

Country Spinning Training Ride

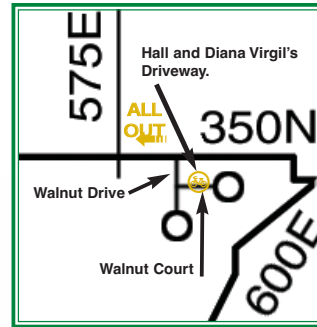


Ride Leaders: Diana Virgil, PJ Weir, Barb Snyder

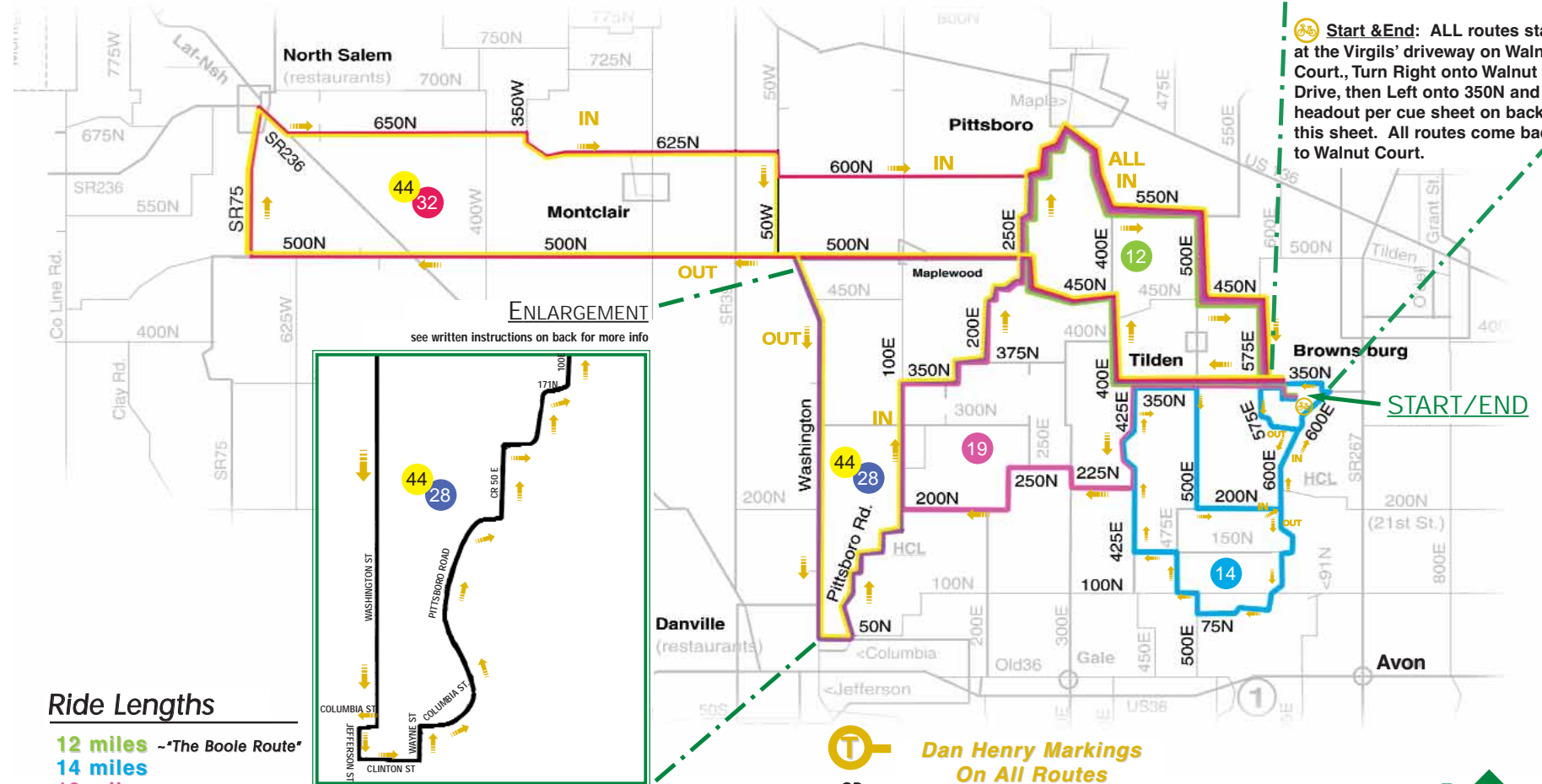
www.cibaride.org

ENLARGEMENT

see written instructions on back for more info

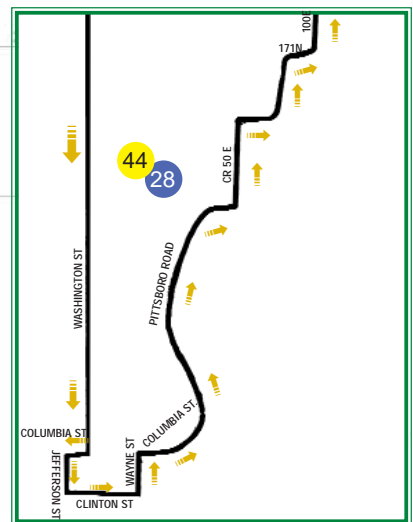


Start & End: ALL routes start at the Virgils' driveway on Walnut Court., Turn Right onto Walnut Drive, then Left onto 350N and headout per cue sheet on back of this sheet. All routes come back to Walnut Court.



ENLARGEMENT

see written instructions on back for more info



Ride Lengths

- 12 miles --*The Boole Route*
- 14 miles
- 19 miles
- 28 miles
- 32 miles
- 44 miles

Dan Henry Markings
On All Routes
Are Marked in Yellow

some areas have
"CS" below the marker



(Map is not to scale)

COUNTRY SPINNING TRAINING RIDE

Direction	Mi.	Cum. miles
12 miles The Booie Route		
L 350 N	0.1	0.1
R curve 400E	2.2	2.5
L 450N-250E	1.0	3.5
R jog at 600 N	2.6	6.1
R 650N--375E--550 N	1.7	7.8
R 500E	1.2	9.0
L 450 N	1.0	10.0
R 575 E	0.7	10.7
L 350 N	1.0	11.7
R Walnut Dr.	0.3	12.0
L Walnut Ct.	0.1	12.1

14 miles		
L 350 N	0.1	0.1
L 575 E	0.3	0.4
R 600 E--150 N	1.3	1.7
L 600 E at top of hill	1.4	2.7
Cross 100 N	0.5	3.2
R 75 N	0.3	3.5
R 500 E	0.9	4.4
L 100 N	0.4	4.8
R 475 E	0.2	5.0
L 150 N	0.5	5.5
R 425 E	0.6	6.1
R 350 N	2.0	8.1
R 500 E	0.8	8.9
L 200 N	1.5	10.4
L 600 E	1.0	11.4
L 350 N	1.6	13.0
L Walnut Dr.	0.6	13.6
L Walnut Ct.	0.1	13.7

19 miles		
L 350 N	0.1	0.1
L 425 E	1.7	1.8
R 225 N	1.3	3.1
R 300 E	0.8	3.9
L 250--L 225--R 200 N	0.2	4.1
R 100 E (joins Danville route)	2.5	6.6
R 350 N	1.6	8.2
L 200 E	1.3	9.5
L 250 E	1.5	11.0
R jog at 600 N	1.5	12.5
R 650N--375E--550 N	1.7	14.2
R 500E	1.2	15.4
L 450 N	1.0	16.4
R 575 E	0.7	17.1
L 350 N	1.0	18.1
R Walnut Dr.	0.3	18.4
L Walnut Ct.	0.1	18.5

Directions	Mi.	Cum. miles
Danville 28 miles		
L 350 N	0.1	0.1
R curve 400 E	2.2	2.3
L 450N-250E	1.0	3.3
L 500 N	1.8	5.1
L Washington	2.5	7.6
R Columbia	4.9	12.5
L Jefferson	0.1	12.6
L Clinton	0.3	12.9
L Wayne	0.1	13.0
R Columbia->Pittsboro Rd-50 E	2.0	15.0
R 171 N-->100E	2.1	17.1
R 350 N (joins 19 mile route)	0.5	17.6
L 200 E	1.2	18.8
L 250 E	1.5	20.3
R jog at 600 N	1.5	21.8
R 650N--375E--550 N	1.7	23.5
R 500E	1.2	24.7
L 450 N	1.0	25.7
R 575 E	0.7	26.4
L 350 N	1.0	27.4
R Walnut Dr.	0.3	27.7
L Walnut Ct.	0.1	27.8

North Salem 41 miles		
L 350 N	0.1	3.2
L 450N-250E	3.5	6.7
L 500 N	0.5	7.2
becomes Hudges Rd	9.1	16.3
R Putnam Co. Road	3.0	19.3
R 550 N--725 W	1.2	20.5
R SR 236	3.3	23.8
L 650 N	1.5	25.3
R 350W-625N	2.8	28.1
R 50 W	3.0	31.1
L 600 N	0.3	31.4
L curve 250E	3.2	34.6
R 650N--375E--550 N	1.7	36.3
R 500E	1.2	37.5
L 450 N	1.0	38.5
R 575 E	0.7	39.2

Directions	Mi.	Cum. miles
North Salem-Danville 50 miles		
L 350 N	0.1	0.1
R curve 400 E	2.2	2.3
L 450N-250E	3.5	3.6
L 500 N	0.5	4.1
becomes Hudges Rd	9.1	13.2
R Putnam Co. Road	3.0	16.2
R 550 N--725 W	1.2	17.4
R SR 236	3.3	20.7
L 650 N	1.5	22.2
R 350W-625N	2.8	25.0
R 50 W	3.0	28.0
L 500 N	1.3	29.3
R Washington	0.2	29.5
R Columbia	4.9	34.4
L Jefferson	0.0	34.4
L Clinton	0.3	34.7
L Wayne	0.1	34.8
R Columbia->Pittsboro Rd-50 E	2.0	36.8
R 171 N-->100E	2.1	38.9
R 350 N (joins 19 mile route)	0.5	39.4
L 200 E	1.2	40.6
L 250 E	1.5	42.1
R jog at 600 N	1.5	43.6
R 650N--375E--550 N	1.7	45.3
R 500E	1.2	46.5
L 450 N	1.0	47.5
R 575 E	0.7	48.2
L 350 N	1.0	49.2
R Walnut Dr.	0.3	49.5
L Walnut Ct.	0.1	49.6

Emergency Numbers

Sheriffs: Hendricks Co. - 317-745-6464 or 911

State Police: 745-2127

Ride Leaders:

		CELL	
Diana Virgil	852-3838	dmvirgil@earthlink.net	408-4718
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