantasia Dr. Don't miss it.
9.8	Slight Left onto Folly Lick Branch Trail and then a quick right on the trail.
9.9	Left ahead to stay on Folly Lick Branch Trail. Cross over the small stream.
10.0	Continue up the hill on Young Ave. I promise, this is the last hill.
10.0	Look left before you turn right onto Monroe St
10.1	Stay in the right lane of the intersection ahead.
10.3	Right onto 3rd St

1.8 miles. +117/-52 feet

Dist	Note
10.4	That hill was so much fun, let's do one more slow climb to the finish line.
10.6	Left onto Cavalier Dr
10.8	Left onto Park Ave
11.2	Right onto Station St
11.5	Congratulations, you have completed this ride. Side effects may include sweating, euphoria, and general awesomeness. right into the parking lot and go have a beer in Green Lizard.
11.5	End of route

1.1 miles. +60/-20 feet