

ACT Training Ride			
Vilas-Olin-Cap City Trail-Arb			Cell Phone
Ride Leader:			
Ride Leader:			
Go	Onto	Miles	Total
	Start Vilas Park Shelter Parking Lot		
L	Vilas Park Drive	0.6	0.6
Fwd	Wingra Creek Bike Path	1.7	2.3
R	Olin-Turville Ct	0.2	2.5
Fwd	John Nolen Bike Path	0.8	3.3
R	Bike Path under Beltline	0.2	3.5
Fwd	Capitol City Trail	6.6	10.1
R	Glacier Valley Rd	0.4	10.5
L	Cap City Bike Path over bridge	1.9	12.4
R	Seminole Hwy	2.2	14.6
R	Arboretum Dr	3.0	17.6
L	Vilas Park Drive	0.6	18.2
R	End Vilas Park Shelter Parking Lot		

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Fwd	Capitol City Trail	6.6	10.1
R	Glacier Valley Rd	0.4	10.5
L	Bike Path along Fish Hatch	0.1	10.6
R	Capitol City Trail	1.8	12.4
R	Seminole Hwy	2.2	14.6
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