

ACT Training Ride Oak Bank-Lalor Road			Cell Phone	
Ride Leader:				
Ride Leader:				
Go	Onto	Miles	Total	
	Start Oak Bank parking lot			
R	Seminole Hwy	0.8	0.8	
L	Lacy Road	3.2	4.0	
L	Syene Road	1.0	5.0	
L	Bike path along Syene and McCoy	1.1	6.1	
L	Capital City Trail	2.1	8.2	
L	Lake Farm Road	1.7	9.9	
R	Goodland Park Road	0.8	10.7	
L	Lalor Road	2.3	13.0	
R	County Road B	0.3	13.3	
L	County Road MM	0.3	13.6	
R	Byrne Road	2.0	15.6	
R	Caine Road	0.5	16.1	
L	Whalen Road	5.2	21.3	
R	Old County PB	0.4	21.7	
R	Grandview Road	2.8	24.5	
L	Seminole Hwy	2.0	26.5	
L	Oak Bank parking lot			

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