

<b>ACT Training Ride</b>			
<b>Ride to Whalen Road</b>			<b>Cell Phone</b>
<b>Ride Leader:</b>			
<b>Ride Leader:</b>			
Go	Onto	Miles	Total
S	<b>Start Vilas Park Shelter Parking Lot</b>		
R	Bike Path	0.1	0.1
R	Bike Path	0.3	0.4
L	Grant Street cross Monroe	0.3	0.7
L	Keyes Ave	0.2	0.9
S	Slow watch for path traffic	0.1	1.0
R	SW Commuter B.P.	0.4	1.4
R	Cross Glenway (watch left)	0.8	2.2
S	Cross Odana (look both ways)	0.4	2.6
S	Cross Midvale (busy street)	0.6	3.2
S	Cross Hammersley	0.7	3.9
S	SW Commuter B.P.	1.0	4.9
R	Capital City B.P.	0.4	5.3
S	Cross Verona Frontage Rd	0.3	5.6
R	Williamburg Way	0.1	5.7
L	Anton Drive	0.6	6.3
L	King James Way	0.5	6.8
L	Nesbitt Road	0.2	7.0
S	Cross PD VERY BUSY	1.1	8.1
L	Maple Grove Dr	0.9	9.0
S	Old County PB cross Verona Rd	1.0	10.0
L	Whalen Rd.	3.4	13.4
L	Mutchler Rd	1.6	15.0
R	Lacy	0.6	15.6
L	Richardson	1.0	16.6
S	Becomes Longford	0.2	16.8
L	Edenberry	0.2	17.0
L	Capital City B.P.	0.9	17.9
R	Seminole Hwy	1.0	18.9
R	Arboretum Dr	3.2	22.1
L	Wingra Creek B.P.	0.2	22.3
L	Vilas Park Drive	0.2	22.5
L	<b>End Vilas Park Shelter Parking Lot</b>		

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