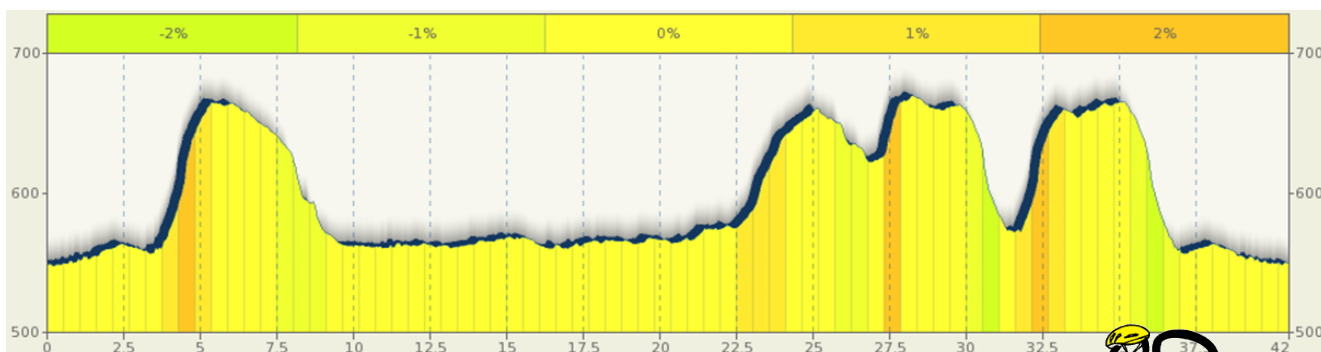
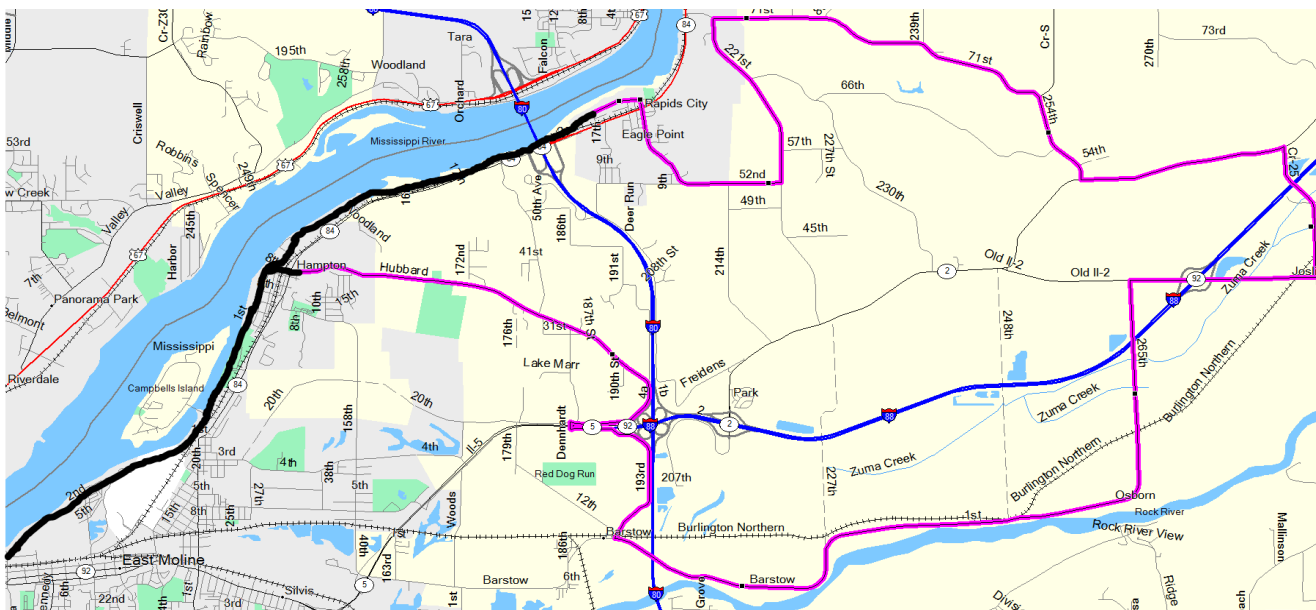


# DICE TRAINING ROUTE

40.8 miles 1100ft climbing Start point: Ben Butterworth Parkway

| LEG MILES | TOT MILES | TURN | WAYPOINT                         |
|-----------|-----------|------|----------------------------------|
|           | 0.0       | L    | Leave parking lot onto bike path |
| 4.4       | 4.4       | R    | 7th St/Hampton                   |
| 0.3       | 4.7       | L    | 6th Ave                          |
| 0.1       | 4.8       | R    | Hubbard Rd                       |
| 4.6       | 9.4       | L    | Cross Rt. 5/193rd St. N          |
| 1.9       | 11.3      | L    | Barstow Rd                       |
| 7.7       | 19.0      | R    | RT. 92                           |
| 1.8       | 20.8      | L    | 290th St. N                      |
| 1.4       | 22.2      | L    | Old Rt. 2/Moline Rd              |
| 2.0       | 24.2      | R    | 254th St. N/Barber Creek Rd      |
| 4.3       | 28.5      | L    | Rose Hill Rd/221st St. N/CR-P    |
| 1.8       | 30.3      | R    | 52nd Ave N                       |
| 1.9       | 32.2      | L    | Cross Rt. 84/Rapids City/1st Ave |
| 0.5       | 32.7      | L    | 18th St                          |
| 0.1       | 32.8      | R    | Bike Path                        |
| 8.0       | 40.8      | R    | Finish in Parking Lot            |



MAX ELEVATION 745FT LOWEST POINT 545FT

PROPERTY OF QUAD CITIES BICYCLE CLUB 2011

