

ACT Training Ride Oak Bank-Montrose (Hilly)		Cell Phone	
Ride Leader:			
Ride Leader:			
Go	Onto	Miles	Total
	Start Oak Bank parking lot		
R	Seminole Hwy	2.4	2.4
R	Whalen Road	3.3	5.7
R	County Road M	0.4	6.1
L	Locust Road	2.0	8.1
R	Hwy 69	0.5	8.6
L	Riverside Road	2.0	10.6
L	Fritz Road	6.0	16.6
L	Montrose Road	1.7	18.3
L	County Road PB	1.1	19.4
R	Frenchtown Road	0.9	20.3
L	Frenchtown Road	2.6	22.9
S/L	County Road D	0.3	23.2
S	County Road A	0.4	23.6
R	County Road A	1.4	25.0
L	County Road A	1.7	26.7
L	Glenway Road	1.6	28.3
R	Lincoln Road	0.4	28.7
L	Bergamont Blvd	1.1	29.8
R	County Road CC	0.4	30.2
L	N Alpine Pkwy	0.5	30.7
L	Netherwood Road	1.9	32.6
R	County Road D	2.0	34.6
L	Adams Road	2.0	36.6
R	Fitchburg Road	1.5	38.1
R	Vroman Road	0.2	38.3
L	Seminole Hwy	2.1	40.4
L	Oak Bank parking lot		

ACT Training Ride Oak Bank-Montrose (Hilly)		Cell Phone	
Ride Leader:			
Ride Leader:			
Go	Onto	Miles	Total
	Start Oak Bank parking lot		
R	Seminole Hwy	2.4	2.4
R	Whalen Road	3.3	5.7
R	County Road M	0.4	6.1
L	Locust Road	2.0	8.1
R	Hwy 69	0.5	8.6
L	Riverside Road	2.0	10.6
L	Fritz Road	6.0	16.6
L	Montrose Road	1.7	18.3
L	County Road PB	1.1	19.4
R	Frenchtown Road	0.9	20.3
L	Frenchtown Road	2.6	22.9
S/L	County Road D	0.3	23.2
S	County Road A	0.4	23.6
R	County Road A	1.4	25.0
L	County Road A	1.7	26.7
L	Glenway Road	1.6	28.3
R	Lincoln Road	0.4	28.7
L	Bergamont Blvd	1.1	29.8
R	County Road CC	0.4	30.2
L	N Alpine Pkwy	0.5	30.7
L	Netherwood Road	1.9	32.6
R	County Road D	2.0	34.6
L	Adams Road	2.0	36.6
R	Fitchburg Road	1.5	38.1
R	Vroman Road	0.2	38.3
L	Seminole Hwy	2.1	40.4
L	Oak Bank parking lot		