

**SBW Advanced Ride 8/12/06**  
**To the Beach and Back**  
**From Char Hut at Nob Hill and McNab**

East R on McNab **(2 Bridges)**  
North L on NW 31st Ave 2 blks or so  
East R on West McNab Road

North L on NB Old Dixie East  
East R on SW 6th Street  
North L on S. Cypress Road

East R on Atlantic Blvd **(Bridge)**  
South R on A1A

**18.24 miles REST STOP WinnDixie**  
NE 40th St Galt Ocean Marketplace

South on A1A  
West R on Oakland Park Blvd.  
**(Bridge)**  
South L on Bayview Drive

West R on NE 26th Street  
North R on Andrews Avenue  
West L on Prospect Road

North R on NW 21st Avenue  
West L on NW 55th Court **(Executive Airport Loop)**  
East R on NW 59th Street

North L on 28th Terr  
East R on McNab  
South R on NW 10th Terr  
West R on NW 55th Street at Lockhart

South L on NW 15th Avenue  
West R on Commercial **(Bridge at TP)**  
South L on Rock Island Road

West R on NW 44th Street, curves south  
West R on 44<sup>th</sup> Street AGAIN  
North R on Nob Hill Road

West L into Krispy Kreme Pkg Lot  
**41.02 Miles**  
@ 17.5mph = 2 hr 20 min pedaling

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