

Client	ALZ - Ft Collins									
Ride	50 Mile									
Mileage	51.9									
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	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 Ln	
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	W Lake Rd	
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/ 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	Left	Dixon Canyon Rd	S Overland Tr	
8:09:45	7:55:48	7:37:12	7:27:54	7:22:19	1.20	9.30	CS	becomes Centennial Dr/ CR 23	Centennial Dr	
8:19:30	8:03:36	7:42:24	7:31:48	7:25:26	1.30	10.60	RS	Rest Stop #1- Park Facility	Centennial/ CR 23	
8:38:15	8:18:36	7:52:24	7:39:18	7:31:26	2.50	13.10	CS	CR-23	CR 48C	
8:54:00	8:31:12	8:00:48	7:45:36	7:36:29	2.10	15.20	Right	Rist Canyon Rd	CR-23	
9:01:30	8:37:12	8:04:48	7:48:36	7:38:53	1.00	16.20	Right	enter Poudre Trail at US 287 B	Rist Canyon Rd	
9:07:30	8:42:00	8:08:00	7:51:00	7:40:48	0.80	17.00	RS	Rest Stop #2-Cache La Poudre School	Poudre Trail	
9:09:00	8:43:12	8:08:48	7:51:36	7:41:17	0.20	17.20	CS	US 287 B	N Overland Tr	
9:18:45	8:51:00	8:14:00	7:55:30	7:44:24	1.30	18.50	Left	N Taft Hill Rd	US 287 B	
9:22:30	8:54:00	8:16:00	7:57:00	7:45:36	0.50	19.00	CS	N Taft Hill Rd	Hwy 287 Overpass	
9:30:00	9:00:00	8:20:00	8:00:00	7:48:00	1.00	20.00	CS	N Taft Hill Rd	Wilson St	
9:33:45	9:03:00	8:22:00	8:01:30	7:49:12	0.50	20.50	CS	N Taft Hill Rd	CR 56	
9:52:30	9:18:00	8:32:00	8:09:00	7:55:12	2.50	23.00	CS	N Taft Hill Rd	CR 60 E	
10:03:00	9:26:24	8:37:36	8:13:12	7:58:34	1.40	24.40	CS	N Taft Hill Rd	CR 64	
10:11:15	9:33:00	8:42:00	8:16:30	8:01:12	1.10	25.50	CS	N Taft Hill Rd	CR 66	
10:18:45	9:39:00	8:46:00	8:19:30	8:03:36	1.00	26.50	CS	N Taft Hill Rd	CR 68	

10:26:15	9:45:00	8:50:00	8:22:30	8:06:00	1.00	27.50	Right	Owl Canyon Rd	N Taft Hill Rd
10:41:15	9:57:00	8:58:00	8:28:30	8:10:48	2.00	29.50	RS	Rest Stop #3-LCO Waverly Shop	Owl Canyon Rd
10:41:29	9:57:11	8:58:07	8:28:35	8:10:52	0.03	29.53	CS	Owl Canyon Rd	Terry Lake Rd
11:03:45	10:15:00	9:10:00	8:37:30	8:18:00	2.97	32.50	CS	Owl Canyon Rd	CR 9
11:11:15	10:21:00	9:14:00	8:40:30	8:20:24	1.00	33.50	Right	CR 7	CR 9
11:26:15	10:33:00	9:22:00	8:46:30	8:25:12	2.00	35.50	CS	CR 7	CR 66
11:34:30	10:39:36	9:26:24	8:49:48	8:27:50	1.10	36.60	CS	CR 7	Washington Ave/ CR 64
11:36:00	10:40:48	9:27:12	8:50:24	8:28:19	0.20	36.80	Right	Grant Ave	CR 7
11:40:30	10:44:24	9:29:36	8:52:12	8:29:46	0.60	37.40	RS	Rest Stop #4-Wellington Middle School	Grant Ave
11:41:15	10:45:00	9:30:00	8:52:30	8:30:00	0.10	37.50	Right	CR 7	Grant Ave
11:42:45	10:46:12	9:30:48	8:53:06	8:30:29	0.20	37.70	CS	CR 7	Cleveland Ave
11:50:15	10:52:12	9:34:48	8:56:06	8:32:53	1.00	38.70	CS	CR 7 becomes Frontage Rd	Ronald Reagan Ave
12:01:30	11:01:12	9:40:48	9:00:36	8:36:29	1.50	40.20	Right	CR 58	Frontage Rd
12:08:15	11:06:36	9:44:24	9:03:18	8:38:38	0.90	41.10	Left	N Giddings Rd/ CR 9	CR 58
12:15:45	11:12:36	9:48:24	9:06:18	8:41:02	1.00	42.10	CS	N Giddings Rd/ CR 9	CR 56
12:23:15	11:18:36	9:52:24	9:09:18	8:43:26	1.00	43.10	CS	N Giddings Rd/ CR 9	E Douglas Rd
12:30:45	11:24:36	9:56:24	9:12:18	8:45:50	1.00	44.1	CS	N Giddings Rd/ CR 9	Richards Lake Rd
12:38:15	11:30:36	10:00:24	9:15:18	8:48:14	1.00	45.1	Right	Mountain Vista/ CR 50	N Giddings/ CR 9
12:42:00	11:33:36	10:02:24	9:16:48	8:49:26	0.50	45.6	Left	N Timberline Rd	Mountain Vista/50
12:49:30	11:39:36	10:06:24	9:19:48	8:51:50	1.00	46.6	Right	E Vine Dr	Timberline Rd
13:05:15	11:52:12	10:14:48	9:26:06	8:56:53	2.10	48.7	Left	Linden St	E Vine Dr
13:09:45	11:55:48	10:17:12	9:27:54	8:58:19	0.60	49.3	Right	Laporte Ave	Linden St
13:10:30	11:56:24	10:17:36	9:28:12	8:58:34	0.10	49.4	CS	Laporte Ave	N College Ave
13:12:00	11:57:36	10:18:24	9:28:48	8:59:02	0.20	49.6	Left	N Howes St	Laporte Ave
13:13:30	11:58:48	10:19:12	9:29:24	8:59:31	0.20	49.8	CS	N Howes St	W Mountain Ave
13:15:00	12:00:00	10:20:00	9:30:00	9:00:00	0.20	50	CS	N Howes St	W Olive St
13:16:30	12:01:12	10:20:48	9:30:36	9:00:29	0.20	50.2	CS	N Howes St	W Mulberry St
13:18:00	12:02:24	10:21:36	9:31:12	9:00:58	0.20	50.4	Left	W Laurel St	N Howes St
13:18:45	12:03:00	10:22:00	9:31:30	9:01:12	0.10	50.5	Right	S Mason St	W Laurel Ave
13:21:00	12:04:48	10:23:12	9:32:24	9:01:55	0.30	50.8	CS	S Mason St	University Ave
13:24:00	12:07:12	10:24:48	9:33:36	9:02:53	0.40	51.2	Right	W Lake St	S Mason St
13:25:30	12:08:24	10:25:36	9:34:12	9:03:22	0.20	51.4	CS	W Lake St	Center Ave
13:27:00	12:09:36	10:26:24	9:34:48	9:03:50	0.20	51.6	Right	Meridian Ave	S Whitcomb St
13:27:45	12:10:12	10:26:48	9:35:06	9:04:05	0.10	51.7	Left	W Pitkin St	Meridian Ave

13:29:15	12:11:24	10:27:36	9:35:42	9:04:34	0.20	51.9	END	Canvas Stadium	FINISH
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