

The Sunday Ride.

TURN	Street	Aprx	Notes
R	SR 84		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	26 MAX
Strt	Markham Pk	4	FAST to Arvida Sprint from Indian
L	Arvida	6	WAIT for ALL RIDERS THEN EASY
R	Bonaventure	1.5	23
L	Sth. Post	2	26 Sprint at end
R	Weston/Dykes	2	Wait recover, 23 SINGLE LINE
L	Sterling	3	Jam Bridge-recover 23 (single)
L	Flamingo	6.5	23 to Gardens 26 - Fast to 84
R	Sunrise	2	Wait & RECOVER at 84 then 23
R	Hiatus	2	26 -sprint SR84 sign is end of ride
Approx Total		40	

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