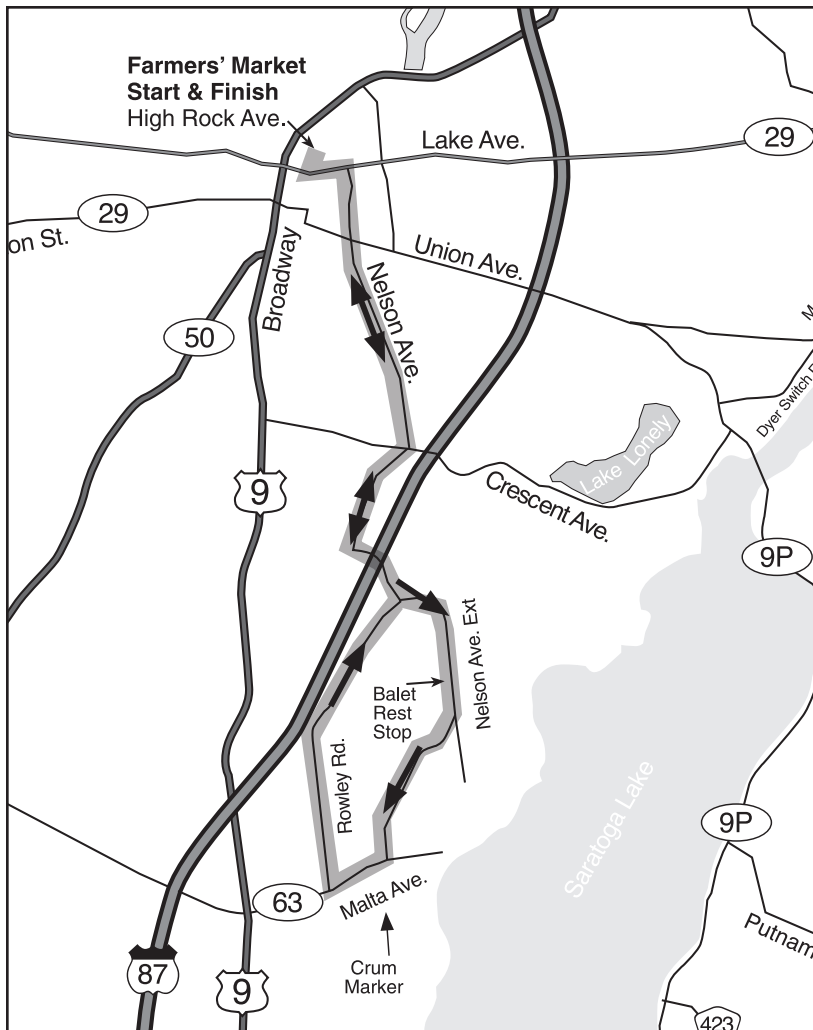


# FOLLOW PINK SIGNAGE

Team Billy Ride and Walk for Research

10 Mile Route • 8:30am Start



## Directions

Mileage	Turn	Onto
0	Start	High Rock Ave.
0.2	Left	Lake Ave
0.5	Right	Nelson Ave. (traffic light)
1.2	Straight	Across Union Ave. (traffic light)
2.4	Straight	Straight at stop (4-way stop) 10 Mile ride goes straight at this intersection, 25- + 50- take a left
3.3	Left	Nelson Ave. Ext. (Rt. 64)
3.8	BL	Nelson Ave. Ext. (T) Balet Rest Stop
5.9	Right	Malta Ave. Ext. (Rt. 63)
6.4	Right	Rowley Rd. (Rt. 61)
8.5	Left	Nelson Ave. Ext. – at Yield SLOW
9.0	Right	Nelson Ave.
9.9	Straight	Nelson Ave.
11.2	Straight	Across Union Ave.
11.8	Left	Lake Ave.
12.1	Right	High Rock Ave.
12.3		Finish (Pavilion)

BL-Bear Left at Y. BR-Bear Right at Y.

Riders must wear helmets at all times. There is a SAG wagon following each ride with full support for you if you get tired.

**Obey all traffic rules, this is not a closed course. EMERGENCY-Call 911 or 518-813-0449, Cherie.**

All cyclists will clear route at 12:30 pm. No support vehicles allowed after that time.