



Ride Partners



Welcome to the Ride 2 Recovery – 2017 Great Lakes Challenge

Sunday, August 6 to Monday, August 14

Before embarking on a serious training program, it is a good idea for everyone to get checked out by their doctor to address any current potential physical problems.

R2R is not a race. It is an experience that will challenge you physically, mentally, and emotionally. For most, riding with R2R means riding every mile. We understand and appreciate the dedication and support in your goal, but your health and well-being are also important to us. As you set your own goals and measure your accomplishments, remember, your success is not necessarily about riding every mile, it is about riding every mile you can while remaining healthy and injury-free.

R2R Challenges are not about how fast you can go, but rather about how to ride with a group. We usually have four groups of varying riding abilities lead by group leaders. You can ride alone at home, but on R2R Challenges, we ride in groups. You will find a group of riders that will work at close to your pace and you should work together – sometimes riding faster or slower to keep the group together. Riding in a group provides opportunity to draft (letting you use less energy), to get to know other riders, and most important of all, to have a support vehicle with you.

If you are alone, you will NOT have any support with you. Support vehicles carry spare wheels, tool kits, first aid, drinks, and snacks. They also provide protection if you need to stop for repair or injury. If you are unable to ride for whatever reason, *the support vehicle will provide you and your bike with a ride to the rest stop or hotel*. R2R is a group ride. Take advantage of the opportunity to learn more about riding and to make new friends with similar interests.

PLEASE NOTE: Routes can change without notice. You must attend the Ride Briefing each day, which will give you details on changes and points of interests along the route. Routes are marked with ORANGE arrows painted on the road, and we will be escorted by American Legion Riders for most of the day.

PLEASE NOTE: During Challenges we have special JERSEY DAYS. These days refer to Ride 2 Recovery specific jerseys or current 2015 Ride 2 Recovery sponsors. If you are unsure about the appropriateness of a jersey please ask R2R Staff.

A Statement on our drug, medication, and substance policy

Participating in any Ride 2 Recovery (R2R) activity while on any substance that could possibly impair your ability to operate a bicycle is against the rules and policies of R2R and motor vehicle codes. Any person found to be impaired while riding, or would be found publicly intoxicated, can be removed from a R2R activity, and might have future invites revoked as well as future registrations flagged. Prescription medications must only be used in a legal and prescribed manner. Use of any prescription medication, regardless of legal status, in a manner, method, or area that could possibly affect the mental state or drug test of other participants, volunteers, guest, or staff will not be tolerated. Any person found to be utilizing medication in this manner might be removed from a R2R activity, have future invites revoked, as well as future registrations flagged.

Sample Daily Schedule: Please see below for Daily Departure Schedule

6:30 am	Breakfast (at Hotel)
7:00-7:30 am	Luggage out to the U-HAUL
8:15am	Ride Briefing (Your luggage must be in the truck)
8:00 am	Ride Start from hotel
3:00 pm	Arrive at Hotel (Please look for the luggage truck to pick your stuff and room assignments)
6:00 pm	Dinner
8:00 pm +	Post Dinner activity as available

There will be a ride briefing approx. 15 minutes before the start of each day...

On your first challenge of the year you will receive:

Cycling Jersey
Challenge T-Shirt
Cycling Bib Shorts

**Luggage:**

1 Large suitcase / 1 small backpack should be enough.
Plus if you have a bike bag or box.

If you have an accident during the ride:

1. First Aid in each support vehicle
2. Alert Caregivers / Medical on the ride

Expected Weather

Sunny with rain showers possible and highs in the 80s low in the 60s.

Suggested Packing List:

Bike Cycling Shoes Helmet Multi Tool 2-3 Jerseys (<i>Only One</i> will be Issued at Registration) 2-3 Shorts Cycling Gloves Bike Water Bottles <u>Warmer Clothing:</u> Light / Rain Jacket Arm and or Leg Warmers Cold Weather Hat	Chapstick Any Prescription Medications Hygiene / Shaving Kit 2-3 Appropriate Dinner Clothing Swim Suit (<i>optional</i>) Socks Camera Sunglasses Chargers for Phone / iPad / etc.
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Airport Arrival:

Shuttle from Airport to Hotel: On your Own

Arrival At Hotel / Rooming:

Please look for the RED WHITE & BLUE TRUCK known as the Challenger when you arrive to the finish each day.
There you will find your bags and rooming assignments.

DINNER: Usually 5:30 pm buses will depart from the hotel for dinner between 6-8pm.

NOTE: DO NOT charge anything to your room. You will be responsible to pay any charges to your room at check out.

To promote safety and camaraderie, please NO iPods or other musical devices while riding!

While Riding:

Ten Commandments of Bicycling

- I. Wear a helmet everyday
- II. Conduct an ABC Quick Check before every ride
- III. Obey traffic laws: ride on the right, slowest traffic farthest to right
- IV. Ride predictably and be visible at all times
- V. At intersections, ride in the right-most lane that goes in the in your direction
- VI. Scan for traffic and signal lane changes and turns
- VII. Be prepared for mechanical emergencies with tools and know-how
- VIII. Control your bike handling skills
- IX. Drink before you are thirsty and eat before you are hungry
- X. HAVE FUN!!

Rules of The Road

Cyclist fare best when they act and are treated as drivers of vehicles

- Obey all traffic signs and signals
- Ride in the same direction as other traffic
- Use hand and arm signals
- One hand on the handlebars
- Effective brakes

Efficiency On The Bike

Use lower gears

Newer cyclist tend to push too big of a gear; down shift and spin a smaller gear

Low cadence will cause you to fatigue faster and might cause knee pain

Try to spin about 90-105 RPMS; you'll have more energy and get a better workout

No Bull – AKA No Skateboarding

When stopped, don't push off the ground to get started

Leave one pedal in the two o'clock position; push down when you are ready to go

You will have enough momentum to balance and put your other foot on the pedal

Relax

You should be comfortable while you ride

Relax while you ride; it takes energy to grip the handlebar in fear

Change hand positions often

Relaxed riders are smooth and crash less often

Don't Rock The Boat

Make sure that your saddle height is adjusted properly

Too high and your hips rock; too low causes knee pain

You should have a slight bend in your knee at the bottom of the pedal, which increases efficiency

Avoid The Wall

Listen to your body while you ride to avoid hitting the wall of exhaustion

Eat before you are hungry and drink before you are thirsty to avoid fatigue

If you experience a lightheaded feeling, get off the bike and get some fluids

Weekly schedule and Routes:

Sunday, AUG 6 – Minneapolis, MN.

HOTEL

Minneapolis Marriott Southwest,
5801 Opus Parkway, Minnetonka, MN, 55343-9680
(952) 935-5500

NOTE:

SHUTTLE FROM **MSP** AIRPORT – On Your Own

SCHEDULE:

10:45 AM

VOLUNTEER CHECK-IN

11:00 am – 4:00pm R2R store hours

11:00-4:00 and for 1 hour after dinner for late Check In **TBD**

12:00 PM – 4:00 PM

REGISTRATION:

LOCATION: **IN BOLD**

- WELCOME **TBD**
- BIKE BUILD / BIKE FIT
- GOODIE BAG PICK-UP
- **YOGA CLASSES** AVAILABLE 12:00,1:00,3:00 Robert Keating
- **Mechanics Class** Derailleur Adjustment 1:00 Aries Miclat **Challenger**
- **Pushers Clinic**, 2:00 at Challenger Nate Dewalt **Challenger**
- Project Hero Q and A 12:30-3:30

4:00 – 4:30 PM

1ST TIME RIDER Q AND A and **Battle Buddy** Jayme Brown

4:45 – 5:15 PM

Battle Buddy SKILLS CLINIC:

LOCATION: **Parking Lot at Challenger**

- MANDATORY FOR 1ST TIME RIDERS
- ALL ARE WELCOME

5:30-6:00pm

Caravan Driver Key exchange and meeting

- Registration Room

6:30 PM

KICK- OFF DINNER:

LOCATION:

Orientation Presentation

SPONSORED BY: Ride 2 Recovery

Speaker: TBD

7:30 PM

ALL STAFF MEETING Immediately following Dinner

LOCATION:

LATE REGISTRATION IN ROOM AFTER DINNER FOR FLIGHT ARRIVALS AFTER 4:00 PM

#R2RUHC

Monday, AUG 7 Minneapolis, MN – Rochester, MN ROUTE Pending Approval 54/103MILES **R2R Challenge JERSEY DAY**

BREAKFAST: 6:30 AM

Bag Drop at Uhaul 6:45-7:45AM

Taping/Sick Call: Night Before

Morning Reflection 7:30AM RIDE BRIEFING:

8:00 AM DEPART:

8:15 AM All Groups



MILE	TURN	INSTRUCTION	COMMENTS
0.0	Depart	Hotel	
0	Left	Turn left toward Opus Pkwy	
0.1	Left	Turn left toward Opus Pkwy	
0.1	Left	Turn left onto Opus Pkwy	
0.3	Left	Turn left onto Bren Rd E	
0.5	Right	Slight right onto Blue Cir Dr	
0.5	Straight	Continue straight onto Health Care Ln	Ceremony Stop @ mile .6 UnitedHealthcare HQ
0.8	Straight	Continue onto Blue Cir Dr	
0.8	Right	Turn right onto Bren Rd E	
1	Right	Slight right to stay on Bren Rd E	
1.3	Straight	Continue onto Londonderry Rd	
1.3	Right	Turn right onto Lincoln Dr	
2	Straight	Continue onto Vernon Ave S	
2.5	Left	Turn left to stay on Vernon Ave S	
2.9	Right	Turn right onto Olinger Blvd	
3.9	Right	Turn right onto Tracy Ave	
4.3	Straight	At the traffic circle, take the 2nd exit onto Valley Ln	
4.8	Straight	Continue onto Ridgeview Dr	
5	Left	Turn left onto W 66th St	
7	Right	Turn right onto Xerxes Ave S	
7.1	Left	Turn left onto W 67th St	
8	Left	Turn left onto W 68th St	
8.2	Left	Turn left onto Humboldt Ave S	
8.4	Right	Turn right at the 2nd cross street onto W 66th St	
9.9	Straight	At the traffic circle, take the 1st exit onto Portland Ave S	
11.6	Left	Turn left onto American Blvd E	

Caravan Diverts at Mile 13

Caravan Diversion Instructions

Caravan Instruction

Caravan will Divert at mile 13

Left onto 24th Ave South

Take exit onto 494

Cross river and exit Pilot Knob Rd

Regroup Location Ventura Bank

Intersection

Ride Groups will come from left

Route Continues

13.5	Right	Turn right onto 30th Ave S	
13.5	Left	Turn left	
13.8	Left	Turn left	
14.4	Left	Turn left at American Blvd E	Bike Path Start
16.7	Right	Turn right onto Pilot Knob Rd	Bike Path ends
17.6	Left	Turn left onto Lone Oak Rd	
20.6	Straight	Continue onto 70th St W	
22.6	Right	Turn right onto Babcock Trail	
23.5	Right	Turn right onto Babcock Trail	
23.7	Left	Turn left onto Barbara Ave E	Rest Stop @ Mile 24 Veteran's Memorial Park 8055 Barbara Ave E Invergrove Heights, MN
24.1	Right	Turn right onto 80th St E	
24.2	Right	Turn right onto Barnes Ave	
24.9	Left	Turn left onto Courthouse Blvd	
25.9	Left	Turn left onto Concord Blvd E	
25.9	Right	Turn right to merge onto MN-55 E/US-52 S	
29.4	Left	Turn left toward Hastings	
29.7	Straight	Continue onto Hwy 55 E/Courthouse Blvd	
34.1	Right	Turn right onto Goodwin Ave	
43	Left	Turn left onto 240th St E	
43.9	Right	Turn right onto Hogan Ave	
49.1	Left	Turn left onto Rochester Blvd	
50	Straight	Continue onto County 29 Blvd	
50.7	Straight	Continue onto MN-20 S	
52	Straight	Continue onto 4th St S	
52.6	Right	Turn right onto Timber Ln	
52.7	Left	Turn left onto Pine St	
52.8	Left	Turn left	
52.9	Right	Turn right onto Pine St	
53	Right	Turn right onto Timber Ln	
53.1	Left	Turn left onto 4th St S/County 24 Blvd	
53.2	Right	Turn right onto County 25 Blvd	
54	Arrive	Load Busses	Bus to Hotel LUNCH Stop 218 4th St Cannon Falls MN

Advance Group Ride Continues

60.7	Right	Turn right onto County 1 Blvd	
61.4	Left	Slight left onto 100th Ave	
65.2	Left	Turn left onto 400th St	
66.5	Right	Turn right onto Hader Trail	
66.8	Right	Slight right onto 114th Ave	
66.9	Right	Turn right onto MN-57 S	Rest Stop @ mile 71 Riverside Park Wanmingo, MN
76.7	Left	Turn left onto County 11 Blvd	
84.1	Right	Turn right onto 3rd Ave NW	
84.5	Left	Turn left onto 1st St NW	
84.8	Right	Turn right onto N Main St	
85.4	Right	N Main St turns right and becomes 8th St SW	
85.5	Left	Turn left onto County Rd 3 NW	
90.3	Right	Turn right to stay on County Rd 3 NW	
93.7	Right	Turn right onto 75th St NW	
93.9	Left	Turn left onto County Rd 3 NW	
96.6	Left	Turn left onto Valleyhigh Rd NW	
103.3	Right	Turn right onto 4th Ave NW	
104.2	Right	Turn right onto 6th St SW	

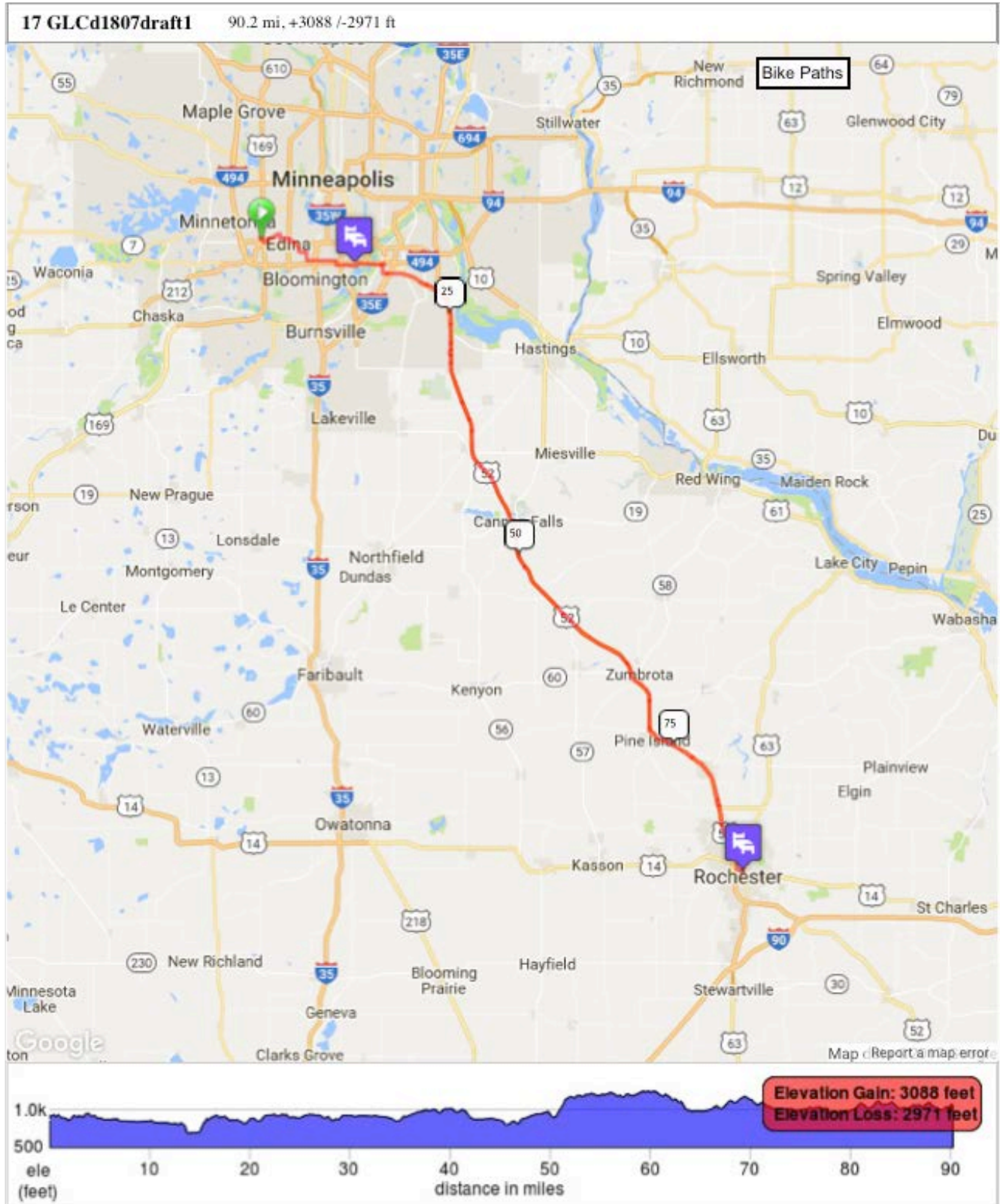
HOTELS:

NO TAG

Centerstone Plaza
Hotel
401 6th Street SW,
Rochester, MN
55902
(507) 292-7337

Buses Depart: 5:30, 5:45, 6:00 PM
Return Buses: Announced at Dinner
DINNER: 6:00 PM
LOCATION: American Legion 92
SPONSORED BY: American Legion 92

Map 8-7




Tuesday, Aug, 8 Rochester, MN. – LA Crosse, WI. 74 MILES PROJECT HERO HUB JERSEY DAY

BREAKFAST: 6:30 AM Uhaul Bag Drop: 6:30-7:30 AM Taping/Sick Call: Night before

Morning Reflection: 07:30 RIDE BRIEFING: 8:00 AM DEPART: D GROUP 8:15 AM 1-2 GROUP 08:15 AM

MILE	TURN	INSTRUCTION	COMMENTS
0.0	Depart	Hotel	
0.1	Left	Turn left at the 1st cross street onto 6th St SW	
0.1	Left	Turn left at the 1st cross street onto 3rd Ave SW	
0.4	Right	Turn right onto 2nd St SW	Ceremony Stop @ Mile 0.5 Peace Plaza
0.6	Right	Turn right onto S Broadway	
1.6	Left	Turn left onto US-14 E/12th St SE	
12.5	Straight	At the traffic circle, continue straight to stay on US-14 E	Rest Stop @22 St Charles City Hall 830 Whitewater ave St Charles, MN
22.2	Right	Turn right toward W 9th St	
22.4	Left	Turn left onto W 9th St	
22.4	Left	Turn left onto Whitewater Ave	
32	Right	Turn right onto W Main St	
33	Right	Turn right onto Co Hwy 25	
37.4	Straight	Continue onto Co Rd 25	
39.4	Left	Turn left onto Co Hwy 12/Co Rd 12	Lunch Stop @ mile 44 Wilson Fire Dept Co rd 12 Winona MN
46.7	Right	Turn right to stay on Co Hwy 12/Co Rd 12	
49.1	Right	Turn right onto Pleasant Valley Rd	
49.4	Straight	Continue onto Co Hwy 12/Co Rd 12	
52.8	Right	Turn right onto Co Hwy 11	
54.5	Left	Turn left onto Co Hwy 8	
58.3	Straight	Continue onto County Rd 5	
61.1	Straight	Continue onto County Rd 6	Rest Stop @ Mile 67 Weiser Community Park 1670 County Rd 6 La Crescent, MN
69.2	Left	Turn left onto S Elm St	
69.4	Right	Turn right onto S 3rd St	
69.6	Straight	Continue onto US-14 E/US-61 S	
72.7	Right	Turn right onto 3rd St S	
72.8	Right	Turn right at the 1st cross street onto Division St	
72.9	Right	Turn right onto Cross St	
73.1	Straight	Continue onto Front St S	
73.5	Right	Turn right onto State St	
73.5	Left	Turn left onto Front St N	
73.6	Right	Turn right onto Vine St	

#R2RUHC

73.7	Left	Turn left at the 1st cross street onto 2nd St N	
73.9	Right	Turn right onto La Crosse St	
74	Arrive	Hampton Inn and Suites 511 3 rd st N La Crosse, WI 54601	

HOTELS:

NO TAG

Hampton Inn & Suites
LaCrosse
511 3rd St. N,
LaCrosse, WI 54601
(608) 791-4004

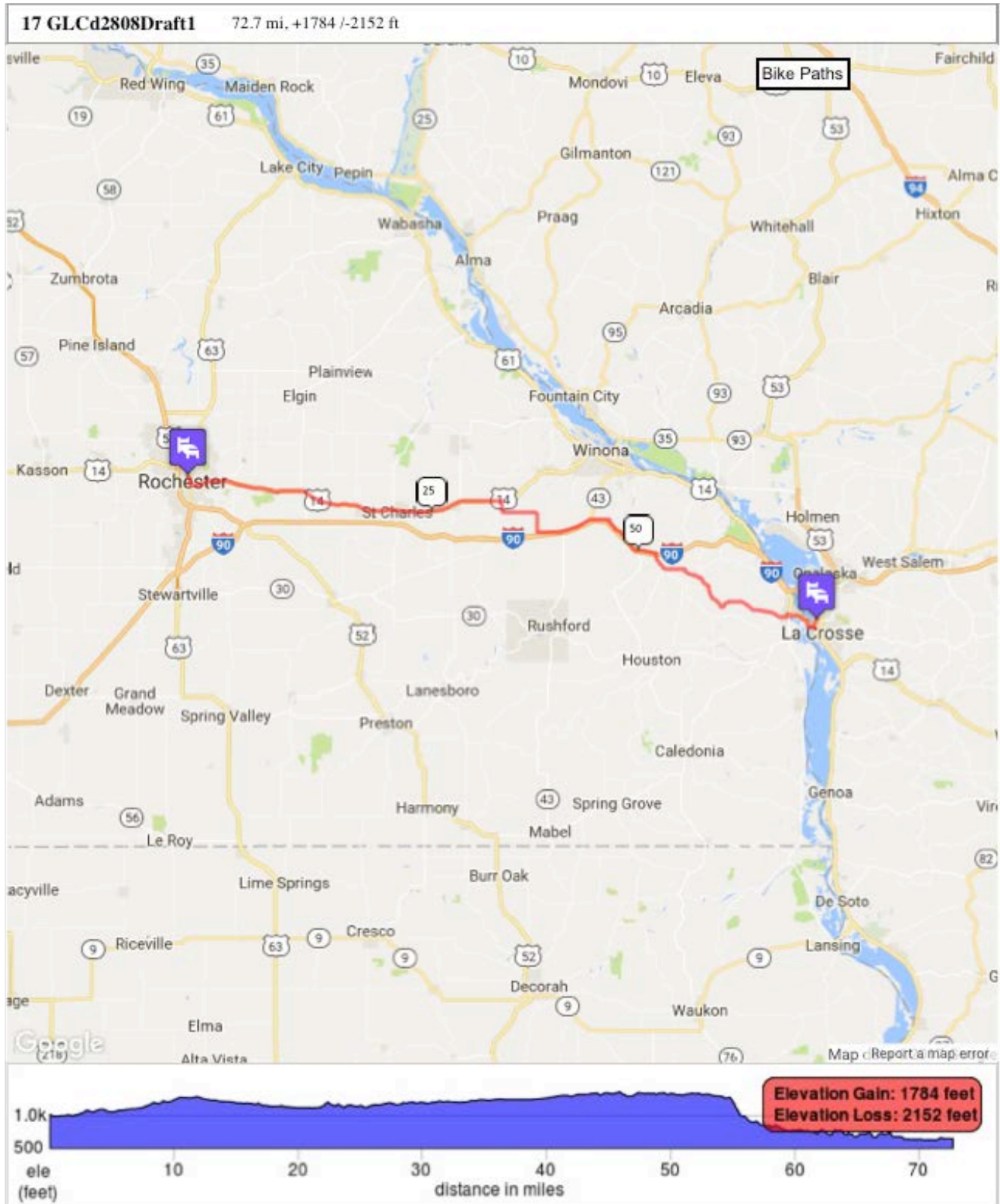
Buses Depart: 5:30

DINNER: 6:00 PM

LOCATION: The WaterFront

Sponsored By: Don Weber and The LHI

Map 8-8




Wednesday, AUG 9 LA Crosse, WI. – Reedsburg, WI 81.4 mil SERVICE JERSEY DAY

BREAKFAST: 6:30 AM Uhaul Bag Drop: 6:30-7:30 AM Taping / Sick call: Night before

MORNING REFLECTION: 07:30 RIDE BRIEFING: 7:45 AM DEPART: D GROUP 8:00 AM 1-2 GROUP 8:30 AM

MILE	TURN	INSTRUCTION	COMMENTS
0.0	Depart	DEPART FROM	
1	Straight	Merge onto Front St S	
1.1	Straight	Continue onto Jackson St	
1.2	Left	Turn left to stay on Jackson St	
1.9	Left	Turn left onto West Ave S	
3	Right	Turn right onto La Crosse St	
4	Left	Turn left onto WI-16	Brunch Stop @ Mile 27 BEN BIKIN in Sparta
30	Straight	At the traffic circle, take the 1st exit onto WI-71 E	
35.1	Right	Turn right onto Javelin Rd	
42.2	Left	Turn left onto Railroad St	
42.3	Right	Turn right onto WI-71 E/Main St	Rest Stop @ Mile 51 Tunnel Trail Campground 26983 WI-71
52.5	Right	Turn right toward WI-71 E	
52.6	Left	Turn left toward WI-71 E	
52.7	Straight	Make a U-turn	
52.7	Right	Turn right toward WI-71 E	
52.8	Right	Turn right onto WI-71 E	
63.9	Right	Turn right onto Main St	
68.2	Left	Turn left onto State Hwy 33 Trunk E/WI-33 E/Bridge St	Lunch Stop @ Mile 69.4 Monewoc Legion Park Pine Street Wonemoc
71.4	Left	Turn left onto N Rd	
71.5	Right	Slight right onto Pine St	
71.6	Straight	Make a U-turn	
71.7	Left	Slight left onto N Rd	
71.7	Left	Turn left onto N East St	
80.1	Left	Turn left onto State Hwy 33 Trunk E/WI-33 E/E Main St	
88.7	Left	Turn left onto Viking Dr	
88.9	ARRIVE	Voyageur Inn & Conference Center 200 Viking Dr., Reedsburg, WI 53959 (608) 524-6431	

HOTELS:
NO TAG

RED TAG


 Voyageur Inn &
Conference Center
200 Viking Dr.,
Reedsburg, WI 53959
(608) 524-6431

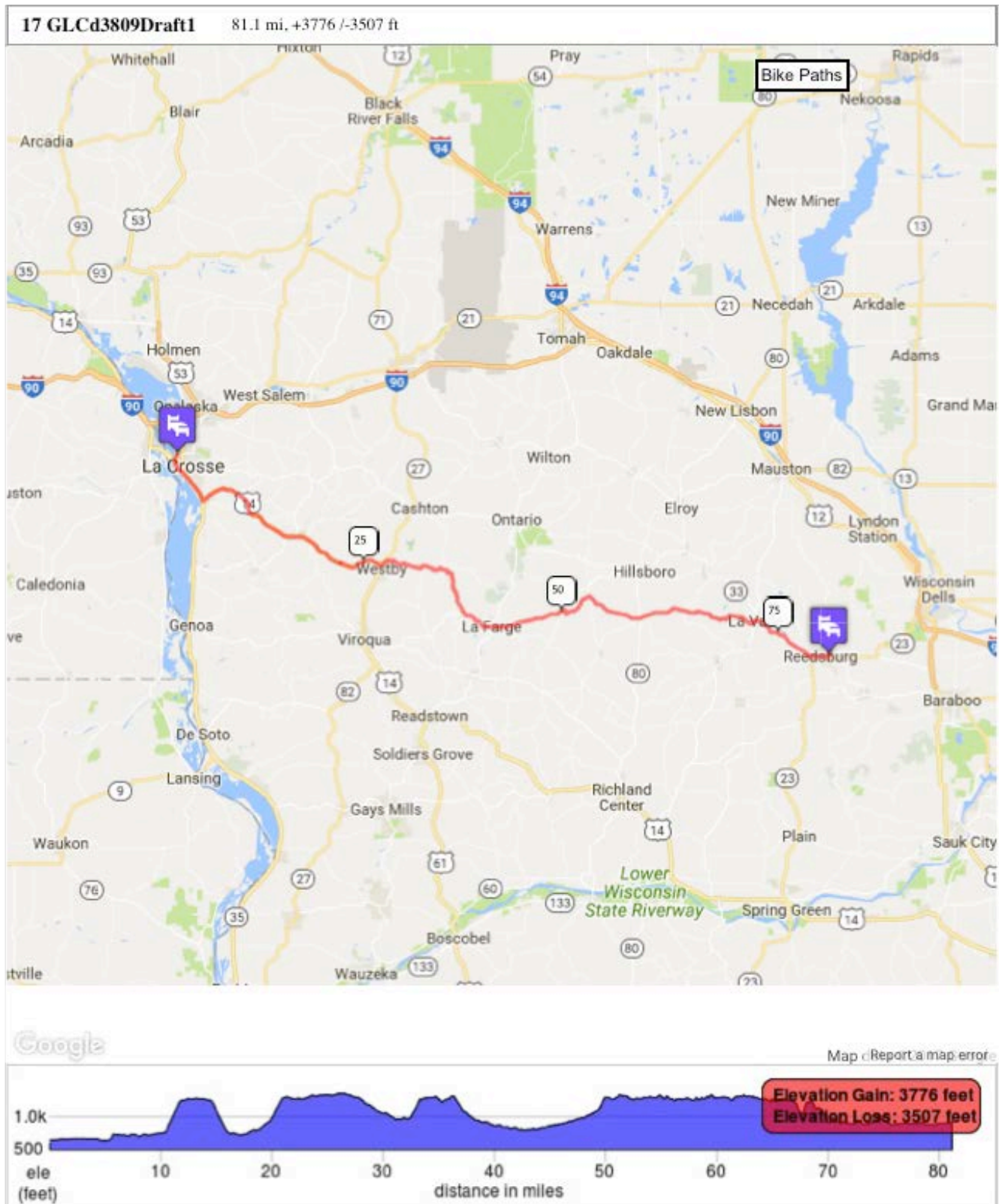
 Quality Inn
2115 E Main St,
Reedsburg, WI
(608) 524-8535

Dinner 6:00

LOCATION: Brewster Lanes (walk to Dinner)

SPONSORED BY: Geico

Map 8-9





Thursday, AUG 10 Reedsburg, WI – Madison, WI. 54 MILES YELLOW JERSEY or SPECIAL EVENTS DAY

BREAKFAST: 7:00 AM Uhaul Bag Drop: 7:45-8:45 AM Taping / Sick Call: Night before

MORNING REFLECTION: 8:45 AM RIDE BRIEFING: 9:15 AM DEPART HOTEL: D GROUP 9:30 AM 1-2 GROUP 10:00AM

MILE	TURN	INSTRUCTION	COMMENTS
0.0	Depart	DEPART FROM	Voyageur Inn
0.2	Left	Turn left onto State Hwy 33 Trunk E/WI-23 N/WI-23 Trunk N/WI-33 E/E Main St	
1.7	Right	Turn right onto WI-136 E	
6.8	Left	Turn left onto WI-136 E/E Broadway St	
14.3	Straight	At the traffic circle, continue straight onto Linn St	
14.7	Right	Turn right onto US-12 E/W Pine St	
17.2	Left	Turn left onto WI-159 E	
18.5	Right	Turn right onto WI-159	
18.9	Straight	Continue onto Park Rd/N Shore Rd	
19.7	Right	Turn right	
20	Right	Turn right onto Ice Age National Scenic Trail/Park Rd/N Shore Rd	Rest Stop @ Mile 20 Rock Elm Shelter S5975 Park Rd
20	Left	Turn left onto Park Rd	
20.4	Left	Turn left onto County Rd DL	
20.8	Straight	Continue onto Park Rd	
21	Left	Turn left onto S Shore Rd	
22.3	Left	Slight left onto S Lake Rd	
26.7	Right	Turn right onto WI-113 S	
27.7	Right	Turn right onto Halweg Rd	
28.6	Left	Turn left onto Goette Rd	
29.9	Right	Turn right onto WI-78 S/WI-78 Trunk S	
38.2	Left	Turn left onto US-12 E/Phillips Blvd	
48.4	Left	Turn left onto Co Hwy P/County Rd P	Lunch Stop at Mile 48.6 Springfield Town Hall 6157 County Rd P Dane, WI
48.8	Right	Turn right onto Darlin Dr	
49.6	Left	Turn left onto WI-19 E	
50	Right	Turn right onto Lodi Springfield Rd	
50.8	Left	Lodi Springfield Rd turns left and becomes Woodland Dr	
54.8	Right	Turn right onto Co Hwy Q/Co Rd Q	
58	Right	Turn right onto Balzer Rd	

#R2RUHC

59.5	Left	Balzer Rd turns slightly left and becomes High Rd	
60	Right	Turn right onto Greenbriar Rd	
60.6	Left	Turn left onto Parmenter St	
61.5	Left	Turn left onto Co Hwy M/Century Ave	
62.9	Right	Turn right onto Allen Blvd	
63.9	Left	Turn left onto University Ave	
65.2	Right	Turn right onto N Whitney Way	
67	Right	Slight right to stay on University Ave (signs for University Avenue)	
67.3	Left	Turn left	
67.4	Arrive	Best Western Plus InnTowner Madison 2424 University Ave, Madison, WI 53726	

HOTEL:

NO TAG

Best Western Plus
InnTowner Madison
2424 University Ave,
Madison, WI 53726
(608) 233-8778

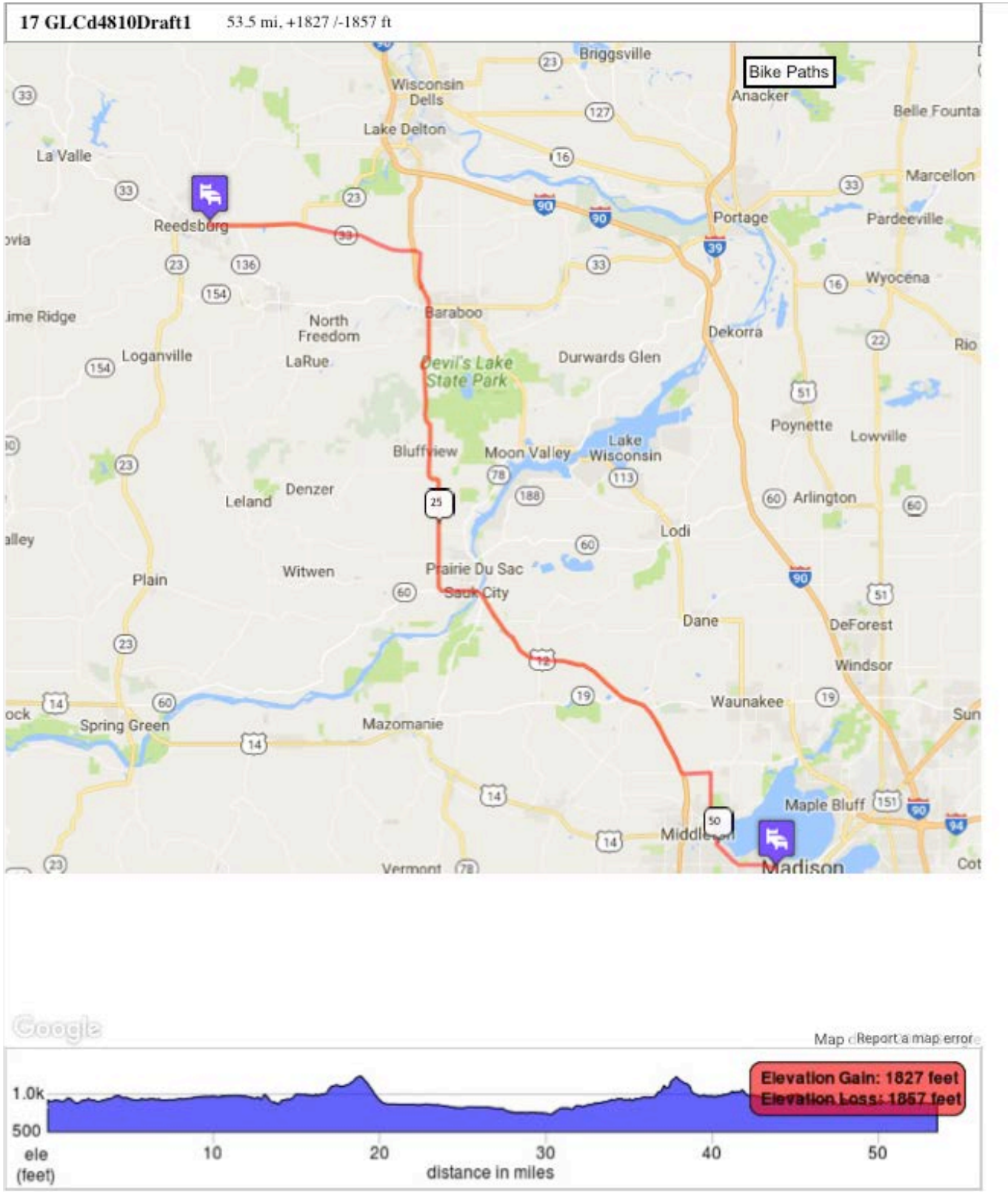
Buses Depart: 5:30

DINNER: 6:00

LOCATION: 5253 Verona Rd, Fitchburg, WI 53711

Sponsored By: Saris

Map 8-10



#R2RUHC

Friday, AUG 11 Madison, WI.– Lake Geneva, WI. 79 MILES

R2R CHALLENGE JERSEY DAY and HUMPDAY

BREAKFAST: 6:30 AM

Uhaul Bag Drop: 6:15-7:15

Taping / Sick Call: Night Before

MORNING REFLECTION: 7:15 AM

RIDE BRIEFING: 7:45 AM

DEPART: D GROUP 08:00 AM 1-2 GROUP 08:30 AM



MILE	TURN	INSTRUCTION	COMMENTS
0	Depart	Depart Hotel	
1.1	Straight	Continue onto W Johnson St	
1.8	Right	Turn right onto N Bassett St	
2.2	Left	Turn left onto W Wilson St	
2.3	Right	Turn right onto S Broom St	
2.4	Right	Turn right onto John Nolen Dr	
2.5	Straight	Continue straight to stay on John Nolen Dr	
4.1	Right	Turn right onto Co Hwy MM S/Rimrock Rd	
9.2	Left	Turn left onto Co Hwy B/County Rd B	
13.8	Right	Turn right onto US-51 S	
16.8	Left	Turn left onto Co Hwy B/Co Rd B	Rest Stop @ Mile 18 Virgin Lake Park Stoughton, WI
19.3	Right	Turn right onto Co Hwy N/County Hwy N	
20.8	Left	Turn left onto US-51 S/E Main St	
26.4	Right	Turn right onto County Hwy A	
28.5	Straight	Continue straight onto Albion Rd	
30.4	Right	Turn right onto US-51 S	
31.5	Left	Turn left onto Lake Drive Rd	
32.4	Right	Turn right onto Goede Rd	
33.7	Straight	Continue straight onto N Hemenway Rd	
33.8	Left	Turn left onto WI-59 E	
33.9	Straight	At the traffic circle, take the 2nd exit and stay on WI-59 E	
34.2	Straight	At the traffic circle, take the 2nd exit and stay on WI-59 E	
36.7	Left	Turn left onto County Hwy N	
47.6	Right	Turn right onto US-12 E	Lunch Stop @ Mile 50 Starin Park 504 W Starin Rd Whitewater, WI
56.9	Right	Turn right onto Co Hwy H/Co Rd H/Kettle Moraine Scenic Dr	
61.6	Left	Turn left onto Co Hwy H/County Rd A	

62.1	Right	Turn right onto Co Hwy H/Co Rd H	
66.4	Straight	Continue onto N Church St	
66.8	Left	Turn left onto 1st Ave	
67.1	Right	Turn right onto N Lincoln St	
67.6	Left	Turn left onto E Geneva St	
68.5	Right	Turn right onto Co Hwy H	
75.4	Left	Turn left onto Grant St	
75.8	Left	Turn left onto Williams St	
75.9	Straight	Continue onto E Sheridan Springs Rd	
76.1	Right	Turn right to stay on E Sheridan Springs Rd	
76.7	Left	Turn left onto Sheridan Springs Rd	
77.5	Right	Turn right	
77.8	Right	Turn right toward Grand Geneva Way	
77.8	Right	Turn right toward Grand Geneva Way	
78	Straight	Continue onto Grand Geneva Way	
79	Arrive	Grand Geneva 7036 Grand Geneva Way, Lake Geneva, WI 53147 (262) 248-8811	

HOTEL:**NO TAG**

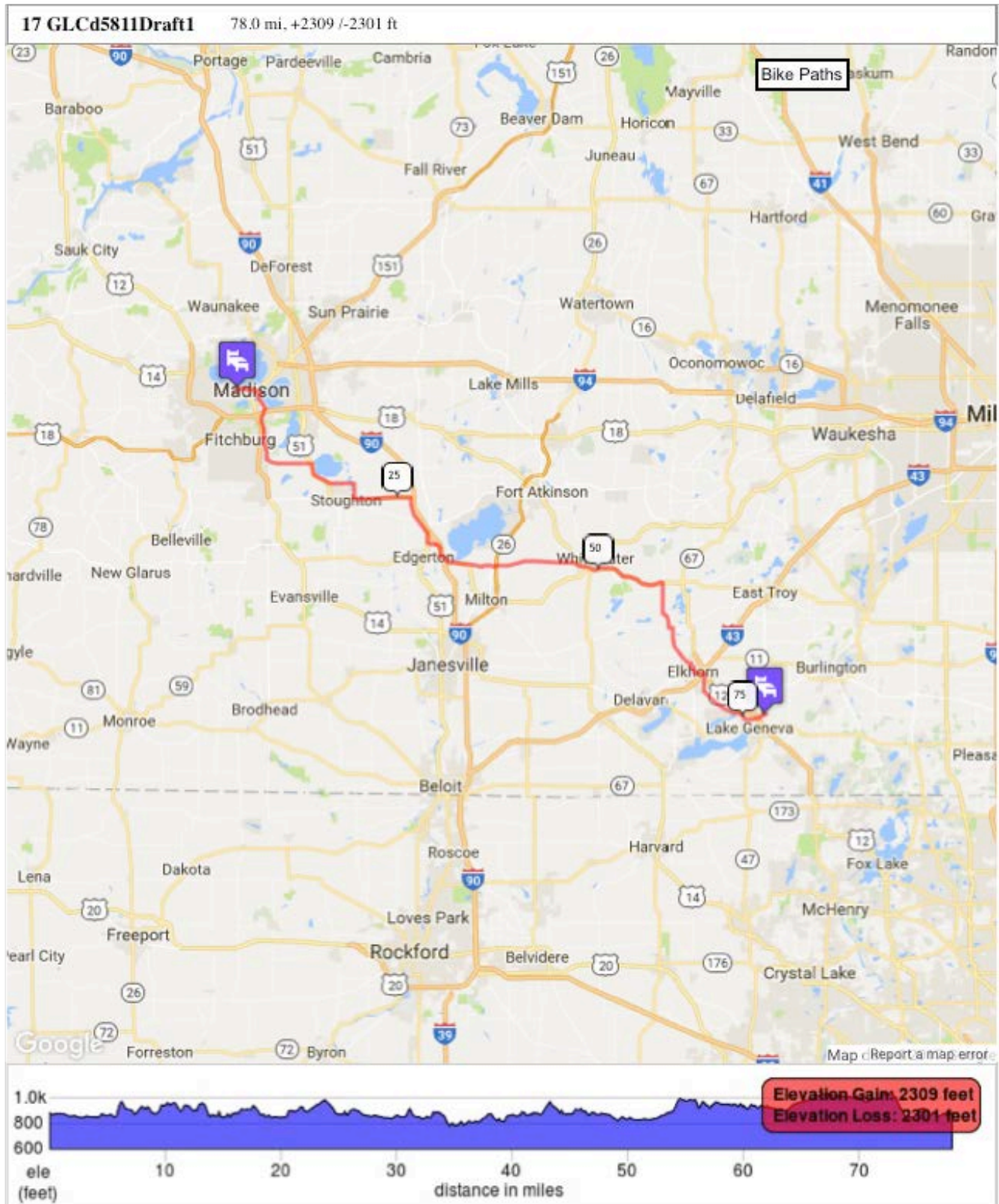
Grand Geneva
7036 Grand Geneva Way,
Lake Geneva, WI 53147
(262) 248-8811

DINNER: 6:00

LOCATION: At Hotel

SPONSORED BY: Rob Paddor

Map 8-11



#R2RUHC

**Saturday, AUG 12****Lake Geneva, WI.– Palatine, IL 50 MILES****WOMEN'S JERSEY DAY**

BREAKFAST: 8:00 AM Uhaul Bag Drop: 08:15-09:15 Taping / Sick Call: Night Before

MORNING REFLECTION: 9:15 AM RIDE BRIEFING: 09:45 AM DEPART: D/Women's GROUP 10:00 AM 12 GROUP 10:30 AM



MILE	TURN	INSTRUCTION	COMMENTS
0	Start	Depart Hotel	
1.4	Left	Turn left onto WI-50 E	
10.3	Right	Turn right onto 352nd Ave	
12.9	Left	Turn left onto Bassett Rd	
14	Right	Turn right onto 336th Ave	
16.6	Left	Turn left onto County Hwy C K	
17.6	Right	Turn right at the 1st cross street onto County Hwy W/Fox River Rd	
17.9	Straight	Continue onto Johnsburg Rd/W Wilmot Rd	
22.3	Left	Turn left onto US-12 E	Lunch Stop @ Mile 23 Lyle C. Thomas Memorial Park 7816 Blivin Street Spring Grove, IL 60081
47.4	Left	Turn left onto W Dundee Rd	
48	Left	Turn left onto Kennedy Dr	
48.1	Straight	Continue onto Winchester Hill	
48.2	Straight	Continue straight onto E Palmer Ln	

HOTEL:

NO TAG

Holiday Inn Express Palatine
Arlington Heights
1550 E Dundee Rd,
Palatine, IL 60074
(847) 934-4900

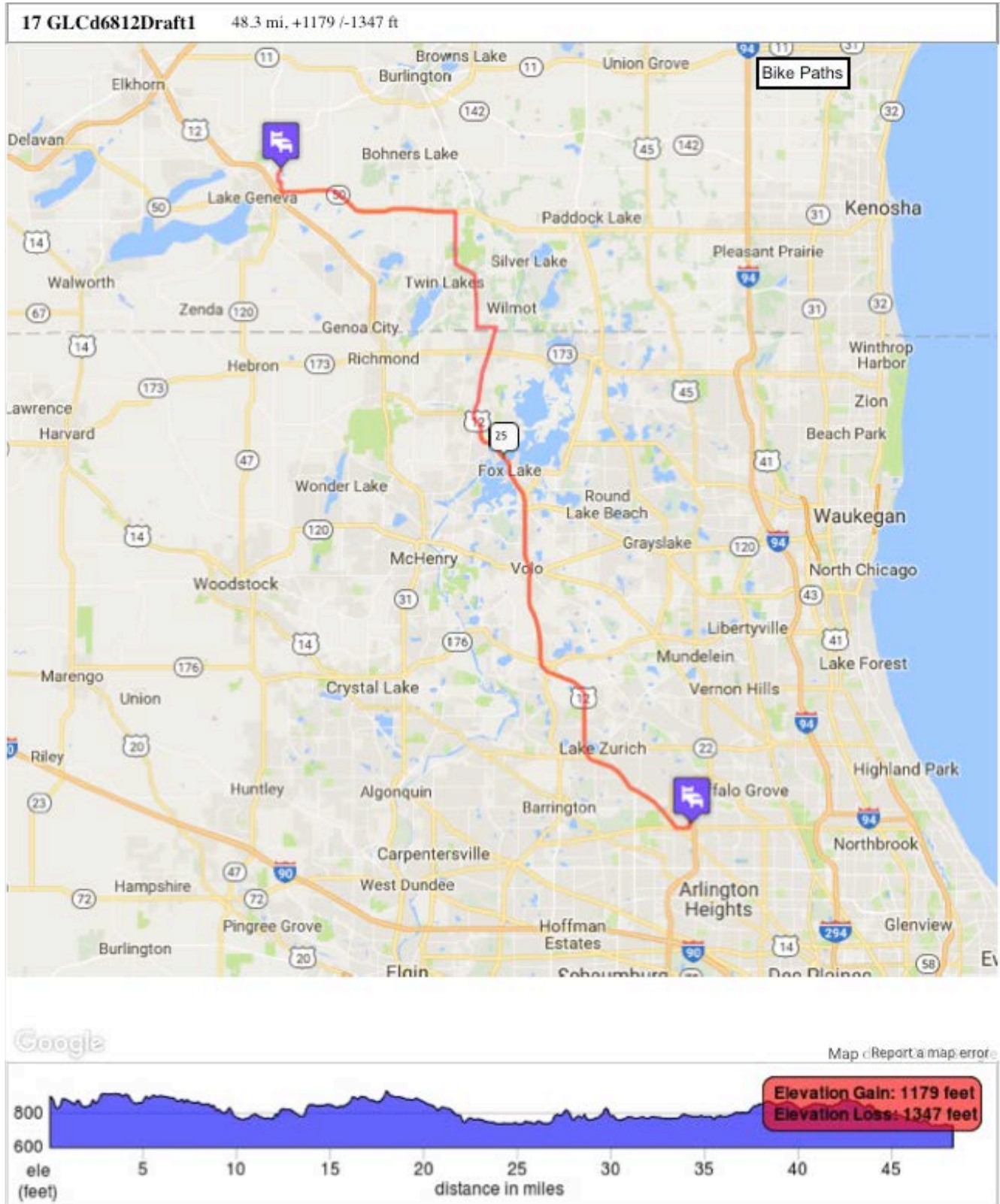
Bussed: 5:30 PM

DINNER: 6:00 PM

LOCATION: Barrington Hills Rolling Farms

SPONSORED BY: Dick & Judi Duchoissois (Dick is a WWII veteran),
Charley & Sandy Denny, Mary Galvin, Marimarie & Frank
Konicek, and Dede Wamberg

Map 8-12





Sunday, AUG 13 **BARRINGTON HONOR RIDE** **VARIOUS MILES** **HONOR RIDE AND SPONSOR JERSEY**

BREAKFAST: TBD Uhaul Bag Drop: 5:00-05:45 AM Taping / Sick Call: Night Before

MORNING REFLECTION: 5:45 AM RIDE BRIEFING: 06:15 AM DEPART: ALL GROUPS 06:30 AM

MILE	TURN	INSTRUCTION	COMMENTS
0	START	DEPART HOTEL	
0.1	Straight	Continue onto Kennedy Dr	
0.2	Right	Turn right onto IL-68 W/W Dundee Rd	
7.9	Left	Turn left onto W Dundee Rd	
9.3	Right	Turn right onto Algonquin Rd/W Dundee Rd	
9.6	Straight	Continue straight onto Algonquin Rd	
12	Right	Turn right onto Bateman Rd	
12.6	Left	Turn left onto Deepwood Rd	Arrive Honor ride

ENJOY THE BARRINGTON HONOR RIDE

0	START	RIDE TO HOTEL LINCOLN	Depart 11:45am, 12:30am, 1:00pm
0.7	Left	Turn left onto IL-62 E/Algonquin Rd	
13.9	Left	Turn left onto W Golf Rd	Rest Stop @ mile 15.6 Robert T Jackson Clearwater Park 1717 W Lonnquist MT Prospect
18.1	Straight	Continue onto N Wolf Rd	
18.4	Straight	At the traffic circle, take the 1st exit onto IL-58 E/Golf Rd	
20.4	Straight	Continue onto W Golf Rd	
22.1	Right	Turn right onto N Milwaukee Ave	
25.1	Straight	Continue straight to stay on N Milwaukee Ave	
27.5	Left	Turn left onto W Peterson Ave	
27.6	Right	Slight right onto N Elston Ave	
32.4	Straight	Continue straight to stay on N Elston Ave	
33.7	Left	Slight left onto W Diversey Ave/Pkwy	
35.3	Right	Slight right onto N Lincoln Ave	
37	Left	Turn left to stay on N Lincoln Ave	
37.1	Arrive	Hotel Lincoln 1816 N Clark St Chicago, IL 60614	

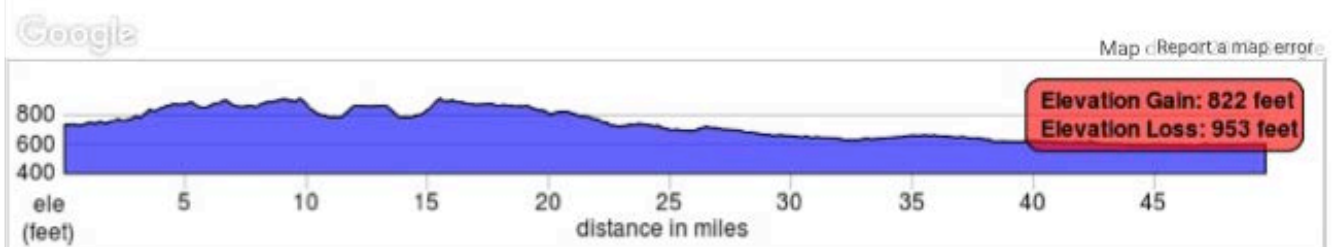
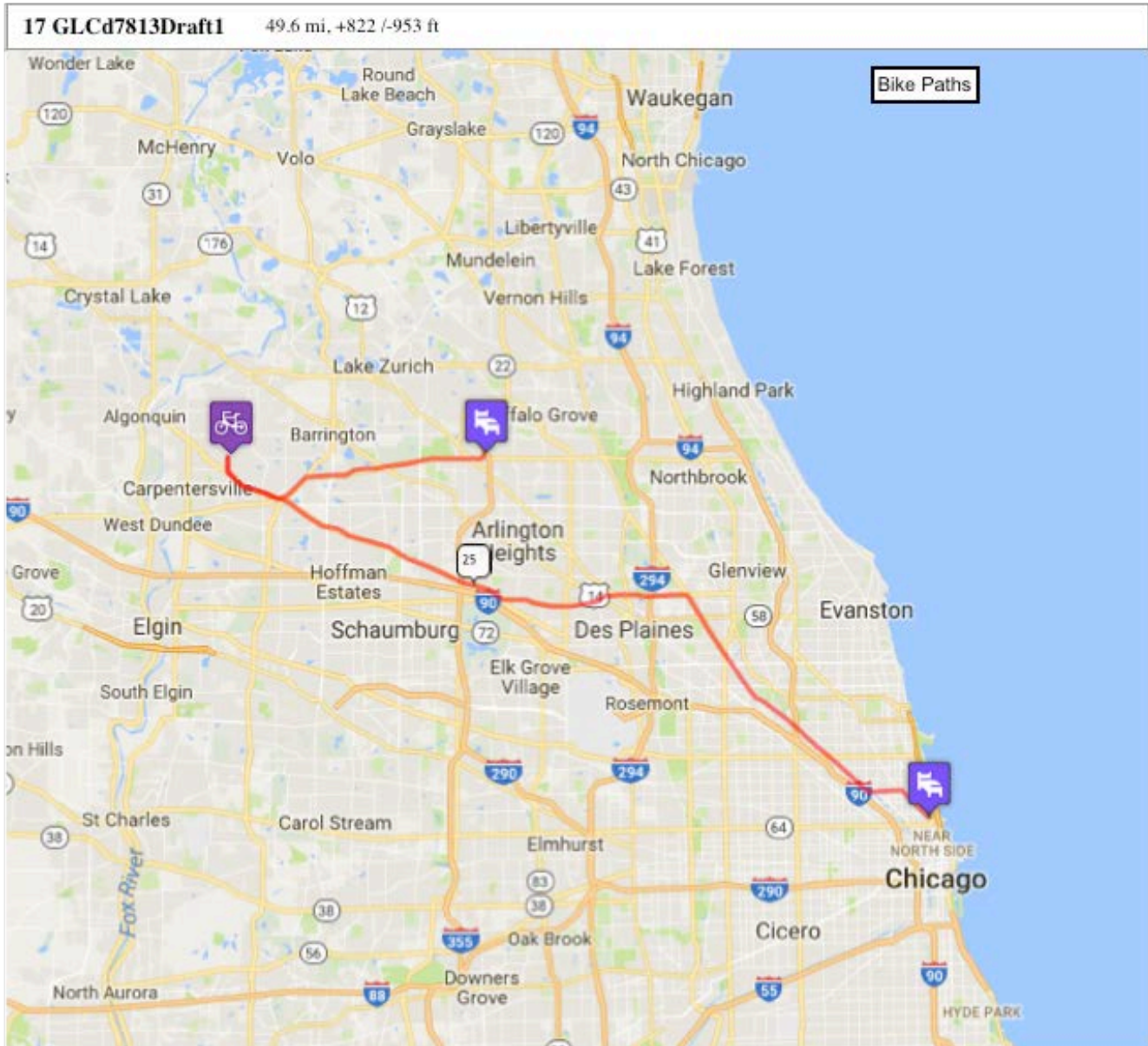
HOTEL:

NO TAG

Hotel Lincoln
1816 N Clark St
Chicago, IL 60614

Busses: 5:30
DINNER: 6:30
LOCATION: Mid-America Club
SPONSORED BY: Dover

Map 8-13





#R2RUHC

Monday, AUG 14**Hotel Lincoln to Evanston Subaru 22 MILES****R2R CHALLENGE JERSEY**

BREAKFAST: 7:00 AM Uhaul Bag Drop: N/A Taping / Sick Call: Night Before

MORNING REFLECTION: 9:00 AM RIDE BRIEFING: 9:30 AM DEPART: ALL GROUPS 9:45 AM

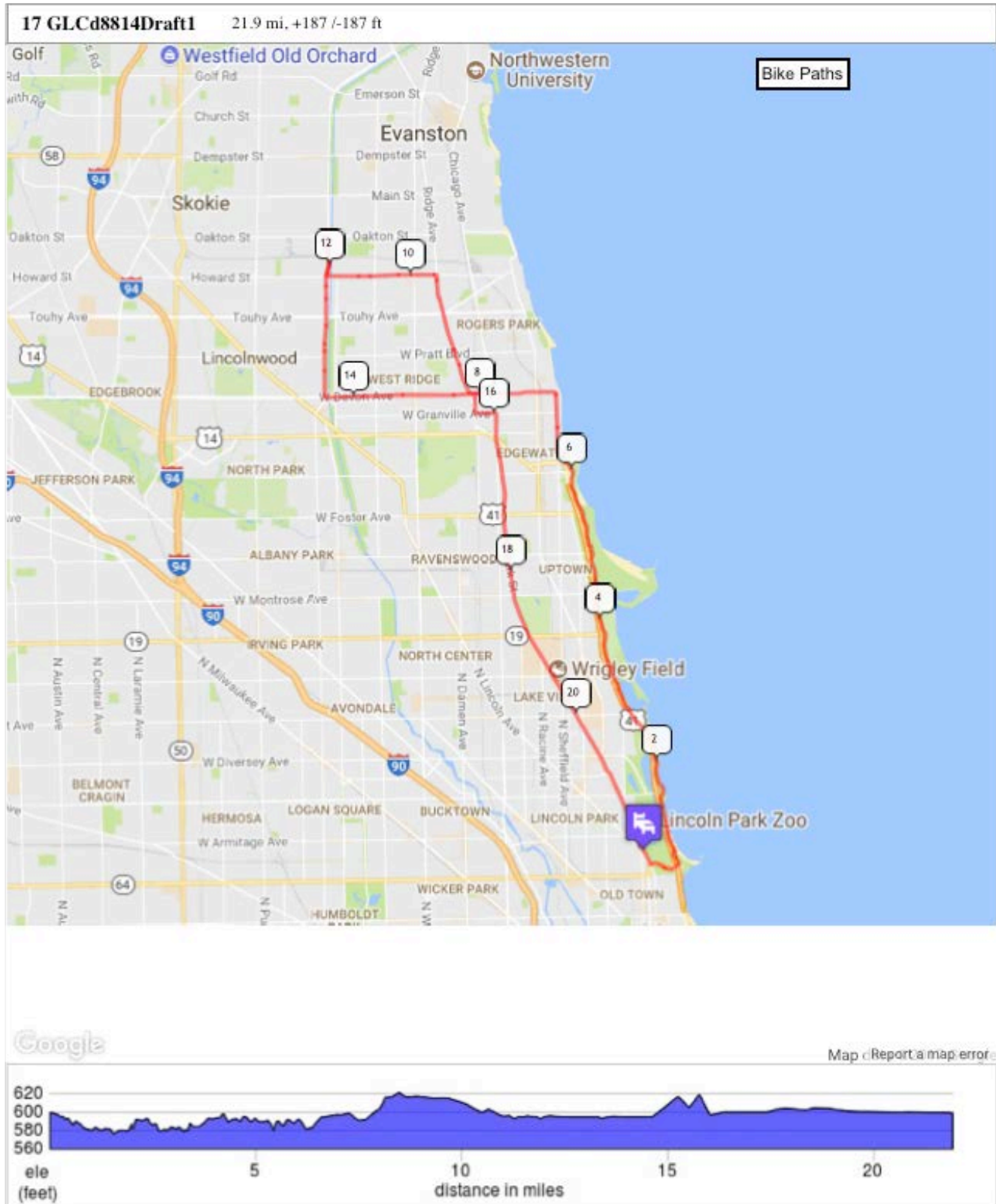
MILE	TURN	INSTRUCTION	COMMENTS
0	START	DEPART HOTEL Lincoln	
0	Right	Turn right onto N Clark St	
0.2	Left	Turn left onto W LaSalle Dr	
0.5	Left	Keep left to stay on W LaSalle Dr	
0.6	Left	Turn left onto the ramp	
0.8	Left	Turn left to stay on Lakefront Trail	
2	Left	Slight left onto Lakefront Trail/U.S. Bicycle Rte 37	
6.2	Straight	Continue onto W Ardmore Ave	
6.3	Right	Turn right onto N Sheridan Rd	
7	Left	Turn slight left onto West Sheridan Road	
7.3	Straight	Continue onto West Devon Avenue	
8.1	Right	Turn right onto North Ridge Boulevard	
8.3	Straight	Continue onto North Ridge Avenue	
8.7	Straight	Continue onto North Ridge Boulevard	
9	Straight	Continue onto North Ridge Avenue	
9.7	Left	Turn left onto West Howard Street	
11	Right	Turn right onto North McCormick Boulevard	
11.6	Left	Turn left onto Oakton Street	Event Party Stop Evanston Subaru
11.6	Right	Turn right onto North McCormick Boulevard	
13.7	Left	Turn left onto West Devon Avenue	
15.5	Right	Turn right onto North Ravenswood Avenue	
15.7	Straight	Continue	
15.7	Straight	Continue onto North Ravenswood Avenue	
15.8	Left	Turn left onto West Granville Avenue	
16	Right	Turn right onto North Clark Street	
21.8	Right	Turn sharp right onto West Wisconsin Street	
21.9	Left	Turn sharp left	

HOTEL:**NO TAG**

Hotel Lincoln
1816 N Clark St
Chicago, IL 60614

Those not doing the special event will leave from Evanston Subaru to airport.

Map day 8



FLY HOME

CHICAGO AIRPORTS SHUTTLE ON OWN

Thank you for your participation in the 2017 Great Lakes Challenge.