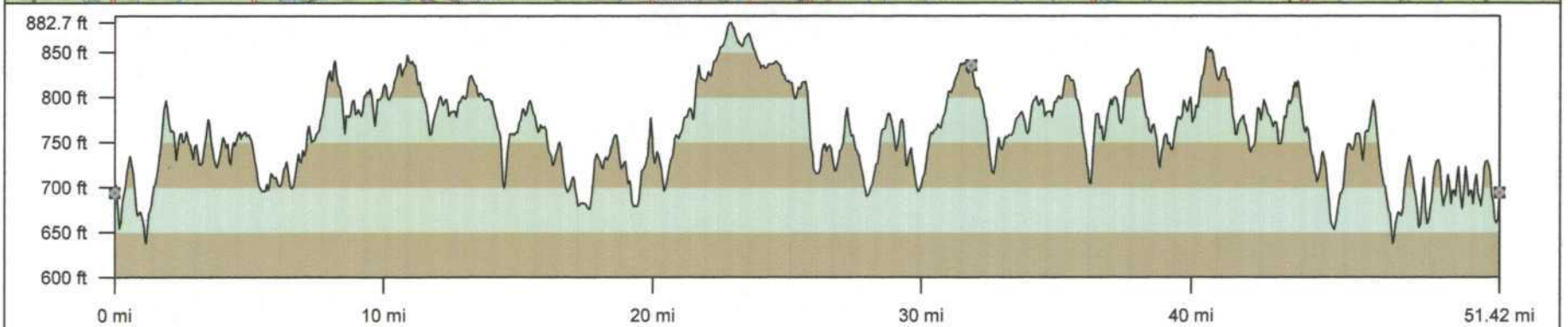


CCCycling Winter Base - Week 1

Distance	Turn		Road	Total Distance
	Start	at	GIHP Mountain Bike Trail Parking lot	0.00
	Go right (SE)	on	Centennial Olympic Pkwy NE	0.00
1.22	Go straight (E)	on to	Bald Rock Rd	1.22
0.98	Turn left (N)	on to	Mount Zion Rd	2.20
2.79	Turn right (SE)	on to	Dial Mill Rd+D32	4.99
1.39	Turn left (N)	on to	Gum Creek Rd	6.38
1.50	Turn right (ESE)	on to	Bostwick Rd	7.88
0.55	Keep right (E)	on to	Ellington Rd	8.43
2.32	Go straight (E)	on to	Jersey Rd	10.75
0.78	Keep left (NE)	on to	Lower Jersey Rd	11.53
0.55	Turn right (SE)	on to	Cornish Mountain Church Rd	12.08
1.20	Turn left (E)	on to	Gordon Reynolds Rd	13.28
0.49	Turn left (NNE)	on to	Jersey Covington Rd	13.76
1.34	Turn right (SSE)	on to	Alcovy Station Rd	15.10
0.64	Turn left (NE)	on to	Dally Rd	15.73
1.72	Turn right (SE)	on to	Jersey Social Circle Rd	17.46
2.64	Turn left (NE)	on to	Arnold Dairy Farm Rd	20.10
3.20	Turn left (NW)	on to	Whitney Rd	23.29
1.07	Keep left (WNW)	on to	Alcovy Mountain Rd SE	24.36
0.51	Turn right (NNW)	on to	Dean Hill Rd SE	24.87
1.51	Turn left (WSW)	on to	Monroe Jersey Rd SE	26.38
4.97	Keep left (SSE)	on to	Main St	31.35
0.75	Stop	at	STORE STOP	32.10
0.03	Bear right (SSE)	on to	Lower Jersey Rd	32.13
2.01	Turn left (SE)	on to	Cornish Mountain Church Rd	34.14
1.01	Turn right (SSW)	on to	Albert Clark Rd/Boogers Hill Rd	35.15
1.41	Turn left (WSW)	on to	Macedonia Church Rd	36.56
2.37	Turn right (N)	on to	W Lake Dr.	38.93
0.77	Turn right (E)	on to	Stone Lea Dr	39.70
0.61	Turn left (WNW)	on to	Duncan Rd	40.31
2.30	Turn left (SE)	on to	Macedonia Church Rd	42.61
0.49	Turn right (WSW)	on to	Ellis Rd	43.10
0.71	Turn left	on to	Gum Creek Rd	43.81
0.72	Turn Right (W)	on to	Edwards Rd	44.53
1.51	Turn left (S)	on to	Mount Zion Rd	46.04
0.28	Turn right (W)	on to	Costleyll, then Centennial Olympic Pkwy)	46.32
3.62	U-Turn	at	Keswick Village Apartments	49.93
	Return	on	Centennial Olympic Pkwy NE	49.93
1.37	Finish	at	GIHP Mountain Bike Trail Parking lot	51.30



Lin Dist: 51.4 mi	Terr Dist: 51.4 mi	Elev Gain: 0 ft	Avg Grade: 2
Climb Elev: 3,565.6 ft	Desc Elev: 3,565.6 ft	Max. Elev: 882.7 ft	Min. Elev: 637.4 ft
Climb Dist: 26.8 mi	Desc Dist: 24.5 mi		

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