

Client	ALZ - FT Collins								
Ride	100 Mile								
Mileage	101.1								
Start	7:00:00 AM				Change Start Time Here				
<b>ETA</b>	<b>ETA</b>	<b>ETA</b>	<b>ETA</b>	<b>ETA</b>	<b>INCR</b>	<b>FM</b>	<b>ACTION</b>	<b>LOCATION</b>	<b>FROM</b>
<b>8 MPH</b>	<b>10 MPH</b>	<b>15 MPH</b>	<b>20 MPH</b>	<b>25 MPH</b>					
7:00:00	7:00:00	7:00:00	7:00:00	7:00:00	0.00	0.00	START	CSU- Canvas Stadium	W Pitkin St
7:00:45	7:00:36	7:00:24	7:00:18	7:00:14	0.10	0.10	Right	S Whitcomb St	W Pitkin St
7:01:30	7:01:12	7:00:48	7:00:36	7:00:29	0.10	0.20	Left	W Lake St	S Whitcomb
7:03:00	7:02:24	7:01:36	7:01:12	7:00:58	0.20	0.40	Right	Centre Ave	W Lake St
7:03:45	7:03:00	7:02:00	7:01:30	7:01:12	0.10	0.50	CS	Centre Ave	W Prospect
7:07:30	7:06:00	7:04:00	7:03:00	7:02:24	0.50	1.00	CS	Centre Ave	Botanical Lane
7:11:15	7:09:00	7:06:00	7:04:30	7:03:36	0.50	1.50	CS	Centre Ave	Worthington Ave
7:13:30	7:10:48	7:07:12	7:05:24	7:04:19	0.30	1.80	Left	S Shields St	Centre Ave
7:14:15	7:11:24	7:07:36	7:05:42	7:04:34	0.10	1.90	CS	S Shields St	W Drake Rd
7:18:00	7:14:24	7:09:36	7:07:12	7:05:46	0.50	2.40	CS	S Shields St	W Swallow Rd
7:22:30	7:18:00	7:12:00	7:09:00	7:07:12	0.60	3.00	CS	S Shields St	W Horsetooth Rd
7:30:00	7:24:00	7:16:00	7:12:00	7:09:36	1.00	4.00	Right	W Harmony/ CR 38	S Shields St
7:39:45	7:31:48	7:21:12	7:15:54	7:12:43	1.30	5.30	Right	S Taft Hill Rd	W Harmony/38
7:43:30	7:34:48	7:23:12	7:17:24	7:13:55	0.50	5.80	CS	S Taft Hill Rd	W Horsetooth Rd
7:51:00	7:40:48	7:27:12	7:20:24	7:16:19	1.00	6.80	Left	W Drake Rd	S Taft Hill Rd
7:58:30	7:46:48	7:31:12	7:23:24	7:18:43	1.00	7.80	Right	S Overland Tr	W Drake Rd
8:00:45	7:48:36	7:32:24	7:24:18	7:19:26	0.30	8.10	Left	Dixon Canyon Rd	S Overland Tr
8:09:45	7:55:48	7:37:12	7:27:54	7:22:19	1.00	9.30	CS	becomes Centennial Dr	Centennial Dr
<b>8:19:30</b>	<b>8:03:36</b>	<b>7:42:24</b>	<b>7:31:48</b>	<b>7:25:26</b>	<b>2.50</b>	<b>10.60</b>	<b>RS</b>	<b>Rest Stop #1- Park Facility</b>	<b>Centennial Dr</b>
8:38:15	8:18:36	7:52:24	7:39:18	7:31:26	2.50	13.10	CS	Centennial Dr	CR 48C
8:52:30	8:30:00	8:00:00	7:45:00	7:36:00	1.90	15.00	CS	Centennial Dr	Bingham Hill Rd
8:54:00	8:31:12	8:00:48	7:45:36	7:36:29	0.20	15.20	Left	Rist Canyon Rd	Centennial Dr
8:58:30	8:34:48	8:03:12	7:47:24	7:37:55	0.60	15.80	CS	Rist Canyon Rd	CR 25E
9:06:45	8:41:24	8:07:36	7:50:42	7:40:34	1.10	16.90	CS	Rist Canyon Rd	CR 27E
9:18:45	8:51:00	8:14:00	7:55:30	7:44:24	1.60	18.50	CS	Rist Canyon Rd	Whale Rock Rd
9:36:00	9:04:48	8:23:12	8:02:24	7:49:55	2.30	20.80	CS	Rist Canyon Rd	Davis Ranch Rd

9:45:00	9:12:00	8:28:00	8:06:00	7:52:48	1.20	22.00	RS	Rest Stop #2-Rist Canyon VFD	Rist Canyon Rd
10:10:30	9:32:24	8:41:36	8:16:12	8:00:58	3.40	25.40	CS	Rist Canyon Rd	Spring Valley Rd
10:27:00	9:45:36	8:50:24	8:22:48	8:06:14	2.20	27.60	Right	Stove Prarie Rd	Rist Canyon Rd
11:06:00	10:16:48	9:11:12	8:38:24	8:18:43	5.20	32.80	Right	Poudre Canyon Rd	Stove Prarie Rd
11:24:45	10:31:48	9:21:12	8:45:54	8:24:43	2.50	35.30	RS	Rest Stop #3-The Mishiwaka	Poudre Canyon Rd
11:48:45	10:51:00	9:34:00	8:55:30	8:32:24	3.20	38.50	CS	Poudre Canyon Rd	Hewlett Gulch Rd
12:16:30	11:13:12	9:48:48	9:06:36	8:41:17	3.70	42.20	CS	Poudre Canyon Rd	Kings Canyon Rd
13:07:30	11:54:00	10:16:00	9:27:00	8:57:36	6.80	49.00	Right	Hwy 287	Poudre Canyon Rd
13:15:00	12:00:00	10:20:00	9:30:00	9:00:00	1.00	50.00	Right	CR 54E	Hwy 287
13:18:00	12:02:24	10:21:36	9:31:12	9:00:58	0.40	50.40	RS	Noosa Dairy	
13:18:45	12:03:00	10:22:00	9:31:30	9:01:12	0.50	50.50	Left	CR 25E	CR 54E
13:29:15	12:11:24	10:27:36	9:35:42	9:04:34	1.40	51.90	Left	Rist Canyon Rd	CR 25E
13:33:00	12:14:24	10:29:36	9:37:12	9:05:46	0.50	52.40	CS	Rist Canyon Rd	Centennial/ CR 23
13:40:30	12:20:24	10:33:36	9:40:12	9:08:10	1.00	53.40	VR	Poudre Trail Bike Path	Rist Canyon Rd
13:45:45	12:24:36	10:36:24	9:42:18	9:09:50	0.70	54.10	RS	Rest Stop #4-Cache La Poudre Middle	Poudre Trail Bike Path
13:48:00	12:26:24	10:37:36	9:43:12	9:10:34	0.30	54.40	CS	54G/ US 287	N Overland Tr
13:57:45	12:34:12	10:42:48	9:47:06	9:13:41	1.30	55.70	Left	N Taft Hill Rd	54/287
14:01:30	12:37:12	10:44:48	9:48:36	9:14:53	0.50	56.20	CS	N Taft Hill Rd	US 287 Underpass
14:09:00	12:43:12	10:48:48	9:51:36	9:17:17	1.00	57.20	CS	N Taft Hill Rd	Wilson St
14:12:45	12:46:12	10:50:48	9:53:06	9:18:29	0.50	57.70	CS	N Taft Hill Rd	W CR 56
14:31:30	13:01:12	11:00:48	10:00:36	9:24:29	2.50	60.20	CS	N Taft Hill Rd	W CR 60E
14:42:00	13:09:36	11:06:24	10:04:48	9:27:50	1.40	61.60	CS	N Taft Hill Rd	W CR 64
14:49:30	13:15:36	11:10:24	10:07:48	9:30:14	1.00	62.60	CS	N Taft Hill Rd	W CR 66
14:57:00	13:21:36	11:14:24	10:10:48	9:32:38	1.00	63.60	CS	N Taft Hill Rd	W CR 68
15:04:30	13:27:36	11:18:24	10:13:48	9:35:02	1.00	64.60	Right	Owl Canyon Rd	N Taft Hill Rd
15:20:15	13:40:12	11:26:48	10:20:06	9:40:05	2.10	66.7	RS	Rest Stop #5- LCO Waverly Shop	Owl Canyon Rd
15:20:38	13:40:30	11:27:00	10:20:15	9:40:12	0.05	66.75	Left	Terry Lake Rd/ CR 15	Owl Canyon Rd
15:27:45	13:46:12	11:30:48	10:23:06	9:42:29	0.95	67.7	CS	Terry Lake Rd/ CR 15	CO 72
15:42:45	13:58:12	11:38:48	10:29:06	9:47:17	2.00	69.7	CS	Terry Lake Rd/ CR 15	CR 76
16:05:15	14:16:12	11:50:48	10:38:06	9:54:29	3.00	72.7	Right	SR 82	Terry Lake/ CR 15
16:27:45	14:34:12	12:02:48	10:47:06	10:01:41	3.00	75.7	Right	CR 9	SR 82
16:50:15	14:52:12	12:14:48	10:56:06	10:08:53	3.00	78.7	CS	CR 9	CR 76
17:04:30	15:03:36	12:22:24	11:01:48	10:13:26	1.90	80.6	CS	CR 9	Labrador Ln

<b>17:06:00</b>	<b>15:04:48</b>	<b>12:23:12</b>	<b>11:02:24</b>	<b>10:13:55</b>	<b>0.20</b>	<b>80.8</b>	<b>RS</b>	<b>Hydration Station</b>	<b>Native Ct</b>
17:12:00	15:09:36	12:26:24	11:04:48	10:15:50	0.80	81.6	Left	Owl Canyon Rd	CR 9
17:20:15	15:16:12	12:30:48	11:08:06	10:18:29	1.10	82.7	Right	N CR 7	Owl Canyon Rd
17:27:45	15:22:12	12:34:48	11:11:06	10:20:53	1.00	83.7	CS	N CR 7	E CR 68
17:35:15	15:28:12	12:38:48	11:14:06	10:23:17	1.00	84.7	CS	N CR 7	E CR 66
17:42:45	15:34:12	12:42:48	11:17:06	10:25:41	1.00	85.7	CS	N CR 7	Washington Ave
17:45:00	15:36:00	12:44:00	11:18:00	10:26:24	0.30	86	Right	Grant Ave	N CR 7
<b>17:45:45</b>	<b>15:36:36</b>	<b>12:44:24</b>	<b>11:18:18</b>	<b>10:26:38</b>	<b>0.40</b>	<b>86.1</b>	<b>RS</b>	<b>Rest Stop #6- Wellington Middle School</b>	<b>Grant Ave</b>
17:46:30	15:37:12	12:44:48	11:18:36	10:26:53	0.10	86.2	Right	N CR 7	Grant Ave
17:47:15	15:37:48	12:45:12	11:18:54	10:27:07	0.10	86.3	CS	becomes 6th St	Cleveland Ave
17:51:45	15:41:24	12:47:36	11:20:42	10:28:34	0.60	86.9	CS	becomes N Frontage Rd	Jefferson Ave
17:54:45	15:43:48	12:49:12	11:21:54	10:29:31	0.40	87.3	CS	N Frontage Rd	Ronald Reagan Ave
17:58:30	15:46:48	12:51:12	11:23:24	10:30:43	0.50	87.8	CS	N Frontage Rd	E CR 60
18:06:00	15:52:48	12:55:12	11:26:24	10:33:07	1.00	88.8	Right	E CR 58	N Frontage Rd
18:13:30	15:58:48	12:59:12	11:29:24	10:35:31	1.00	89.8	Left	CR 9/ N Giddings Rd	E CR 58
18:21:00	16:04:48	13:03:12	11:32:24	10:37:55	1.00	90.8	CS	CR 9/ N Giddings Rd	E CR 56
18:28:30	16:10:48	13:07:12	11:35:24	10:40:19	1.00	91.8	Right	E Douglas Rd	CR 9/ N Giddings
18:36:00	16:16:48	13:11:12	11:38:24	10:42:43	1.00	92.8	Left	Turnberry RD/ N CR 11	E Douglas Rd
18:43:30	16:22:48	13:15:12	11:41:24	10:45:07	1.00	93.8	CS	Turnberry RD/ N CR 11	Richards Lake Rd
18:51:00	16:28:48	13:19:12	11:44:24	10:47:31	1.00	94.8	Left	Mountain Vista Dr	Turnberry/ CR 11
18:54:45	16:31:48	13:21:12	11:45:54	10:48:43	0.50	95.3	Right	N Timberline Rd	Mountain Vista Dr
19:01:30	16:37:12	13:24:48	11:48:36	10:50:53	0.90	96.2	Right	E Vine Dr	N Timberline Rd
19:17:15	16:49:48	13:33:12	11:54:54	10:55:55	2.10	98.3	Left	Linden St	E Vine Dr
19:21:00	16:52:48	13:35:12	11:56:24	10:57:07	0.50	98.8	CS	Linden St	Willow St
19:22:30	16:54:00	13:36:00	11:57:00	10:57:36	0.20	99	Right	Laporte Ave	Linden St
19:23:15	16:54:36	13:36:24	11:57:18	10:57:50	0.10	99.1	CS	Laporte Ave	N College Ave
19:24:00	16:55:12	13:36:48	11:57:36	10:58:05	0.10	99.2	CS	Laporte Ave	N Mason St
19:24:45	16:55:48	13:37:12	11:57:54	10:58:19	0.10	99.3	Left	N Howes St	Laporte Ave
19:25:30	16:56:24	13:37:36	11:58:12	10:58:34	0.10	99.4	CS	N Howes St	W Mountain Ave
19:27:00	16:57:36	13:38:24	11:58:48	10:59:02	0.20	99.6	CS	N Howes St	W Olive St
19:28:30	16:58:48	13:39:12	11:59:24	10:59:31	0.20	99.8	CS	N Howes St	W Mulberry St
19:30:00	17:00:00	13:40:00	12:00:00	11:00:00	0.20	100	Left	W Laurel St	N Howes
19:30:45	17:00:36	13:40:24	12:00:18	11:00:14	0.10	100.1	Right	S Mason St	W Laurel

19:31:30	17:01:12	13:40:48	12:00:36	11:00:29	0.10	100.2	CS	S Mason St	Old Main Dr
19:33:00	17:02:24	13:41:36	12:01:12	11:00:58	0.20	100.4	CS	S Mason St	University Ave
19:34:30	17:03:36	13:42:24	12:01:48	11:01:26	0.20	100.6	CS	S Mason St	W Pitkin St
19:36:00	17:04:48	13:43:12	12:02:24	11:01:55	0.20	100.8	Right	W Lake St	S Mason
19:37:30	17:06:00	13:44:00	12:03:00	11:02:24	0.20	101	CS	W Lake St	Center Ave
19:39:00	17:07:12	13:44:48	12:03:36	11:02:53	0.20	101.2	Right	Meridian Ave	W Lake St
19:40:30	17:08:24	13:45:36	12:04:12	11:03:22	0.20	101.4	Left	W Pitkin St	Meridian Ave
19:42:00	17:09:36	13:46:24	12:04:48	11:03:50	0.20	101.6	END	FINISH	Canvas Stadium