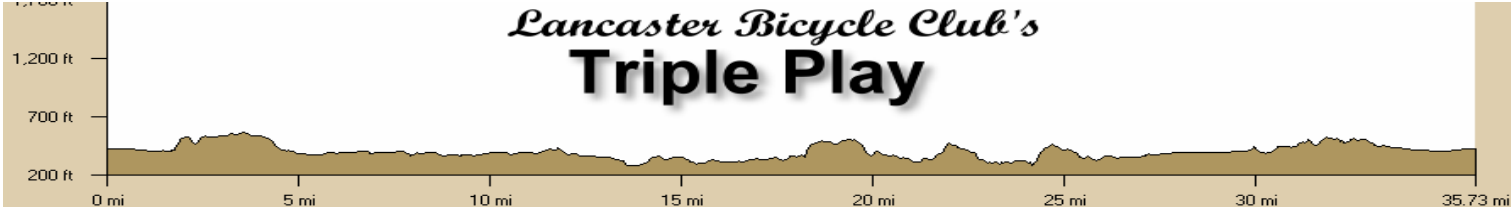


Lancaster Bicycle Club's Triple Play



Sep 2007

Terrain: Hilly Climb Per Mile: 54 ft Steepest Climb: 10%

Start: **Manheim Central HS**

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

<u>Miles</u>	<u>Turn</u>		<u>Miles</u>	<u>Turn</u>	
0.0	L	Hershey Ave (immediately)	20.8	R	Millway Rd
	R	Adele Ave (immediately)	21.3	R	Meadow Valley Rd
0.1	L	Laurel St (immediately)	21.6	L	Briar Hill Rd (Double Play 8%)
	R	Gramby St	22.2	L	Skyview Rd
0.8	L	Penn St	23.3	L	Newport Rd (immediately)
1.6	R	Fuller Dr (immediately)	23.4	R	Cocalico Creek Rd
	L	Power Rd (Warm up 10%)	24.0	R	Rose Hill Rd
2.0	L	Sunhill Rd	24.3	R	Log Cabin Rd (Triple Play 10%)
3.2	R	Fruitville Pike (at T)	25.7	R	Becker Rd (at T)
4.1	R	Woodlot Rd	25.8	L	Millport Rd
5.5	L	Lititz Rd (at T)	26.3	L	to stay on Millport Rd. at Owl Hill
7.1	R	Erbs Quarry Rd (at T)	27.5	R	Kissel Hill Rd.
7.7	L	Snyder Rd	27.7	T	Millport Rd. (at traffic circle)
8.4	R	Buckwalter Rd	30.2	L	Woodcrest Ave (at T)
8.9	L	Koser Rd (at T)	30.5	R	Erbs Quarry Rd
9.0	R	Airport Rd	30.8	L	Sego Sago Rd
10.8	L	E Oregon Rd	31.6	R	Fairland Rd.
11.1	R	Kissel Hill Rd	32.4	R	Northview Rd
12.5	L	Valley Rd (at T)	33.2	R	Temperance Hill Rd (immediately)
13.4	L	Butter Rd	33.3	L	Penryn Rd
15.4	T	Creek Rd (cross Oregon Pike)	34.2	L	Hostetter Rd
16.0	R	E Oregon Rd (immediately)	35.1	R	Oak St.
16.2	L	Becker Rd.	35.4	R	Hazel St.
17.8	L	Millport Rd. (immediately)	35.9	R	Gramby St.
	L	Warwick Rd	36.1	L	Laurel St (immediately)
18.4	R	Ballstown Rd (Single Play 10%)		R	Adele Ave (immediately)
19.2	L	Church Rd (at T)		L	Hershey Ave
19.7	R	Newport Rd (immediately)	36.2	R	School parking lot
	L	Picnic Woods Rd			