

Follow Your Folly - Cruiser 100 Ride 2018

Num	Dist	Type	Note	Next
1.	0.0	▶	Start of route	0.3
2.	0.3	←	L toward W Martin Luther King Jr Pkwy	0.0
3.	0.4	→	R at W Martin Luther King Jr Pkwy	0.0
4.	0.4	←	L onto W Martin Luther King Jr Pkwy	0.0
5.	0.4	→	R onto SW Water St	0.2
6.	0.6	→	R onto Court Ave	0.1
7.	0.8	←	L onto E 1st St	0.9
8.	1.6	↑	Continue onto Robert D. Ray Dr	0.2

1.6 miles. +55/-38 feet

Num	Dist	Type	Note	Next
9.	1.8	←	L onto American Discovery Trail/John Pat Dorrian Trail	0.7
10.	2.5	←	L at Neal Smith Trail	3.9
11.	6.4	↑	Continue onto Neal Smith Trail	4.5
12.	10.9	→	R onto Oralabor Gateway Trail	2.7
13.	13.6	↑	Continue onto SW 78th PI	0.1
14.	13.7	→	R onto SW 28th St	0.0
15.	13.7	→	R onto Oralabor Gateway Trail	0.1

12.1 miles. +308/-140 feet

Num	Dist	Type	Note	Next
16.	13.8	→	R onto SW Oralabor Frontage Rd	0.4
17.	14.2	↑	Continue onto Oralabor Gateway Trail	0.1
18.	14.3	→	R onto SW White Birch Dr	0.1
19.	14.4	←	L onto Oralabor Gateway Trail	0.4
20.	14.7	←	L	1.9
21.	16.7	↑	Continue onto SW State St	0.7
22.	17.4	←	L onto NW 9th St	0.1
23.	17.4	←	L onto High Trestle Trail	0.7
24.	18.1	←	Slight L to stay on High Trestle Trail	2.8

4.4 miles. +109/-106 feet

Num	Dist	Type	Note	Next
25.	20.9	←	Slight L to stay on High Trestle Trail	1.0
26.	21.9	↑	Continue straight	4.9
27.	26.8	←	Slight L at NW 58th St/Boone St	1.1
28.	27.9	↑	Continue onto High Trestle Trail	6.6
29.	34.5	←	Slight L at IA-210 E	13.7
30.	48.2	→	Slight R at IA-210 E	3.8
31.	52.0	↑	Continue onto High Trestle Trail	3.9
32.	55.9	→	Slight R at NW 58th St/Boone St	4.9

37.8 miles. +881/-847 feet

Num	Dist	Type	Note	Next
33.	60.9	↑	Continue straight onto High Trestle Trail	1.0
34.	61.8	➔	Slight R to stay on High Trestle Trail	2.8
35.	64.6	➔	Slight R to stay on High Trestle Trail	0.7
36.	65.3	➔	R onto NW State St	0.6
37.	65.9	←	Slight L onto SW State St	1.4
38.	67.3	←	L onto SW Vintage Pkwy	0.4
39.	67.7	←	L	0.7
40.	68.4	➔	R onto Oralabor Gateway Trail	0.4

12.4 miles. +123/-201 feet

Num	Dist	Type	Note	Next
41.	68.8	↑	Continue onto SW Oralabor Frontage Rd	0.4
42.	69.2	←	L onto Oralabor Gateway Trail	0.1
43.	69.3	➔	R onto NW 16th St	0.0
44.	69.3	←	L onto SW 78th Pl	0.0
45.	69.3	↑	Continue onto Oralabor Gateway Trail	2.7
46.	72.0	←	L	3.3
47.	75.3	➔	Slight R	1.2
48.	76.5	↑	Continue onto Neal Smith Trail	3.5
49.	80.0	➔	Slight R	0.1
50.	80.1	➔	Sharp R	0.5

11.7 miles. +108/-256 feet

Num	Dist	Type	Note	Next
51.	80.5	➔	R onto American Discovery Trail	0.7
52.	81.3	➔	R onto Robert D. Ray Dr	0.6
53.	81.9	➔	R onto E 2nd St	0.2
54.	82.0	←	L onto E Court Ave	0.4
55.	82.5	←	L onto E 1st St	0.1
56.	82.5	➔	R onto John Pat Dorrian Trail	0.4
57.	82.9	←	L onto W Martin Luther King Jr Pkwy	0.0
58.	82.9	➔	R toward SW Water St	0.0

2.8 miles. +40/-91 feet

Num	Dist	Type	Note	Next
59.	82.9	←	L at W Martin Luther King Jr Pkwy	0.0
60.	83.0	➔	R onto SW Water St	1.7
61.	84.6	←	Slight L	1.3
62.	85.9	←	L	1.1
63.	87.0	↑	Continue onto Great Western Trail	3.3
64.	90.3	↑	Pedestrian tunnel	1.1
65.	91.4	↑	Pedestrian tunnel	1.2
66.	92.7	←	Slight L onto 40th Ave/SE Orilla Rd	0.2
67.	92.8	←	Sharp L onto Great Western Trail	1.7

9.9 miles. +266/-93 feet

Num	Dist	Type	Note	Next
68.	94.5	↑	Continue onto Great Western Bike Trail	2.2
69.	96.7	↑	Continue onto Great Western Trail	2.8
70.	99.5	↑	Pedestrian tunnel	1.2
71.	100.6	↑	Pedestrian tunnel	4.4
72.	105.0	➔	R	1.3
73.	106.4	➔	Slight R onto Meredith Trail	1.4
74.	107.7	▣	End of route	0.0

14.9 miles. +144/-324 feet