

ACT Training Ride			
Capital City Trail -Olin West		Cell Phone	
Ride Leader:			
Ride Leader:			
Go	Onto	Miles	Total
	Start Olin Park		
S	Wingra Creek Parkway	1.7	1.7
L	McCaffery Drive (Arboretum)	3.0	4.7
L	Seminole Hwy (up the big hill)	2.2	6.9
L	Capital City Trail	1.8	8.7
L	Fish Hatchery	0.1	8.8
R	Glacier Valley Road	0.4	9.2
L	Capital City Trail	6.6	15.8
S	Bike Trail under Beltline	0.2	16.0
L	Lake Monona Bike Path	0.9	16.9
R	Into Parking Lot	0.1	17.0
Olin Park			
Counter Clockwise			

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ACT Training Ride			
Capital City Trail -Olin East		Cell Phone	
Ride Leader:			
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Go	Onto	Miles	Total
	Start Olin Park		
L	Olin-Turville Ct	0.2	0.2
S	John Nolen Bike Path	0.8	1.0
R	Bike trail under Beltline	0.2	1.2
S	Cap City Trail	6.6	7.8
R	Glacier Valley Road	0.4	8.2
L	Path along Fish Hatchery	0.1	8.3
R	Capital City Trail	1.8	10.1
R	Seminole Hwy	2.2	12.3
R	Arboretum	3.0	15.3
R	Wingra Creek Parkway	1.7	17.0
Olin Park			
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Olin Park			
Clockwise			