

<b>ACT Training Ride</b>			
<b>Ride to Ashton &amp; Beyond</b>			<b>Cell Phone</b>
<b>Ride Leader:</b>			
<b>Ride Leader:</b>			
Go	Onto	Miles	Total
	<b>Start Lakeview Park</b>		
S	Lakeview Park Path	0.2	0.2
L	Maywood Avenue	0.1	0.3
R	Amherst Road	0.3	0.6
L	Century Avenue	0.3	0.9
R	Pheasant Branch Road	2.6	3.5
L	County Road K	2.6	6.1
R	Church Road	1.0	7.1
L	Riles Road	2.6	9.7
L	County Road P	1.0	10.7
L	County Road K	5.8	16.5
R	Pheasant Branch Road	2.6	19.1
L	Century Avenue	0.3	19.4
R	Amherst Road	0.3	19.7
L	Maywood Avenue	0.1	19.8
R	Lakeview Park Path	0.2	20.0
L	<b>End Lakeview Park</b>		

<b>ACT Training Ride</b>			
<b>Ride to Ashton &amp; Beyond</b>			<b>Cell Phone</b>
<b>Ride Leader:</b>			
<b>Ride Leader:</b>			
Go	Onto	Miles	Total
	<b>Start Elver Park</b>		
S	Lakeview Park Path	0.2	0.2
L	Maywood Avenue	0.1	0.3
R	Amherst Road	0.3	0.6
L	Century Avenue	0.3	0.9
R	Pheasant Branch Road	2.6	3.5
L	County Road K	2.6	6.1
R	Church Road	1.0	7.1
L	Riles Road	2.6	9.7
L	County Road P	1.0	10.7
L	County Road K	5.8	16.5
R	Pheasant Branch Road	2.6	19.1
L	Century Avenue	0.3	19.4
R	Amherst Road	0.3	19.7
L	Maywood Avenue	0.1	19.8
R	Lakeview Park Path	0.2	20.0
L	<b>End Lakeview Park</b>		

<b>ACT Training Ride</b>			
<b>Ride to Ashton &amp; Beyond(no hill)</b>			<b>Cell Phone</b>
<b>Ride Leader:</b>			
<b>Ride Leader:</b>			
Go	Onto	Miles	Total
	<b>Start Lakeview Park</b>		
S	Lakeview Park Path	0.2	0.2
L	Maywood Avenue	0.1	0.3
R	Amherst Road	0.3	0.6
L	Century Avenue	0.3	0.9
R	Pheasant Branch Road	2.6	3.5
L	County Road K	2.6	6.1
R	Church Road	1.0	7.1
L	Riles Road	1.7	8.8
L	Ripp Road	1.1	9.9
L	County Road K	4.5	14.4
R	Pheasant Branch Road	2.6	17.0
L	Century Avenue	0.3	17.3
R	Amherst Road	0.3	17.6
L	Maywood Avenue	0.1	17.7
R	Lakeview Park Path	0.2	17.9
L	<b>End Lakeview Park</b>		

<b>ACT Training Ride</b>			
<b>Ride to Ashton &amp; Beyond(no hill)</b>			<b>Cell Phone</b>
<b>Ride Leader:</b>			
<b>Ride Leader:</b>			
Go	Onto	Miles	Total
	<b>Start Elver Park</b>		
S	Lakeview Park Path	0.2	0.2
L	Maywood Avenue	0.1	0.3
R	Amherst Road	0.3	0.6
L	Century Avenue	0.3	0.9
R	Pheasant Branch Road	2.6	3.5
L	County Road K	2.6	6.1
R	Church Road	1.0	7.1
L	Riles Road	1.7	8.8
L	Ripp Road	1.1	9.9
L	County Road K	4.5	14.4
R	Pheasant Branch Road	2.6	17.0
L	Century Avenue	0.3	17.3
R	Amherst Road	0.3	17.6
L	Maywood Avenue	0.1	17.7
R	Lakeview Park Path	0.2	17.9
L	<b>End Lakeview Park</b>		