

The Sunday Advanced Plus Ride.

TURN	Street	Aprx	Notes
R	SR 84	0	Warm Up 18 Max
U	Jcn 84/Hiatus	2	Warm Up to 20
R	136 St	3.5	23
R	Flamingo	3.5	23
R	SR 84	3	23
Strt	Markham Pk	4	Sprint from Indian Trace
L	Glades Pkwy.	6	REGROUP/RECOVER 23
R	Bonaventure	1.5	23
L	Sth. Post	2	23
R	Weston Road	0.5	Feed Zone / regroup
Strt	Dykes after lite	1.5	Single Line 23
L	Sterling	3	Jam Bridge - 23 single line
L	Flamingo	6.5	Regroup 23 to Gardens Sprint to 84
R	Sunrise	1	Regroup 23
R	Hiatus	1	23
Strt	Hiatus/Broward	1	Sprint to SR 84 Ride ends before light
	Approx Total	40	

**NOTES:** Ride speed is MAX 23 & maybe slower in heavy head winds.  
 Pack will ride double line in highway lanes on 4 lane roads  
 Pack will ride single paceline on single lane roads and in  
 bike lane where one exists

Have Fun but Stay Alert This is a training ride. NOT a race  
 Stop at red lights & stop signs wait for riders who get caught.  
Do not leave long gaps between riders