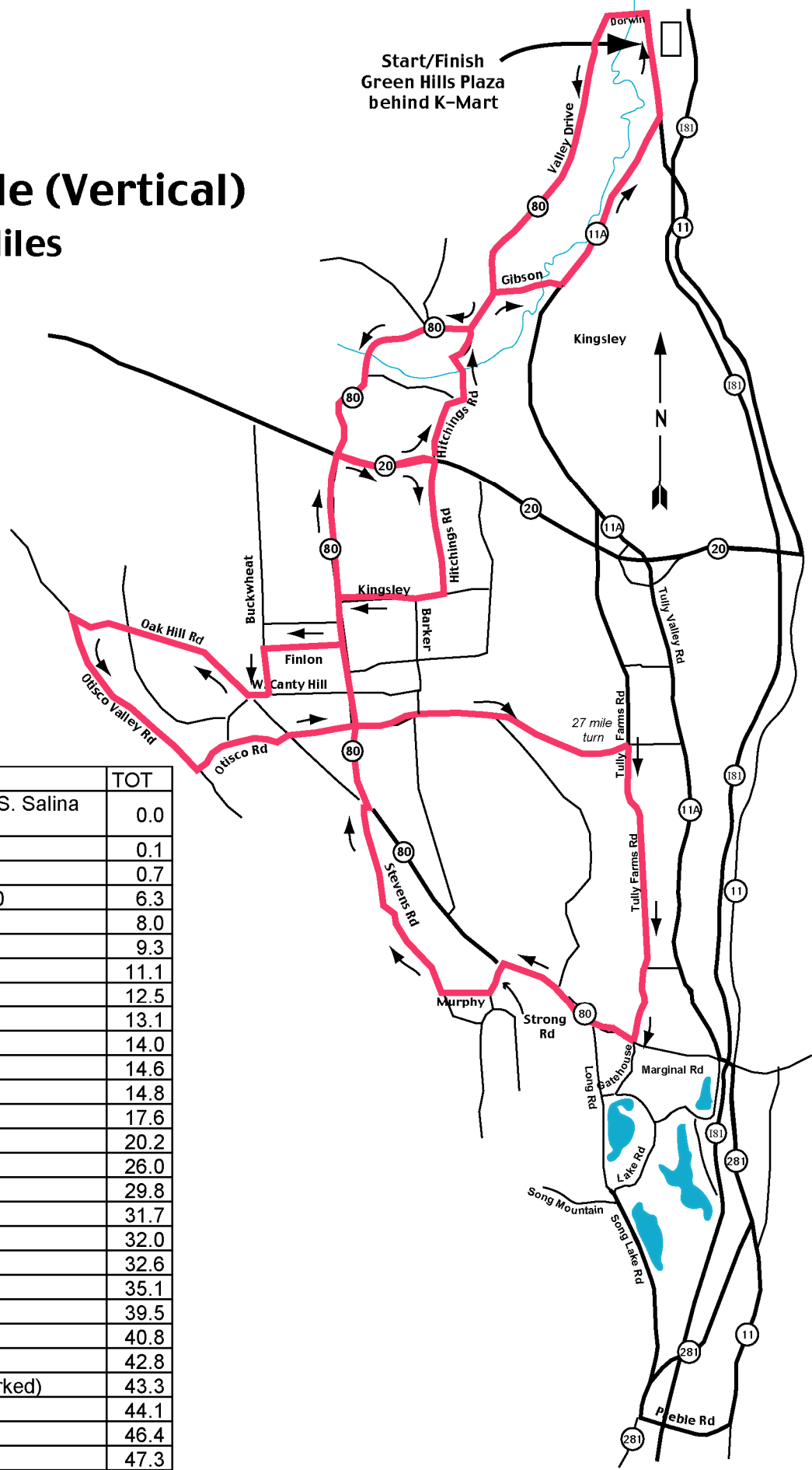


One Mile Ride (Vertical)

47 Miles



SEG	DIRECTIONS	TOT
0.0	EXIT LOT, R - US 11/S. Salina (get into left lane)	0.0
0.1	L - Dorwin Ave	0.1
0.6	L - NY 80	0.7
5.6	L - to remain on NY 80	6.3
1.7	L - US 20	8.0
1.3	R - Hitchens RD	9.3
1.8	R - Kingsley RD	11.1
1.4	L - NY 80	12.5
0.6	R - Finlon RD	13.1
0.9	L - Buckwheat RD	14.0
0.6	R - W. Cauty Hill RD	14.6
0.2	R - Oak Hill RD	14.8
2.8	L - Otisco Valley RD	17.6
2.6	L - Otisco RD	20.2
5.8	R - Tully Farms RD	26.0
3.8	R - NY 80	29.8
1.9	L - Strong RD	31.7
0.3	R - Murphy RD	32.0
0.6	R - Stevens RD	32.6
2.5	R, then L - NY 80	35.1
4.4	R - US 20	39.5
1.3	L - Hitchens RD	40.8
2.0	R - NY 80	42.8
0.5	R - Gibson RD (unmarked)	43.3
0.8	L - US 11A	44.1
2.3	L - US 11	46.4
0.9	R - Finish	47.3