

Lake Michigan


 Priority Health Tour de Leelanau
 presented by Leelanau Sandi Corino

Miles
 0 1 2 3 4

**Men's Start
 11:00 AM**

**Women's
 Start
 12:40 AM**

Finish

Course Description

The Priority Health Tour de Leelanau kicks off at 11:00 AM in the 140 year old fishing village of Leland with the men's start. Leland is a natural choice as the men's start host of the Priority Health Tour de Leelanau due to its striking natural beauty and easy, relaxed atmosphere.

Male racers congregate on Lake St near the Leland Harbor and head south on M-22 under a neutral start until they turn left onto Schomberg Rd. Once the green flag waves, the racing begins and the road immediately kicks uphill climbing 450' over the next mile and a half! Schomberg definitely gives the riders a chance to see how they feel and stretch out their legs. Once over the top of Schomberg the riders head south and west zig-zagging first towards Sugar Loaf and then the eastern shores of Lime Lake.

From Lime Lake the guys will head south on Stachnik Rd into Maple City (mile 15) where they'll turn west towards the southern flanks of Big Glen Lake. Here they'll find the first real challenge of the day, Inspiration Point, a mile long climb up a sick (steep) grade. A quick descent towards the Glen Lake Narrows, then they're off to the south and the Village of Empire.

A steep pitch of Frederickson Rd off of M-22 five miles before Empire will be a surprise! Then just before entering the Village proper (mile 34), the course drops down Wilco Rd. from the Empire Bluffs Trailhead. Wilco Rd. challenges the racer's bike handling skills and nerves as it winds through densely forested Maple and Beech trees and speeds are anticipated to reach 55 miles an hour! The sprint in Empire is sure to be the very fastest of all the sprints!

A fleeting glimpse of the famous Sleeping Bear Dunes Climb is all that the boys will get to experience of Sleeping Bear National Lakeshore as they head north to Glen Arbor. The sprint in Glen Arbor (mile 43) promises to be exciting as the peloton will have a mile and a half to wind it up straight down Harbor Highway to the line.

As soon as the men sprint in Glen Arbor, the women's race starts right down by the waterfront of The Homestead (approximately anytime between 12:35 and 12:50 PM). Heading in the opposite direction, the gal's course provides a chance for them to put on a show for the Glen Arbor crowds with a sprint. From Glen Arbor their course turns south and then east along the back roads of Glen Arbor to reintegrate with the balance of the men's course.

Up another short and steep hill on Trumbull Rd. and they're off to the second KOM climb of

the day on Hlavka Rd. (mile 55 & 15). Hlavka may not be as steep as Inspiration Point but it definitely hurts. The descent down Hlavka is tricky as there is one decreasing radius turn that could send racers into the gutter if they are not prepared for it

Next up is another sprint, this time in Maple City (mile 58 & 18), just before making a left turn and heading for a keystone of the race course, Tower Rd. Tower Road is known locally as the Nagly Wal, which is Polish for "Wall of Pain". This Nagly Wal features a 21 percent grade for 400 yards. It may not sound like much until one stands at the bottom and looks up! And you want me to ride a bike up that?! The course is just over halfway, yet the Nagly Wal could play a major role in determining the day's champions!

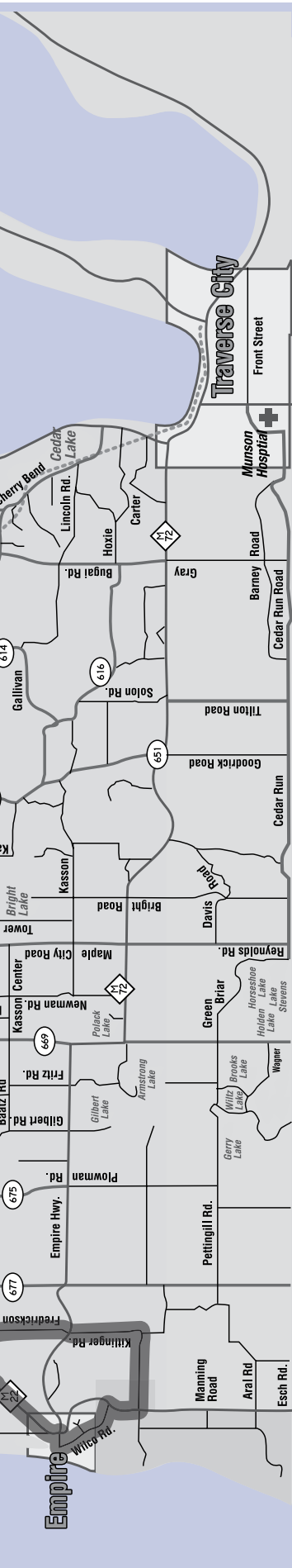
Valley Rd provides a chance to rest before hitting Cedar (mile 63 & 23) for a Sprint Leader competition quickly followed by a KOM, known locally as "Garvin Hill", at the top of Lake Shore Rd. The racers have a chance to relax and re-hydrate along the shores of Lake Leelanau before a Sprint Leader line in Lake Leelanau (mile 77 & 35) and then a KOM on Herman Rd before descending into the Village of Suttons Bay (mile 80 & 40) and yet another Sprint Line.

Leaving Suttons Bay, the racers turn left on to M-204 and the rolling hills of northern Leelanau County. There are still almost 30 miles left to race so the final selection probably won't happen here, but everybody's legs will be fatigued from the effort. Just past St. Wenceslaus, the Bohemian church and the last feed zone, the course continues north to M-22 and then turns east before heading north towards Peterson Park (mile 96 & 56) on the shores of Lake Michigan and the most northern sections of the course. This section is quietly technical with constant rolling hills.

The Village of Northport (mile 99 & 59) will be the last chance for the sprinters to strut their stuff as the sprint will require true strength and acceleration due to the multiple ninety-degree corners in Northport. The course continues south on Swede Rd. It's a gradual downhill to M-22 (but it sure doesn't feel like it) and the cool breezes off Lake Michigan before Leelanau Sands Casino appears. The finish line isn't located right at the Casino. No, that would be too easy for hardy men and women who've just cycled 109 and 69 miles respectively! The finish line is located another 200 feet higher and 500 meters up the road to the top of Eagles Ridge Convention Center.

(Course is subject to change.)

Map of Leelanau County courtesy of the Business Book



MEN'S PROJECTED ITINERARY

Estimated Arrival Time			Course Directions		Total Distance		
@ 24 mph @ 38.6 kph	@ 25 mph @ 40.2 kph	@ 26 mph @ 41.8 kph	INTERSECTION	TURN	Miles Ridden	Kilometers Ridden	Kilometers To Go
11:00 AM	11:00 AM	11:00 AM	Start Downtown Leland		0.0	0.0	177.4
11:01 AM	11:01 AM	11:01 AM	Main & Hill	right	0.4	0.6	176.8
11:07 AM	11:07 AM	11:07 AM	M 22 & M 204	straight	3.0	4.9	172.5
11:10 AM	11:10 AM	11:09 AM	M 22 & Schomberg Rd	left	4.1	6.6	170.8
11:17 AM	11:17 AM	11:16 AM	Schomberg & Gauthier Rd	right	7.1	11.5	165.9
11:21 AM	11:20 AM	11:19 AM	Schomberg & Hohnike Rd	right	8.4	13.6	163.8
11:24 AM	11:23 AM	11:22 AM	Hohnke & Good Harbor Tr (651)	left	9.5	15.4	162.0
11:24 AM	11:23 AM	11:22 AM	Good Harbor & Eltzen Rd	right	9.6	15.6	161.8
11:26 AM	11:25 AM	11:24 AM	Eltzen & Townline Rd	left	10.4	16.8	160.6
11:27 AM	11:26 AM	11:25 AM	Townline & Sugarloaf Rd	straight	11.0	17.8	159.6
11:28 AM	11:27 AM	11:26 AM	Townline & Bodus Rd	straight	11.3	18.3	159.1
11:29 AM	11:28 AM	11:27 AM	Townline & Mountain Rd	right	11.7	19.0	158.4
11:31 AM	11:30 AM	11:29 AM	Mountain & Lime Lake Rd	left	12.5	20.3	157.2
11:35 AM	11:33 AM	11:32 AM	Lime Lake & Narlock Rd	right	14.0	22.7	154.7
11:36 AM	11:34 AM	11:33 AM	Narlock & Stachnik	left	14.5	23.5	153.9
11:38 AM	11:37 AM	11:35 AM	Stachnik & Cemetery Lane	right	15.4	24.9	152.5
11:40 AM	11:39 AM	11:37 AM	Cemetery & Maple City Rd	left	16.2	26.2	151.2
11:41 AM	11:40 AM	11:38 AM	Maple City & Maple	right	16.6	26.9	150.5
11:42 AM	11:40 AM	11:38 AM	Maple City & Burdickville Rd (616)	right	16.8	27.2	150.2
11:43 AM	11:42 AM	11:40 AM	Burdickville & Shimke	left	17.5	28.4	149.1
11:44 AM	11:42 AM	11:40 AM	Burdickville & Nash	right	17.7	28.7	148.7
11:46 AM	11:44 AM	11:42 AM	Burdickville & Cold Spring	straight	18.3	29.6	147.8
11:46 AM	11:44 AM	11:42 AM	Burdickville & Bohemian	straight	18.5	30.1	147.3
11:47 AM	11:45 AM	11:43 AM	Burdickville & Coleman (669)	straight	18.9	30.6	146.8
11:49 AM	11:47 AM	11:45 AM	Burdickville & Tremain	straight	19.5	31.6	145.8
11:53 AM	11:51 AM	11:49 AM	Burdickville & Fritz	straight	21.2	34.3	143.1
11:54 AM	11:52 AM	11:50 AM	Burdickville & Dunn's Farm (675)	left	21.6	35.0	142.4
11:54 AM	11:52 AM	11:50 AM	616 & Liberty	straight	21.7	35.2	142.2
11:54 AM	11:52 AM	11:50 AM	616 & Agnew	straight	21.8	35.3	142.1
11:55 AM	11:52 AM	11:50 AM	616 & Bow Rd	right	21.9	35.5	141.9
11:57 AM	11:55 AM	11:53 AM	616 & PLOWMAN RD (675)	straight	22.8	36.9	140.5
11:59 AM	11:57 AM	11:55 AM	INSPIRATION POINT KOM		23.6	38.2	139.2
12:03 PM	12:01 PM	11:58 AM	616 & M-22	left	25.3	41.0	136.4
12:03 PM	12:01 PM	11:58 AM	616 & Benzonia Trail (677)	straight	25.3	41.0	136.4
12:05 PM	12:03 PM	12:01 PM	M-22 & Welch Rd (616)	left	26.1	42.3	135.1
12:10 PM	12:07 PM	12:04 PM	M-22 & Fredrickson Rd	left	27.9	45.2	132.2
12:15 PM	12:12 PM	12:09 PM	Fredrickson & M-72	straight	30.1	48.8	128.6
12:18 PM	12:15 PM	12:12 PM	Fredrickson & Stormer Rd	right	31.2	50.5	126.9
12:22 PM	12:19 PM	12:16 PM	Stormer & M-22	right	32.8	53.1	124.3
12:22 PM	12:19 PM	12:16 PM	M-22 & Wilco Rd	left	32.9	53.3	124.1
12:24 PM	12:21 PM	12:19 PM	Wilco Rd & Lake St	straight	33.8	54.8	122.6
12:25 PM	12:21 PM	12:19 PM	Lake & Alyswoth	straight	33.9	54.9	122.5
12:26 PM	12:22 PM	12:19 PM	Lake & Front St	right	34.3	55.6	121.8
12:26 PM	12:22 PM	12:19 PM	EMPIRE SPRINT		34.5	55.9	121.5
12:26 PM	12:23 PM	12:20 PM	Front & M-22	left	34.6	56.1	121.3
12:30 PM	12:27 PM	12:23 PM	M-22 & Voice Rd	straight	36.2	58.6	118.8
12:32 PM	12:28 PM	12:24 PM	M-22 & Dune Highway	left	36.7	59.5	117.9
12:32 PM	12:28 PM	12:24 PM	Feed Zone Start		36.8	59.6	117.8
12:33 PM	12:29 PM	12:25 PM	Feed Zone End		37.0	59.9	117.5
12:35 PM	12:31 PM	12:27 PM	Dune Highway & Pierce Stocking	straight	37.9	61.4	116.0
12:35 PM	12:31 PM	12:27 PM	Dune Highway & Welch Rd	straight	38.0	61.6	115.8
12:36 PM	12:33 PM	12:29 PM	Dune Highway & Day Farm Rd	straight	38.6	62.5	114.9
12:42 PM	12:38 PM	12:34 PM	Dune Highway & Day Farm Rd	right	40.7	65.9	111.5
12:43 PM	12:39 PM	12:35 PM	Day Farm & Stocking Rd	left	41.0	66.4	111.0
12:45 PM	12:41 PM	12:37 PM	Stocking & Harbor Highway	right	41.9	67.9	109.5
12:48 PM	12:44 PM	12:40 PM	Harbor Highway & M-22	straight	43.3	70.1	107.3
12:48 PM	12:44 PM	12:40 PM	GLEN ARBOR SPRINT		43.4	70.3	107.1
12:50 PM	12:46 PM	12:42 PM	M-22 & 675	straight	44.1	71.4	106.0
12:51 PM	12:47 PM	12:43 PM	M-22 & Leelanau School	straight	44.6	72.3	105.1
12:53 PM	12:48 PM	12:44 PM	The Homestead Entrance	straight	45.2	73.2	104.2
12:53 PM	12:48 PM	12:44 PM	M-22 & Westman Rd	right	45.3	73.4	104.0
12:55 PM	12:50 PM	12:46 PM	Westman & 675	left	45.9	74.4	103.0
12:55 PM	12:51 PM	12:47 PM	675 & Fisher Rd	straight	46.1	74.7	102.7
01:01 PM	12:56 PM	12:52 PM	675 & Trumbull Rd	left	48.4	78.4	99.0
01:03 PM	12:58 PM	12:54 PM	Trumbull & Wheeler	straight	49.3	79.9	97.5
01:05 PM	1:00 PM	12:56 PM	Trumbull & Tremain	left	50.1	81.2	96.2
01:07 PM	1:02 PM	12:58 PM	Trumbull & Bohemian Rd	left	51.0	82.6	94.8
01:10 PM	1:05 PM	01:01 PM	Bohemian & Hlavka Rd	straight	52.0	84.2	93.2
01:13 PM	01:08 PM	01:04 PM	Bohemian & Hlavka Rd	right	53.4	86.5	90.9
01:16 PM	01:10 PM	01:06 PM	Hlavka Rd KOM		54.5	88.3	89.1
01:16 PM	01:14 PM	01:10 PM	Hlavka & Maple City Rd	right	55.9	90.6	86.8
01:20 PM	01:15 PM	01:10 PM	Maple City & Narlock Rd	straight	56.2	91.0	86.4
01:20 PM	01:15 PM	01:10 PM	Maple City & Narlock Rd	straight	56.4	91.4	86.0
01:23 PM	01:18 PM	01:13 PM	Maple City & Cemetery	straight	57.4	93.0	84.4
01:25 PM	01:19 PM	01:14 PM	Maple City & Burdickville Rd	straight	58.0	94.0	83.4

Estimated Arrival Time			Course Directions		Total Distance		
@ 24 mph @ 38.6 kph	@ 25 mph @ 40.2 kph	@ 26 mph @ 41.8 kph	INTERSECTION	TURN	Miles Ridden	Kilometers Ridden	Kilometers To Go
01:25 PM	01:19 PM	01:14 PM	Maple City & 616	left	58.1	94.1	83.3
01:25 PM	01:19 PM	01:14 PM	MAPLE CITY SPRINT		58.1	94.1	83.3
01:26 PM	01:20 PM	01:15 PM	616 & Tower Rd	right	58.7	95.1	82.3
01:28 PM	01:22 PM	01:17 PM	TOWER RD KOM		59.2	95.9	81.5
01:29 PM	01:23 PM	01:18 PM	Tower & E Valley Rd	left	59.7	96.7	80.7
01:32 PM	01:26 PM	01:21 PM	E Valley & S Kasben Rd	straight	60.8	98.5	78.9
01:35 PM	01:29 PM	01:23 PM	E Valley & Bellingier Rd (616)	right	61.9	100.3	77.1
01:37 PM	01:31 PM	01:25 PM	CEDAR SPRINT		62.8	101.7	75.7
01:37 PM	01:31 PM	01:25 PM	Bellingier & Cedar Rd (651)	left	62.8	101.7	75.7
01:39 PM	01:32 PM	01:26 PM	Cedar & Schomberg (643)	right	63.2	102.3	75.0
03:39 PM	01:33 PM	01:27 PM	Schomberg & Lake Shore Dr (643)	right	63.7	103.2	74.2
01:41 PM	01:35 PM	01:29 PM	GARVIN HILL KOM		64.5	104.5	72.9
01:48 PM	01:42 PM	01:36 PM	Lake Shore & Rice Rd	straight	67.5	109.4	68.1
01:52 PM	01:45 PM	01:39 PM	Lake Shore & Kabot Rd	straight	68.7	111.3	66.1
01:57 PM	01:50 PM	01:44 PM	Lake Shore & Hohnike Rd	straight	70.8	114.7	62.7
01:59 PM	01:52 PM	01:46 PM	Lake Shore & Amore Rd	straight	71.8	116.3	61.1
			Lake Shore & Lingaur Rd	straight			
02:07 PM	02:00 PM	01:53 PM	LAKE LEELANAU SPRINT		75.0	121.5	55.9
02:08 PM	02:00 PM	01:53 PM	Lake Shore & M 204	right	75.1	121.7	55.7
02:09 PM	02:01 PM	01:54 PM	M 204 & Lake Leelanau Dr (641)	straight	75.4	122.1	55.3
02:11 PM	02:03 PM	01:56 PM	M 204 & Herman Rd	right	76.4	123.8	53.6
02:19 PM	02:06 PM	01:59 PM	HERMAN KOM		77.4	125.4	52.0
02:19 PM	02:09 PM	02:02 PM	Herman & Pine View Rd	straight	78.6	127.7	49.7
02:19 PM	02:10 PM	02:03 PM	Herman & Center Hwy (633)	left	79.2	128.3	49.1
02:19 PM	02:11 PM	02:03 PM	Center & 4th St	straight	79.4	128.6	48.8
02:19 PM	02:11 PM	02:03 PM	SUTTONS BAY SPRINT		79.4	128.6	48.8
02:19 PM	02:11 PM	02:03 PM	Center & Broadway	right	79.7	129.1	48.3
02:19 PM	02:11 PM	02:04 PM	Broadway & St Marys	left	79.8	129.3	48.1
02:20 PM	02:12 PM	02:05 PM	St Marys & 204	left	80.3	130.1	47.3
02:25 PM	02:17 PM	02:10 PM	204 & Macksey Rd	right	82.1	133.0	44.4
02:29 PM	02:21 PM	02:13 PM	Macksey & Hanson	straight	83.7	135.6	41.8
02:30 PM	02:22 PM	02:14 PM	Macksey & Pentner	straight	84.2	136.4	41.0
02:32 PM	02:24 PM	02:16 PM	Macksey & Setterbo Rd	left	84.8	137.4	40.0
02:36 PM	02:26 PM	02:18 PM	Setterbo & Alpers	straight	86.0	139.3	38.1
02:36 PM	02:27 PM	02:19 PM	ST WENCESLAUS FEED ZONE Start		86.3	139.8	37.6
02:36 PM	02:27 PM	02:19 PM	ST WENCESLAUS FEED ZONE Finish		86.5	140.1	37.3
02:36 PM	02:27 PM	02:19 PM	Setterbo & Kolarik Rd	right	86.5	140.1	37.3
02:36 PM	02:27 PM	02:19 PM	Kolarik & Jelinek Rd	left	86.6	140.3	37.1
02:36 PM	02:27 PM	02:21 PM	Jelinek & Omens Rd	straight	87.2	141.3	36.1
02:39 PM	02:30 PM	02:22 PM	Jelinek & Kovarik Rd	right	87.7	142.1	35.3
02:41 PM	02:32 PM	02:24 PM	Kovarik & Christianson Rd	left	88.4	143.2	34.2
02:41 PM	02:33 PM	02:25 PM	Christianson & Peterson Rd	left	88.7	143.7	33.7
02:43 PM	02:35 PM	02:27 PM	Christianson & M-22	right	89.8	145.5	31.9
02:47 PM	02:38 PM	02:30 PM	M-22 & Carlson Rd	left	90.8	147.1	30.3
02:50 PM	02:41 PM	02:33 PM	Carlson & Onomonee	straight	91.9	148.9	28.5
02:51 PM	02:42 PM	02:34 PM	Carlson & Johnson Rd	right	92.3	149.5	27.9
02:54 PM	02:46 PM	02:37 PM	Johnson & Clausen Rd	left	93.5	151.5	25.9
02:55 PM	02:46 PM	02:38 PM	Clausen & Melkild Rd	left	94.2	152.6	24.8
02:57 PM	02:47 PM	02:39 PM	Melkild & Foview Dr	right	94.4	152.9	24.5
02:58 PM	02:48 PM	02:40 PM	Foview Dr & Garthe	straight	95.3	154.4	23.0
02:59 PM	02:49 PM	02:41 PM	Foview Dr & Peterson Park Rd	right	95.8	155.2	22.2
03:02 PM	02:52 PM	02:43 PM	Peterson Park & Scott	straight	96.7	156.7	20.7
03:03 PM	02:53 PM	02:44 PM	Peterson Park & Kitchen	left	97.2	157.5	19.9
03:04 PM	02:54 PM	02:45 PM	Peterson Park & M-201	right	97.6	158.1	19.3
03:06 PM	02:56 PM	02:47 PM	M-201 & 8th St	straight	98.4	159.4	18.0
03:06 PM	02:56 PM	02:47 PM	Mill & Nagonba	right	98.8	160.1	17.3
03:06 PM	02:57 PM	02:47 PM	Nagonba & Waukazoo	left	98.9	160.2	17.2
03:06 PM	02:57 PM	02:48 PM	NORTHPORT SPRINT		98.9	160.2	17.2
03:07 PM	02:57 PM	02:48 PM	Waukazoo & Main	right	99.0	160.4	17.0
03:07 PM	02:57 PM	02:48 PM	Main & Shabowsong	left	99.1	160.5	16.9
03:07 PM	02:57 PM	02:48 PM	Shabowsong & Smith	straight	99.2	160.7	16.7
03:07 PM	02:57 PM	02:48 PM	M-201 & M-22	right	99.3	160.9	16.5
03:09 PM	02:59 PM	02:50 PM	M-22 & Johnson	straight	99.7	161.5	15.9
03:11 PM	03:01 PM	02:52 PM	M-22 & Matheson	straight	100.6	163.0	14.4
03:13 PM	03:03 PM	02:54 PM	M-22 & Swede Rd	left	101.3	164.1	13.3
03:18 PM	03:08 PM	02:59 PM	Swede & Peterson	straight	103.4	167.5	9.9
03:23 PM	03:13 PM</						



PHOTO: JOHN RUSSELL
The women enjoy a moment of relaxation on the back side of Glen Arbor

WOMEN'S PROJECTED ITINERARY

Estimated Arrival Time			Course Directions		Total Distance		
@ 23 mph @ 37 kph	@ 24 mph @ 38.6 kph	@ 25 mph @ 40.2 kph	INTERSECTION	TURN	Miles Ridden	Kilometers Ridden	Kilometers To Go
12:40 PM	12:40 PM	12:40 PM	Start The Homestead		0.0	0.0	112.6
12:41 PM	12:41 PM	12:41 PM	Homestead & M-22	left	0.4	0.6	112.0
12:43 PM	12:43 PM	12:43 PM	M-22 & Leelanau School	straight	1.1	1.8	110.8
12:44 PM	12:44 PM	12:44 PM	M-22 & 675	straight	1.4	2.3	110.3
12:45 PM	12:45 PM	12:45 PM	M-22 & Eigler	straight	1.8	2.9	109.7
12:46 PM	12:46 PM	12:45 PM	GLEN ARBOR SPRINT	straight	2.2	3.6	109.0
12:46 PM	12:46 PM	12:45 PM	M-22 & Harbor Highway	left	2.3	3.7	108.9
12:46 PM	12:46 PM	12:45 PM	M-22 &	straight	2.4	3.9	108.7
12:47 PM	12:47 PM	12:46 PM	M-22 & Lakewood	right	2.7	4.4	108.2
12:49 PM	12:49 PM	12:49 PM	M-22 & Sunset	left	3.5	5.7	106.9
12:50 PM	12:50 PM	12:49 PM	Sunset & Lake	left	3.4	6.3	106.3
12:51 PM	12:50 PM	12:50 PM	Lake & Northwood Dr	right	4.1	6.6	106.0
12:55 PM	12:54 PM	12:53 PM	Northwood Dr & Fisher Rd	left	5.6	9.1	103.5
12:57 PM	12:56 PM	12:55 PM	Fisher Rd & 675	right	6.1	9.9	102.7
01:02 PM	01:01 PM	01:00 PM	675 & Trumbull Rd	left	8.4	13.6	99.0
01:04 PM	01:03 PM	01:02 AM	Trumbull & Wheeler	straight	9.3	15.1	97.5
01:06 PM	01:05 PM	01:04 PM	Trumbull & Tremain	left	10.1	16.4	96.2
01:09 PM	01:07 PM	01:06 PM	Trumbull & Bohemian Rd	left	11.0	17.8	94.8
01:11 PM	01:10 PM	01:09 PM	Bohemian & Rhyant Rd	straight	12.0	19.4	93.2
01:15 PM	01:14 AM	01:13 PM	Bohemian & Hlavka Rd	right	13.4	21.7	90.9
01:18 PM	01:16 PM	01:15 PM	Hlavka Rd KOM		14.5	23.5	89.1
01:21 PM	01:19 AM	01:18 PM	Hlavka & Maple City Rd	right	15.9	25.8	86.8
01:22 PM	01:20 AM	01:19 PM	Maple City & Rhyant Rd	straight	16.2	26.2	86.4
01:23 PM	01:21 PM	01:19 PM	Maple City & Harlock	straight	16.4	26.6	86.0
01:25 PM	01:23 PM	01:21 PM	Maple City & Cemetery	straight	17.4	28.2	84.4
01:27 PM	01:25 PM	01:23 PM	Maple City & Burdickville Rd	straight	18.0	29.2	83.4
01:27 PM	01:25 PM	01:23 PM	Maple City & 616	left	18.1	29.3	83.3
01:27 PM	01:25 PM	01:23 PM	MAPLE CITY SPRINT		18.1	29.3	83.3
01:29 PM	01:27 PM	01:25 PM	616 & Tower Rd	right	18.7	30.3	82.3
01:30 PM	01:28 PM	01:26 PM	TOWER RD KOM		19.2	31.1	81.5
01:31 PM	01:29 PM	01:27 PM	Tower & E Valley Rd	left	19.7	31.9	80.7
01:34 PM	01:32 PM	01:30 PM	E Valley & S Kasben Rd	straight	20.8	33.7	78.9
01:37 PM	01:35 PM	01:33 PM	E Valley & Bellingier Rd (616)	right	21.9	35.5	77.1
01:39 PM	01:37 PM	01:35 PM	CEDAR SPRINT		22.8	36.9	75.7
01:39 PM	01:37 PM	01:35 PM	Bellingier & Cedar Rd (651)	left	22.8	36.9	75.7
01:41 PM	01:38 PM	01:36 PM	Cedar & Schomburg (645)	right	23.2	37.6	75.0
01:42 PM	01:39 PM	01:37 PM	Schomburg & Lake Shore Dr (643)right	23.7	38.4	74.2	
01:44 PM	01:41 PM	01:39 PM	GARVIN HILL KOM		24.5	39.7	72.9
01:47 PM	01:43 PM	01:41 PM	Lake Shore & Rosinski Rd	straight	25.5	41.3	71.3
01:51 PM	01:48 PM	01:45 PM	RICE RD FEED ZONE S		27.1	43.9	68.7
01:52 PM	01:49 PM	01:46 PM	RICE RD FEED ZONE F		27.5	44.6	68.1
01:52 PM	01:49 PM	01:46 PM	Lake Shore & Rice Rd	straight	27.5	44.6	68.1
01:55 PM	01:52 PM	01:49 PM	Lake Shore & Kabot Rd	straight	28.7	46.5	66.1
02:00 PM	01:57 PM	01:54 PM	Lake Shore & Hohnke Rd	straight	30.8	49.9	62.7
02:03 PM	02:00 PM	01:56 PM	Lake Shore & Amore Rd	straight	31.8	51.5	61.1
			Lake Shore & Lingaur Rd	straight			
02:11 PM	02:08 PM	02:04 PM	LAKE LEELANAU SPRINT		35.0	56.7	55.9
02:11 PM	02:08 PM	02:04 PM	Lake Shore & M 204	right	35.1	56.9	55.7
02:12 PM	02:09 PM	02:05 PM	M 204 & Lake Leelanau Dr (641)	straight	35.4	57.3	55.3
02:15 PM	02:11 PM	02:07 PM	M 204 & Herman Rd	right	36.4	59.0	53.6
02:18 PM	02:14 PM	02:10 PM	HERMAN KOM		37.4	60.6	52.0
02:21 PM	02:17 PM	02:13 PM	Herman & Pine View Rd	straight	38.8	62.9	49.7
02:22 PM	02:18 PM	02:14 PM	Herman & Center Hwy (633)	left	39.2	63.5	49.1

Estimated Arrival Time			Course Directions		Total Distance		
@ 23 mph @ 37 kph	@ 24 mph @ 38.6 kph	@ 25 mph @ 40.2 kph	INTERSECTION	TURN	Miles Ridden	Kilometers Ridden	Kilometers To Go
02:22 PM	02:18 PM	02:14 PM	Center & 4th St	straight	39.4	63.8	46.8
02:22 PM	02:18 PM	02:14 PM	SUTTONS BAY SPRINT		39.4	63.8	46.8
02:24 PM	02:19 PM	02:15 PM	Center & Broadway	right	39.7	64.3	46.3
02:24 PM	02:19 PM	02:15 PM	Broadway & St Marys	left	39.8	64.5	46.1
02:25 PM	02:20 PM	02:16 PM	St Marys & 204	left	40.3	65.3	47.3
02:30 PM	02:25 PM	02:21 PM	204 & Macksey Rd	right	42.1	68.2	44.4
02:34 PM	02:29 PM	02:25 PM	Macksey & Hanson	straight	43.7	70.8	41.8
02:35 PM	02:30 PM	02:26 PM	Macksey & Pentner	straight	44.2	71.6	41.0
02:36 PM	02:31 PM	02:27 PM	Macksey & Setterbo Rd	left	44.6	72.3	40.3
02:40 PM	02:35 PM	02:31 PM	Setterbo & Alpers	straight	46.0	74.5	38.1
02:41 PM	02:36 PM	02:32 PM	ST WENCESLAUS FEED ZONE S		46.3	75.0	37.6
02:41 PM	02:36 PM	02:32 PM	ST WENCESLAUS FEED ZONE F		46.5	75.3	37.3
02:41 PM	02:36 PM	02:32 PM	Setterbo & Kolarik Rd	right	46.5	75.3	37.3
02:42 PM	02:36 PM	02:32 PM	Kolarik & Jelinek Rd	left	46.6	75.5	37.1
02:43 PM	02:38 PM	02:33 PM	Jelinek & Omens Rd	straight	47.2	76.5	36.1
02:44 PM	02:39 PM	02:34 PM	Jelinek & Kovarik Rd	right	47.7	77.3	35.3
02:46 PM	02:41 PM	02:36 PM	Kovarik & Christianson Rd	left	48.4	78.4	34.2
02:47 PM	02:42 PM	02:37 PM	Christianson & Peterson Rd	left	48.7	78.9	33.7
02:50 PM	02:45 PM	02:40 PM	Christianson & M-22	right	49.8	80.7	31.9
02:52 PM	2:47 AM	02:42 PM	M-22 & Carlson Rd	left	50.8	82.3	30.3
02:55 PM	02:50 PM	02:45 PM	Carlson & Onomonee	straight	51.9	84.1	28.5
02:56 PM	02:51 PM	02:46 PM	Carlson & Johnson Rd	right	52.3	84.7	27.9
02:59 PM	02:54 PM	02:49 PM	Johnson & Clausen Rd	left	53.5	86.7	25.9
03:01 PM	02:55 PM	02:50 PM	Clausen & Malkki Rd	left	54.2	87.8	24.8
03:02 PM	02:56 PM	02:51 PM	Malkki & Foxview Dr	right	54.4	88.1	24.5
03:04 PM	02:58 PM	02:53 PM	Foxview Dr & Garthe	straight	55.3	89.6	23.0
03:05 PM	02:59 PM	02:54 PM	Foxview Dr & Peterson Park Rd	right	55.8	90.4	22.2
03:08 PM	03:02 PM	02:57 PM	Peterson Park & Scott	straight	56.7	91.9	20.7
03:09 PM	03:03 PM	02:58 PM	Peterson Park & Kitchen	left	57.2	92.7	19.9
03:10 PM	03:04 PM	02:59 PM	Peterson Park & M-201	right	57.6	93.3	19.3
03:12 PM	03:06 PM	03:01 PM	M-201 & 8th St	straight	58.4	94.6	18.0
03:12 PM	03:06 PM	03:01 PM	M-201 & 8th St	straight	58.6	94.9	17.7
03:13 PM	03:07 PM	03:01 PM	Mill & Nagonba	right	58.8	95.3	17.3
03:13 PM	03:07 PM	03:01 PM	Nagonba & Waukazoo	left	58.9	95.4	17.2
03:13 PM	03:07 PM	03:01 PM	NORTHPORT SPRINT		58.9	95.4	17.2
03:14 PM	03:07 PM	03:01 PM	Waukazoo & Mann	right	59.0	95.6	17.0
03:14 PM	03:07 PM	03:01 PM	Mann & Shabowsong	left	59.1	95.7	16.9
03:14 PM	03:07 PM	03:01 PM	Shabowsong & Smith	straight	59.2	95.9	16.7
03:14 PM	03:07 PM	03:01 PM	M-201 & M-22	right	59.3	96.1	16.5
03:15 PM	03:08 PM	03:02 PM	M-22 & West	straight	59.4	96.2	16.4
03:16 PM	03:09 PM	03:03 PM	M-22 & Johnson	straight	59.7	96.7	15.9
03:18 PM	03:11 PM	03:05 PM	M-22 & Matheson	straight	60.6	98.2	14.4
03:20 PM	03:13 PM	03:07 PM	M-22 & Swede Rd	left	61.3	99.3	13.3
03:25 PM	03:18 PM	03:12 PM	Swede & Peterson	straight	63.4	102.7	9.9
03:30 PM	03:23 PM	03:17 PM	Swede & Omens Rd (626)	left	65.1	105.5	7.1
03:31 PM	03:24 PM	03:18 PM	Omens & Putman Rd	right	65.7	106.4	6.2
03:31 PM	03:24 PM	03:18 PM	Putman & Tatch Rd	straight	65.9	106.8	5.8
03:34 PM	03:27 PM	03:21 PM	Putman & Freeland Rd	straight	66.7	108.1	4.5
03:35 PM	03:28 PM	03:22 PM	Putman & Pobuda	straight	66.9	108.4	4.2
03:36 PM	03:29 PM	03:23 PM	Putman & Peshawbestown	straight	67.5	109.4	3.2
03:37 PM	03:30 PM	03:24 PM	Putman & M 22	right	68.1	110.3	2.3
03:40 PM	03:33 PM	03:27 PM	M 22 & Eagles Ridge	right	69.3	112.3	0.3
03:41 PM	03:33 PM	03:27 PM	FINISH at EAGLE'S RIDGE		69.5	112.6	0.0

