

Client	ALZ - Fort Collins								
Ride	50 MILE								
Mileage	49.8								
Start	8:00:00 AM				Change Start Time Here				
ETA	ETA	ETA	ETA	ETA	INCR	FM	ACTION	LOCATION	FROM
8 MPH	10 MPH	15 MPH	20 MPH	25 MPH					
8:00:00	8:00:00	8:00:00	8:00:00	8:00:00	0.00	0.00	START	CSU Stadium	Meridian Ave
8:01:30	8:01:12	8:00:48	8:00:36	8:00:29	0.20	0.20	CS	Meridian Ave	University Ave
8:03:00	8:02:24	8:01:36	8:01:12	8:00:58	0.20	0.40	L	W Plum St	Meridian Ave
8:06:00	8:04:48	8:03:12	8:02:24	8:01:55	0.40	0.80	CS	W Plum St	S Shields St
8:08:15	8:06:36	8:04:24	8:03:18	8:02:38	0.30	1.10	CS	W Plum St	City Park Ave
8:09:45	8:07:48	8:05:12	8:03:54	8:03:07	0.20	1.30	CS	becomes Constitution Ave	W Plum St
8:11:15	8:09:00	8:06:00	8:04:30	8:03:36	0.20	1.50	R	W Elizabeth St	Constitution Ave
8:14:15	8:11:24	8:07:36	8:05:42	8:04:34	0.40	1.90	CS	W Elizabeth St	S Taft Hill Rd
8:21:45	8:17:24	8:11:36	8:08:42	8:06:58	1.00	2.90	L	S Overland Trail	W Elizabeth St
8:25:30	8:20:24	8:13:36	8:10:12	8:08:10	0.50	3.40	CS	S Overland Trail	W Prospect Rd
8:31:30	8:25:12	8:16:48	8:12:36	8:10:05	0.80	4.20	R	Dixon Canyon Rd	S Overland Trail
8:40:30	8:32:24	8:21:36	8:16:12	8:12:58	1.20	5.40	L	Centennial Dr	Dixon Canyon Rd
8:51:45	8:41:24	8:27:36	8:20:42	8:16:34	1.50	6.90	R	W CR 38 E	Centennial Dr
9:06:00	8:52:48	8:35:12	8:26:24	8:21:07	1.90	8.80	CS	W CR 38 E	Lakeview Dr
9:20:15	9:04:12	8:42:48	8:32:06	8:25:41	1.90	10.70	CS	W CR 38 E	Shoreline Dr
					0.10	10.80	RS	REST STOP	Spring Canyon Water District
9:45:45	9:24:36	8:56:24	8:42:18	8:33:50	3.40	14.10	L	Glade Rd	W CR 38 E
9:59:15	9:35:24	9:03:36	8:47:42	8:38:10	1.80	15.90	CS	Glade Rd	Mildred Ln
10:15:45	9:48:36	9:12:24	8:54:18	8:43:26	2.20	18.10	R	W CR 24 H	Glade Rd
10:21:00	9:52:48	9:15:12	8:56:24	8:45:07	0.70	18.80	L	N CR 27	W CR 24 H
10:29:15	9:59:24	9:19:36	8:59:42	8:47:46	1.10	19.90	R	W Eisenhower Blvd	N CR 27
10:35:15	10:04:12	9:22:48	9:02:06	8:49:41	0.80	20.70	R	N CR 29	W Eisenhower Blvd
10:57:45	10:22:12	9:34:48	9:11:06	8:56:53	3.00	23.70	CS	N CR 29	Ridgewater Way
					0.50	24.20	RS	REST STOP	Sunrise Church
11:09:00	10:31:12	9:40:48	9:15:36	9:00:29	1.50	25.20	L	Buckhorn Rd	N CR 29
11:26:15	10:45:00	9:50:00	9:22:30	9:06:00	2.30	27.50	R	W CR 38 E	Buckhorn Rd
11:30:45	10:48:36	9:52:24	9:24:18	9:07:26	0.60	28.10	CS	W CR 38 E	Glade Rd
12:10:30	11:20:24	10:13:36	9:40:12	9:20:10	5.30	33.40	CS	W CR 38 E	Lakeview Dr
12:24:45	11:31:48	10:21:12	9:45:54	9:24:43	1.90	35.30	L	S CR 23/ Centennial Ridge Rd	W CR 38 E
12:36:45	11:41:24	10:27:36	9:50:42	9:28:34	1.60	36.90	L	Centennial Dr	CR 23/ Centennial Ridge
						38.40	RS	REST STOP	Park Overlook
13:19:30	12:15:36	10:50:24	10:07:48	9:42:14	5.70	42.60	R	Bingham Hill Rd	Centennial Dr

13:33:45	12:27:00	10:58:00	10:13:30	9:46:48	1.90	44.50	R	N Overland Trail	Bingham Hill Rd
13:47:15	12:37:48	11:05:12	10:18:54	9:51:07	1.80	46.30	CS	N Overland Trail	W Vine Dr
13:51:00	12:40:48	11:07:12	10:20:24	9:52:19	0.50	46.80	L	Laporte Ave	N Overland Trail
14:00:00	12:48:00	11:12:00	10:24:00	9:55:12	1.20	48.00	R	Grandview Ave	Laporte Ave
14:01:30	12:49:12	11:12:48	10:24:36	9:55:41	0.20	48.20	L	W Mountain Ave	Grandview Ave
14:10:30	12:56:24	11:17:36	10:28:12	9:58:34	1.20	49.40	R	S Loomis Ave	W Mountain Ave
14:15:00	13:00:00	11:20:00	10:30:00	10:00:00	0.60	50.00	CS	becomes Meridian Ave	W Laurel St
14:15:45	13:00:36	11:20:24	10:30:18	10:00:14	0.10	50.10	CS	Meridian Ave	W Plum St
14:18:45	13:03:00	11:22:00	10:31:30	10:01:12	0.40	50.50	END	FINISH	CSU Stadium