

| <b>ACT Training Ride<br/>Oak Bank-Capital City Trail</b> |                                   | <b>Cell Phone</b> |       |
|--|-----------------------------------|-------------------|-------|
| Ride Leader:   |                                   |                   |       |
| Ride Leader:   |                                   |                   |       |
| Go   | Onto                              | Miles             | Total |
|  | <b>Start Oak Bank parking lot</b> |                   |       |
| L  | Seminole Hwy                      | 1.9               | 1.9   |
| L  | Mohawk Dr                         | 0.2               | 2.1   |
| R  | Manitou Way L at Y R at Y         | 0.9               | 3.0   |
| R  | Nakoma Rd (sidewalk)              | 0.2               | 3.2   |
| R  | Bike Trail                        | 0.2               | 3.4   |
| L  | Glenway Street (big hill)         | 0.2               | 3.6   |
| R  | SW Bike Path                      | 2.9               | 6.5   |
| L  | North Shore Drive                 | 0.3               | 6.8   |
| R  | Lake Monona Bike Path             | 0.8               | 7.6   |
| L  | East Lakeside Street              | 0.1               | 7.7   |
| S  | Olin Turville Drive               | 0.3               | 8.0   |
| L  | Lake Monona Bike Path             | 0.8               | 8.8   |
| R  | Capital City Bike Trail           | 1.8               | 10.6  |
| L  | Lake Farm Road                    | 1.7               | 12.3  |
| R  | Goodland Park Road                | 1.1               | 13.4  |
| S  | Larsen Road                       | 1.2               | 14.6  |
| L  | Capital City Bike Trail           | 3.4               | 18.0  |
| R  | Glacier Valley Road               | 0.4               | 18.4  |
| L  | Capital City Bike Trail           | 1.8               | 20.2  |
| L  | Seminole Hwy                      | 0.8               | 21.0  |
| R  | <b>Oak Bank parking lot</b>       |                   |       |

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