

Client	ALZ - Ft Collins									
Ride	20 MILE									
Mileage	21.3									
Start	7:00:00 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						
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	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	Whitcomb St	
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 Rd	
7:07:30	7:06:00	7:04:00	7:03:00	7:02:24	0.50	1.00	CS	Centre Ave	Botanical Ln	
7:10:30	7:08:24	7:05:36	7:04:12	7:03:22	0.40	1.40	CS	Centre Ave	Worthington Ave	
7:12:45	7:10:12	7:06:48	7:05:06	7:04:05	0.30	1.70	Left	S Shields St	Centre Ave	
7:14:15	7:11:24	7:07:36	7:05:42	7:04:34	0.20	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	
7:21:45	7:17:24	7:11:36	7:08:42	7:06:58	0.50	2.90	CS	S Shields St	W Horsetooth Rd	
7:30:00	7:24:00	7:16:00	7:12:00	7:09:36	1.10	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/ CR 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	CS	S Overland Tr	Dixon Canyon Rd	
8:06:00	7:52:48	7:35:12	7:26:24	7:21:07	0.70	8.80	CS	S Overland Tr	W Prospect Rd	
8:07:30	7:54:00	7:36:00	7:27:00	7:21:36	0.20	9.00	Right	Wells Fargo Dr	S Overland Tr	
8:08:15	7:54:36	7:36:24	7:27:18	7:21:50	0.10	9.10	Left	Virginia Dale Dr	Wells Fargo Dr	
8:08:15	7:54:36	7:36:24	7:27:18	7:21:50	0.00	9.10	RS	Rest Stop #1- Overland Park	Wells Fargo Dr	
8:09:45	7:55:48	7:37:12	7:27:54	7:22:19	0.20	9.30	Right	S Overland Tr	Wells Fargo Dr	
8:12:00	7:57:36	7:38:24	7:28:48	7:23:02	0.30	9.60	CS	S Overland Tr	W Elizabeth St	
8:15:45	8:00:36	7:40:24	7:30:18	7:24:14	0.50	10.10	CS	S Overland Tr	W Mulberry St	
8:19:30	8:03:36	7:42:24	7:31:48	7:25:26	0.50	10.60	CS	S Overland Tr	Laporte Ave	
8:23:15	8:06:36	7:44:24	7:33:18	7:26:38	0.50	11.10	CS	N Overland Tr	W Vine Dr	
8:31:30	8:13:12	7:48:48	7:36:36	7:29:17	1.10	12.20	CS	N Overland Tr	Michaud Ln	
8:36:45	8:17:24	7:51:36	7:38:42	7:30:58	0.70	12.90	CS	N Overland Tr	Bingham Hill Rd	
8:41:15	8:21:00	7:54:00	7:40:30	7:32:24	0.60	13.50	Right	US 287 B	N Overland Tr	
8:51:00	8:28:48	7:59:12	7:44:24	7:35:31	1.30	14.80	Right	N Taft Hill Rd	US 287 B	
9:06:00	8:40:48	8:07:12	7:50:24	7:40:19	2.00	16.80	Left	W Vine Dr	N Taft Hill	

9:13:30	8:46:48	8:11:12	7:53:24	7:42:43	1.00	17.80	CS	W Vine Dr	N Shields St
9:15:45	8:48:36	8:12:24	7:54:18	7:43:26	0.30	18.10	Right	Wood St	W Vine Dr
9:16:30	8:49:12	8:12:48	7:54:36	7:43:41	0.10	18.2	Left	Elm St	Wood St
9:18:00	8:50:24	8:13:36	7:55:12	7:44:10	0.20	18.4	Right	N Loomis Ave	Elm St
9:18:45	8:51:00	8:14:00	7:55:30	7:44:24	0.10	18.5	Left	Cherry St	N Loomis Ave
9:21:45	8:53:24	8:15:36	7:56:42	7:45:22	0.40	18.9	Right	N Howes St	Cherry St
9:23:15	8:54:36	8:16:24	7:57:18	7:45:50	0.20	19.1	CS	N Howes St	Laporte Ave
9:24:45	8:55:48	8:17:12	7:57:54	7:46:19	0.20	19.3	CS	N Howes St	W Mountain Ave
9:26:15	8:57:00	8:18:00	7:58:30	7:46:48	0.20	19.5	CS	N Howes St	W Olive St
9:27:45	8:58:12	8:18:48	7:59:06	7:47:17	0.20	19.7	CS	S Howes St	Mulberry St
9:29:15	8:59:24	8:19:36	7:59:42	7:47:46	0.20	19.9	Left	W Laurel St	S Howes St
9:30:00	9:00:00	8:20:00	8:00:00	7:48:00	0.10	20	Right	S Mason St	W Laurel St
9:32:15	9:01:48	8:21:12	8:00:54	7:48:43	0.30	20.3	CS	S Mason St	University Ave
9:34:30	9:03:36	8:22:24	8:01:48	7:49:26	0.30	20.6	Right	W Lake St	S Mason St
9:36:45	9:05:24	8:23:36	8:02:42	7:50:10	0.30	20.9	CS	W Lake St	Center Ave
9:37:30	9:06:00	8:24:00	8:03:00	7:50:24	0.10	21	Right	Meridian Ave	W Lake St
9:38:15	9:06:36	8:24:24	8:03:18	7:50:38	0.10	21.1	Left	W Pitkin St	Meridian Ave
9:39:45	9:07:48	8:25:12	8:03:54	7:51:07	0.20	21.3	END	Canvas Stadium	FINISH