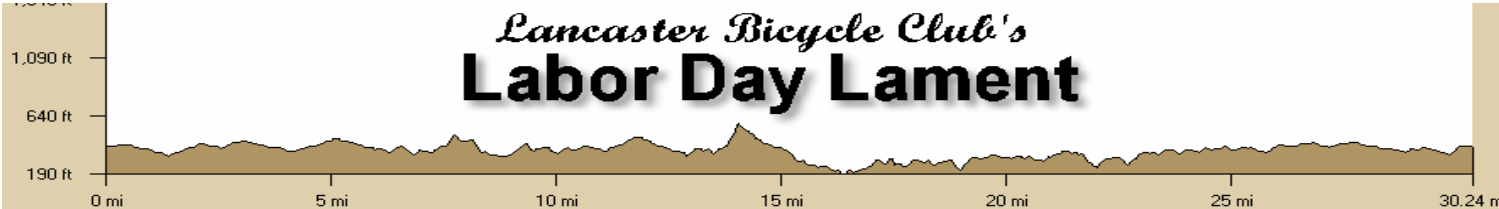


# Lancaster Bicycle Club's Labor Day Lament



Mar 2005

Terrain: Very Hilly Climb Per Mile: 78 ft Steepest Climb: 12%

Start: Manor Middle School

Key: R = Right Turn L = Left Turn T = Thru on

| <u>Miles</u> | <u>Turn</u> |                                | <u>Miles</u> | <u>Turn</u> |                                    |
|--------------|-------------|--------------------------------|--------------|-------------|------------------------------------|
| 0.2          | L           | Charlestown Rd                 | 15.4         | L           | Pittsburg Hill Rd.                 |
| 0.6          | L           | Donnersville Rd. (immediately) | 15.5         | T           | Safe Harbor Rd.                    |
|              | R           | Charlestown Rd.                | 16.2         | L           | River Rd                           |
| 1.9          | R           | Forry Rd                       | 16.4         | L           | Conestoga Blvd. (water at park)    |
| 2.2          | L           | Habecker Church Rd             | 18.8         | L           | Rock Hill Rd. (cross steel bridge) |
| 2.5          | R           | Forry Rd                       | 19.1         | R           | Rock Hill Rd. (at top of hill)     |
| 3.2          | R           | Rohrer Rd                      | 20.2         | T           | Walnut Hill Rd                     |
| 4.3          | L           | Hershey Mill Rd                | 21.2         | L           | Owl Bridge Rd.                     |
| 5.1          | L           | Central Manor Rd (immediately) | 22.6         | R           | Sheep Ln                           |
| 5.2          | R           | Locust Grove Rd                | 23.2         | R           | Letort Rd                          |
| 6.6          | L           | Prospect Rd                    | 23.3         | L           | Bender Rd                          |
| 9.7          | L           | Blue Rock Rd (immediately)     | 24.4         | L           | Donnerville Rd                     |
|              | R           | Prospect Rd                    | 25.0         | L           | Rte 999                            |
| 10.6         | R           | to stay on Prospect Rd.        | 25.2         | R           | Donnerville Rd                     |
| 11.5         | L           | Kauffman Rd                    | 27.0         | R           | Weaver Rd                          |
| 11.9         | L           | Letort Rd                      | 27.8         | R           | Post Oak Rd. (immediately)         |
| 12.2         | R           | Maveric Rd                     |              | L           | Connerstone Dr ( Woods Edge )      |
| 12.8         | R           | Brenneman Rd                   | 28.1         | R           | S. Centerville Rd                  |
| 13.1         | L           | Highville Rd                   | 29.5         | R           | Charlestown Rd                     |
| 14.1         | L           | Pittsburg Valley Rd.           | 29.9         | L           | into school                        |
|              |             |                                | 30.1         | T           | parking lot                        |