



1st entry of "Bears" round-about
Riders Proceed **SOUTH** onto Grizzly

2nd entry of "Bears" round-about
Riders take **FIRST RIGHT** onto Grizzly for 2nd lap

3rd entry of "Bears" round-about
Riders Proceed **NORTH** on City View for return to MAC

Cyclists will complete two laps of this circuit

12 Mile Cycling Course

1. Leave MAC, proceed SE on Kemper Way, Turn Right onto Kemper Way and Right again on Yarrow Ave and proceed down hill to round-about
2. Enter round-about and proceed south on City View
3. Enter Bears round-about and exit south on Grizzly
4. Turn Right on McTaggart
5. Turn Left on Sagebrush
6. Turn Right on Crestview (proceed up steep, short hill)
7. Turn Right on South Adams
8. Turn Right on J Street
9. Enter Bears round-about and turn south AGAIN on Grizzly
10. Complete SECOND LAP on Grizzly, McTaggart, Sagebrush, Crestview, South Adams and J Street again.
11. Enter Bears round-about and proceed north out of round about on City View
12. Turn Right on Yarrow
13. Turn Left at top of the hill (Kemper Way)
14. Turn Left again and re-enter transition area at the MAC!