

Follow Your Folly - Cruiser 100 Ride 2019

Num	Dist	Type	Note
1.	0.0	📍	Start of route
2.	0.3	➔	R onto SW 5th St Bridge/Green Bridge/Jackson St Bridge
3.	0.4	➔	R
4.	0.8	➡	L onto Meredith Trail
5.	0.9	➔	Slight R to stay on Meredith Trail
6.	1.2	↙	Sharp L and Cross Red Bridge
7.	1.6	➡	L onto Robert D. Ray Dr
8.	1.7	➡	Take a L in front of Brenton Skating Plaza
9.	1.7	➔	R on John Pat Dorrian Trail
10.	1.9	➡	Swing R to ride on the Women's Achievement Bridge

1.9 miles. +76/-88 feet

Num	Dist	Type	Note
11.	2.0	➡	Circle around the Women's Achievement Bridge
12.	2.2	↖	Slight L onto John Pat Dorrian Trail
13.	3.2	➡	L at Neal Smith Trail
14.	3.9	↗	Get on Saylor Rd (or you can ride the sidewalk too!)
15.	4.5	➡	L onto E Sheridan Ave
16.	4.7	!	BUSY ROAD ! - no stoplight
17.	5.0	➡	L onto Sidewalk parallel 6th Ave
18.	5.2	➔	Cross 6th Ave - Use Pedestrian Crossing!
19.	5.2	➡	L onto Sidewalk
20.	5.2	➔	R onto Birdland Drive

3.3 miles. +122/-118 feet

Num	Dist	Type	Note
21.	5.3	➔	R onto Neal Smith Trail
22.	5.3	↑	Continue onto Neal Smith Trail
23.	7.9	↑	Continue onto Neal Smith Trail
24.	12.1	↑	Continue through Parking Lot to Neal Smith Trail
25.	12.4	➔	R onto Oralabor Gateway Trail
26.	13.4	↑	Continue up the hill on the Oralabor Gateway Trail BIGGEST Hill of the day!
27.	14.3	!	BUSY ROAD!!! Use Pedestrian Crossings!
28.	15.1	↑	Continue onto SW 78th Pl

9.8 miles. +318/-164 feet

Num	Dist	Type	Note
29.	15.1	↗	Onto Oralabor Gateway Trail
30.	15.2	➡	Slight L to stay on Oralabor Gateway Trail
31.	15.7	➔	R onto SW White Birch Dr
32.	15.8	⤵	Into Kum & Go
33.	15.8	➔	R onto SW White Birch Dr
34.	16.1	➡	L - BUSY ROAD!!! Use Pedestrian Crossings!
35.	16.2	!	BUSY ROAD!!! Use Pedestrian Crossings!
36.	18.1	↑	Continue onto SW State St
37.	18.2	➡	BUSY ROAD!!! Use Pedestrian Crossings! - Get to sidepath near Caseys

3.2 miles. +104/-76 feet

Num	Dist	Type	Note
38.	18.9	←	L onto High Trestle Trail
39.	19.5	←	Slight L to stay on High Trestle Trail
40.	22.3	←	Slight L to stay on High Trestle Trail
41.	23.3	↑	Continue straight
42.	28.2	←	Slight L at NW 58th St/Boone St
43.	29.3	↑	Continue onto High Trestle Trail
44.	30.5	ψ†	NITE HAWK BAR & GRILL
45.	35.9	←	Slight L at IA-210 E
46.	37.2	ψ†	FLAT TIRE LOUNGE
47.	40.0	↑	HIGH TRESTLE TRAIL BRIDGE free space on your card!
48.	42.8	→	R onto side trail

24.5 miles. +663/-560 feet

Num	Dist	Type	Note
49.	42.8	ψ†	WHISTLIN' DONKEY
50.	42.9	←	L onto High Trestle Trail
51.	49.7	→	Slight R at IA-210 E
52.	53.5	↑	Continue onto High Trestle Trail
53.	57.5	→	Slight R at NW 58th St/Boone St
54.	62.4	↑	Continue straight onto High Trestle Trail
55.	63.4	→	Slight R to stay on High Trestle Trail
56.	66.2	→	Slight R to stay on High Trestle Trail
57.	67.4	↖	BUSY ROAD!!! Use Pedestrian Crossings!
58.	67.4	←	Slight L onto sidepath on East side of SW State St

24.7 miles. +645/-730 feet

Num	Dist	Type	Note
59.	68.8	←	L onto SW Vintage Pkwy into "The District"
60.	69.0	ψ†	FONG'S PIZZA
61.	69.0	ψ†	WHISKEY RIVER
62.	69.2	←	L onto sidepath trail
63.	69.9	→	R onto Oralabor Gateway Trail
64.	70.8	→	Slight R to stay on Oralabor Gateway Trail
65.	70.8	←	Slight L to stay on Oralabor Gateway Trail
66.	71.1	↑	Continue onto Oralabor Gateway Trail
67.	73.8	←	L
68.	77.1	→	Slight R

9.6 miles. +169/-301 feet

Num	Dist	Type	Note
69.	78.2	↑	Continue onto Neal Smith Trail
70.	80.8	←	Slight L - onto gravel sidepath
71.	80.8	←	L onto Birdland Drive
72.	80.9	←	L onto Sidewalk
73.	81.0	!	BUSY ROAD!!! Use Pedestrian Crossings! Cross 6th Ave - get back on sidewalk
74.	81.0	←	L onto Sidewalk
75.	81.1	→	R onto Sheridan Ave
76.	82.3	ψ†	CAPTAIN ROYS
77.	82.8	→	R onto American Discovery Trail
78.	83.8	↖	Slight L onto Robert Ray Dr.
79.	84.0	←	L onto Locust St.

7.0 miles. +158/-175 feet

Num	Dist	Type	Note
80.	84.1	→	R onto E 2nd St
81.	84.3	←	L onto E Court Ave
82.	84.4	🔥	AJs ON EAST COURT
83.	84.7	←	L onto Trail - Cross Red Bridge
84.	84.9	↘	Sharp R onto Meredith Trail
85.	85.3	→	Take Trail and skirt around Principal Park
86.	85.7	←	Cross Jackson Street Bridge
87.	85.8	→	R onto Meredith Trail
88.	86.8	←	Slight L
89.	88.1	→	R
90.	88.3	←	Slight L
91.	88.6	←	L onto Grays Lake
92.	89.5	←	L onto Great Western Trail

5.4 miles. +145/-131 feet

Num	Dist	Type	Note
93.	89.6	→	R to stay on Great Western Trail
94.	89.7	ψ†	ORLONDOS PIZZA
95.	92.9	↑	Pedestrian tunnel
96.	94.0	↑	Pedestrian tunnel
97.	95.3	←	Slight L onto 40th Ave/SE Orilla Rd
98.	95.3	🔥	OUTSKIRTZ
99.	95.3	ψ†	THE CHICKEN
100.	95.4	←	Sharp L onto Great Western Trail
101.	97.1	↑	Continue onto Great Western Bike Trail
102.	98.1	🔥	CUMMING TAP Might be food truck depending on time you arrive
103.	99.2	↑	Continue onto Great Western Trail

9.8 miles. +262/-127 feet

Num	Dist	Type	Note
104.	102.1	↑	Pedestrian tunnel
105.	103.2	↑	Pedestrian tunnel
106.	106.5	←	L to stay on Great Western Trail
107.	106.7	→	R onto Grays Lake/Water Works Park
108.	107.6	→	R at Bill Riley Trail
109.	108.0	←	L
110.	109.3	→	Slight R onto Meredith Trail
111.	110.7	📍	End of route

11.4 miles. +119/-287 feet