

ACT Training Ride Capital City Trail East-Olin		Cell Phone	
Ride Leader:			
Ride Leader:			
Go	Onto	Miles	Total
	Start Olin Park		
L	John Nolen Bike Path(S)	1.0	1.0
R	Capital City Trail	1.7	2.7
S	Cross Lake Farm Road	2.1	4.8
S	Cross County MM (McCoy Rd)	0.8	5.6
S	Cross Syene Rd near McCoy	1.9	7.5
R	Glacier Valley Road	0.4	7.9
L	Capital City Trail (along Fish Hatch)	0.1	8.0
R	Cross Fish Hatchery (CCT)	1.8	9.8
S	Cross Seminole Highway	0.6	10.4
R	Southwest Commuter Trail	0.5	10.9
S	Verona Road Underpass	0.6	11.5
S	Beltline Hwy Overpass	0.7	12.2
S	Cross Midvale Blvd	0.6	12.8
S	Cross Odana Road	0.4	13.2
S	Cross Glenway Road	0.8	14.0
S	Under Commonwealth Ave	0.7	14.7
R	Breese Terrace	0.1	14.8
R	Monroe Street	0.5	15.3
L	Edgewood Drive (watch traffic)	0.3	15.6
S	Vilas Park Drive	0.2	15.8
S	Wingra Creek Bike Park	0.8	16.6
S	Cross Park St and South St	1.5	18.1
	Olin Park		

ACT Training Ride Capital City Trail East-Olin		Cell Phone	
Ride Leader:			
Ride Leader:			
Go	Onto	Miles	Total
	Start Olin Park		
L	John Nolen Bike Path(S)	1.0	1.0
R	Capital City Trail	1.7	2.7
S	Cross Lake Farm Road	2.1	4.8
S	Cross County MM (McCoy Rd)	0.8	5.6
S	Cross Syene Rd near McCoy	1.9	7.5
R	Glacier Valley Road	0.4	7.9
L	Capital City Trail (along Fish Hatch)	0.1	8.0
R	Cross Fish Hatchery (CCT)	1.8	9.8
S	Cross Seminole Highway	0.6	10.4
R	Southwest Commuter Trail	0.5	10.9
S	Verona Road Underpass	0.6	11.5
S	Beltline Hwy Overpass	0.7	12.2
S	Cross Midvale Blvd	0.6	12.8
S	Cross Odana Road	0.4	13.2
S	Cross Glenway Road	0.8	14.0
S	Under Commonwealth Ave	0.7	14.7
R	Breese Terrace	0.1	14.8
R	Monroe Street	0.5	15.3
L	Edgewood Drive (watch traffic)	0.3	15.6
S	Vilas Park Drive	0.2	15.8
S	Wingra Creek Bike Park	0.8	16.6
S	Cross Park St and South St	1.5	18.1
	Olin Park		