

Thursday Evening Fitness Ride (Even)

May 2013

Start: Landisville Middle School

Terrain: **Rolling** Climb Per Mile: **53 ft** Steepest Climb: **5%**

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

<u>Miles</u>	<u>Turn</u>		<u>Miles</u>	<u>Turn</u>	
19.0	L	Mumma Dr.	14.0	L	Andersen Ferry Rd. (Rte. 772)
0.4	L	Stanley Ave.	14.2	R	Long Ln. (immediately)
0.7	R	Cooper Ave.		L	Iron Bridge Rd.
	L	Silver Spring Rd.	15.5	R	Habecker Rd.
1.2	T	Clear Spring Rd.	16.8	R	Iron Bridge Rd.
2.0	R	Eby Chiques Rd.	17.2	L	Bridge Valley Rd.
2.8	L	Newcomer Rd.	18.0	R	Pinkerton Rd.
4.2	T	Pleasure Rd.	19.4	R	Garfield Rd.
4.7	R	Garfield Rd.	19.6	L	Prospect Rd.
5.7	L	Longenecker Rd.	20.1	R	Quarry Rd.
7.3	R	Pinkerton Rd.	21.1	R	Silver Spring Rd.
9.1	L	Koser Rd.	21.6	L	Meadow Spring Rd.
9.8	L	Marietta Pike (Rte. 772)(at stoplight)	22.0	L	Montezuma Rd.
9.9	R	Waynesboro Rd. (immediately)	22.3	L	Nolt Rd.
	R	Union School Rd.	22.7	R	Silver Spring Rd.
10.1	L	Gibble Rd.	24.0	R	Emily Ave. (immediately)
11.2	L	Kraybill Church Rd.		L	Stanley Ave.
12.3	L	Trout Run Rd.	24.2	R	Mumma Dr. (behind High School)
13.5	R	Musser Rd.	24.6	R	Middle School parking lot