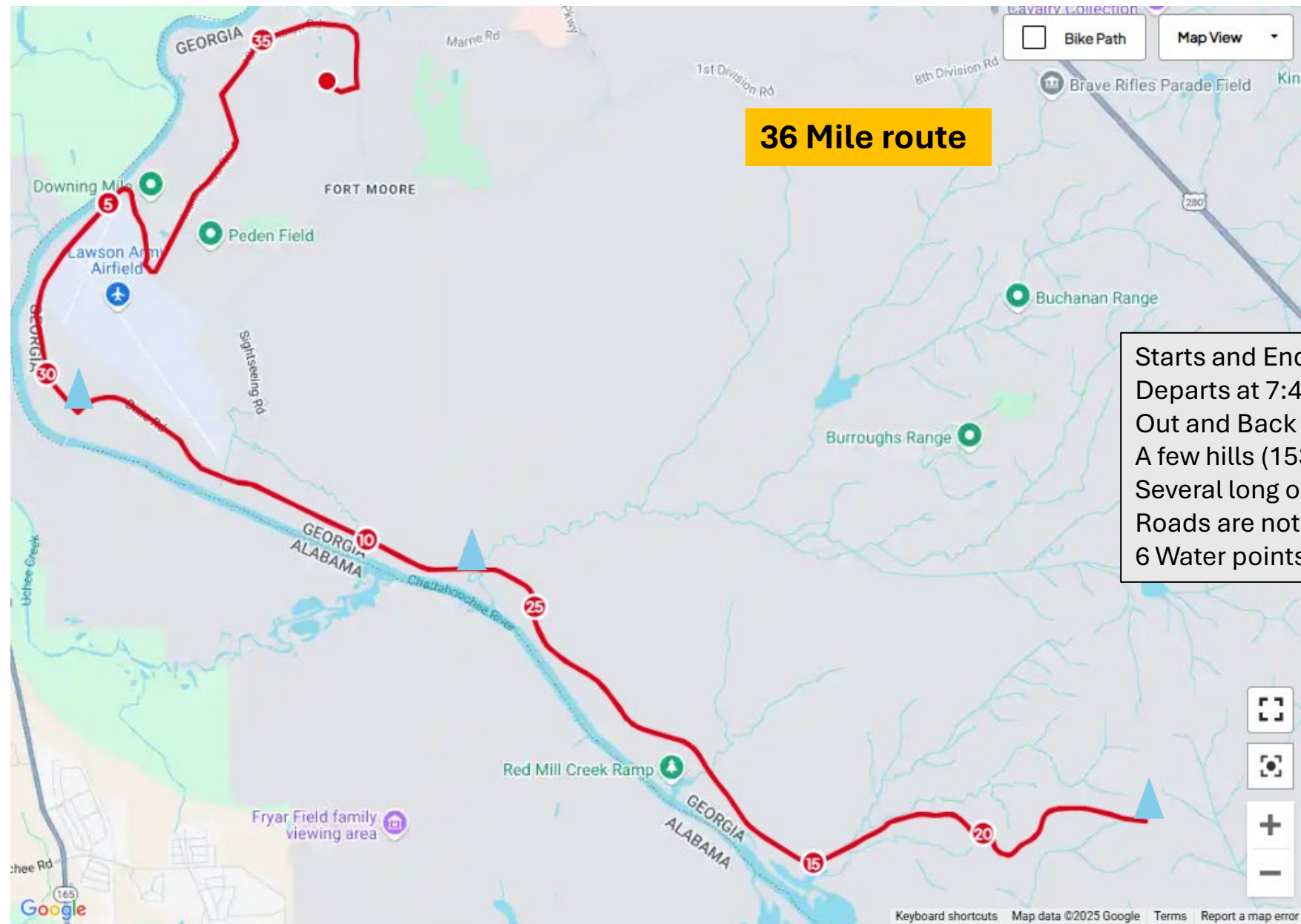




Start	Max	Gain
361 ft	507 ft	2,343 ft

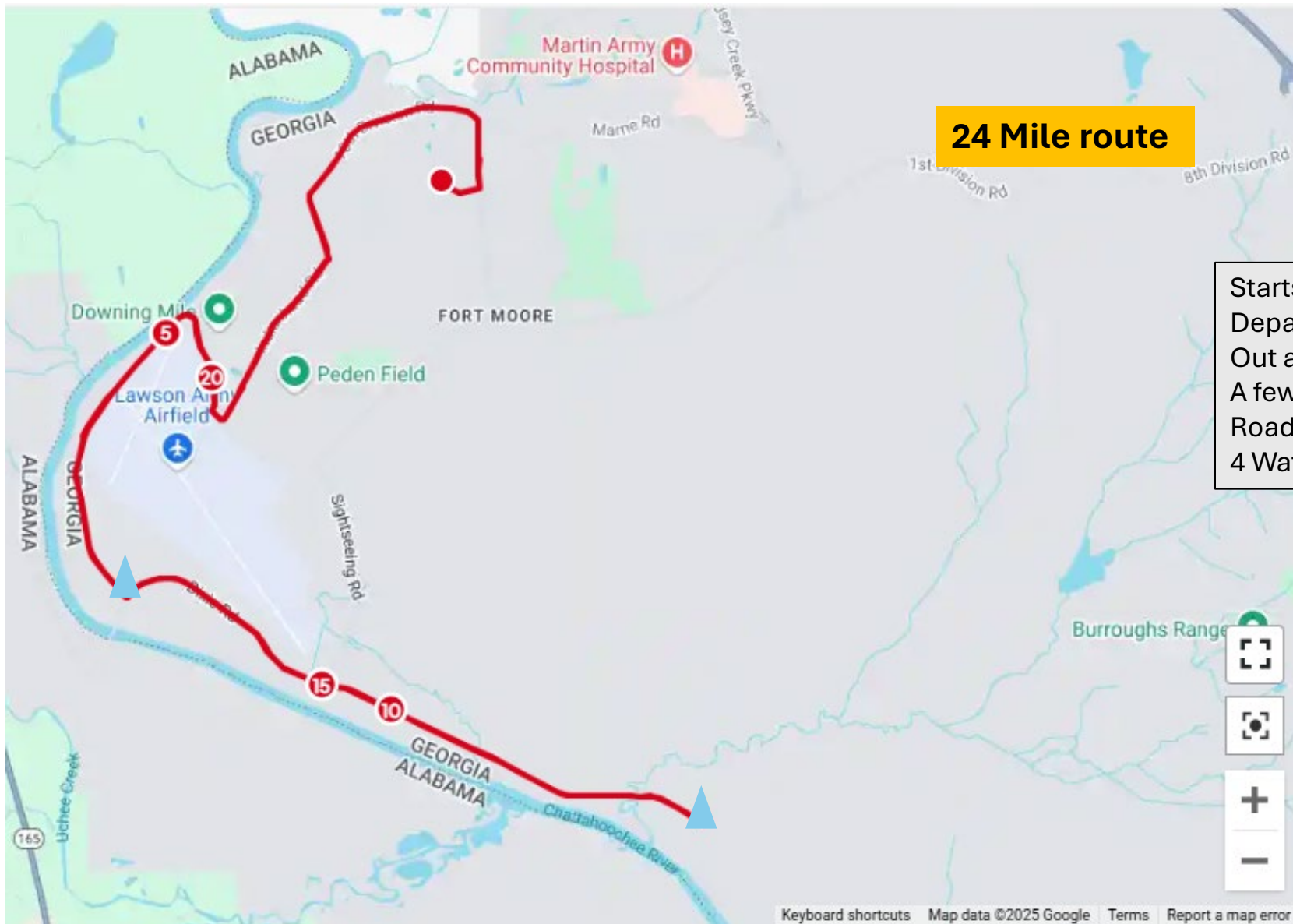
36 Mile route

Starts and Ends at Doughboy Stadium
Departs at 7:45
Out and Back course
A few hills (1539 ft gain)
Several long open roads
Roads are not closed to traffic
6 Water points - 3 out and 3 back



Elevation

Start	Max	Gain
361 ft	491 ft	1,539 ft



24 Mile route

Starts and Ends at Doughboy Stadium
Departs at 8:00
Out and Back course
A few hills (760 ft gain), several long open roads.
Roads are not closed to traffic
4 Water points - 2 out and 2 back

Start	Max	Gain
361 ft	390 ft	760 ft



Starts and Ends at Doughboy Stadium
Departs at 8:15
Out and Back course
A few hills (356 ft gain).
Roads are not closed to traffic
1 Water point