

Route | Day One
FRIDAY, AUGUST 21, 2009
(approx 19.7 miles)

PIT STOPS (hydration) are in red.

REST STOPS (hydration, snacks & medical) are in purple

Mile markers and directional signs will be posted along the route

LEAVE Ridgeview Classical School through West entrance onto Lemay

North on Lemay to Bike Trail

East on bike trail to Riverside Ave.

Left on Riverside, crossing Prospect to:

STOP #1 **Parking lot [MS Society]**

Continue on Riverside to Lemay

Go north on Lemay, down hill to bike trail

Turn right onto trail and continue east to exit to farmhouse on hill at Nix

Natural Area

Follow spur up hill to:

STOP #2 **PARKING LOT @ NIX NATURAL AREA**

Go down hill from Farmhouse to Bike Trail

Turn right onto Trail and continue to confluence

Go right at confluence on Spring Creek trail and continue to Orthopedic Center of Rockies parking lot

STOP #3 **PARKING LOT @ ORTHOPEDIC CENTER**

Continue West on Bike Trail to:

STOP #4 **EDORA PARK SHELTER**

Continue West on Trail to Spring Creek Fire Station for:

STOP # 5 PARKING LOT ON NORTH SIDE OF FIRE STATION

Continue West on trail to Center Street
Go south on Center Street to Gardens @ Spring Creek for:

STOP #6 PARKING LOT @ GARDENS

Go behind Gardens to Trail to connect back to Spring Creek Trail
Continue west on trail to Rolland Moore Park for:

STOP #7 TENNIS COURTS @ ROLLAND MOORE PARK

Continue West on trail to cul-de-sac at south end of Moore Lane for:

STOP # 8 CUL-DE-SAC

Continue West and South on trail to T

Turn left at T and continue South past Inspiration Park, then West and North to shelter at Spring Canyon Community Park for:

LUNCH at Spring Canyon Community Park !!!!!!! (ALSO KNOWN AS STOP #9)

Follow trail to South, then East & North around Inspiration Park and back to Moore Lane for:

STOP # 10 CUL-DE-SAC

Continue East along trail to Rolland Moore (shelter #2) for:

STOP #11 TENNIS COURTS @ ROLLAND MOORE

Continue back East on trail to Gardens @ Spring Creek for:

STOP #12 PARKING LOT @ GARDENS

Continue East on trail to:

STOP #13 (SAME AS STOP #5) PARKING LOT ON NORTH SIDE OF FIRE STATION

Continue East on bike trail to Welch St.

Turn South (right) on Welch to Stuart

Turn West (right) on Stuart to **FINISH** at Ridgeview School (East Entrance)