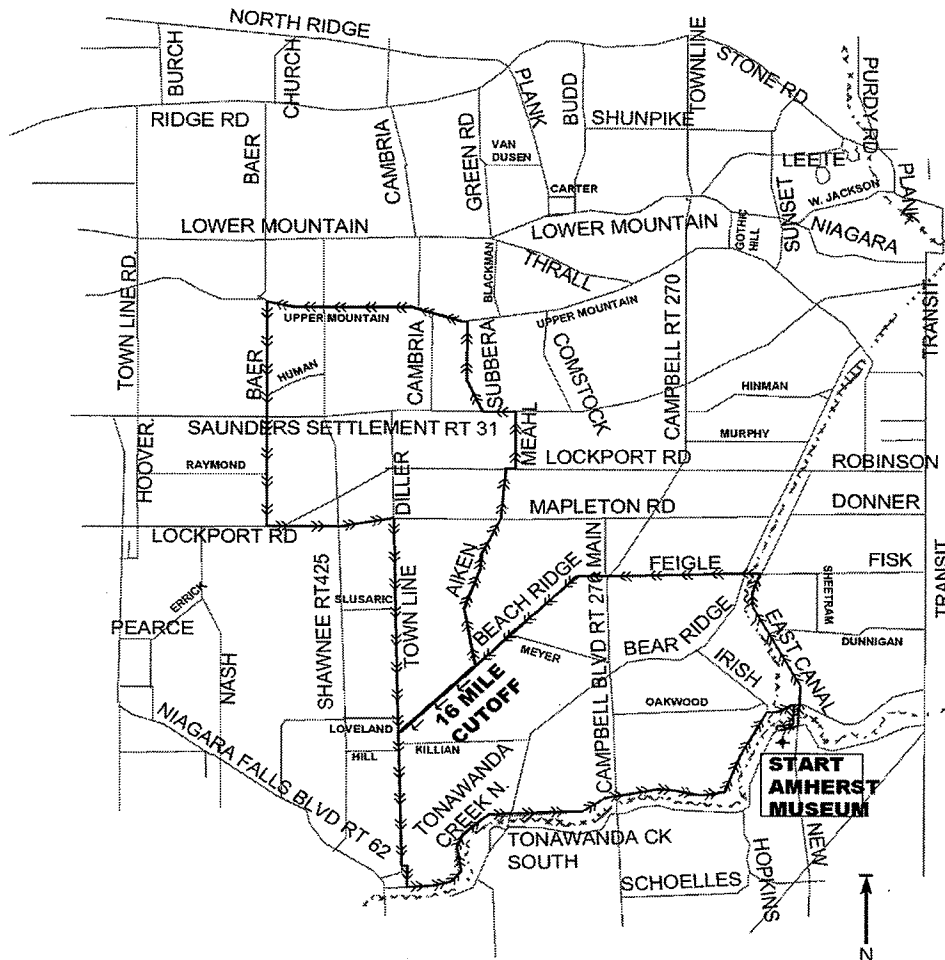


**BILLS TRAINING RIDE # 361 16 / 30 Miles**

**RIDE START: AMHERST MUSEUM S. TONAWANDA CREEK & NEW ROADS**

16.0	MILE	ROUTE	30.0	MILE	ROUTE			
0.0	R	S. TONAWANDA CK	0.0	R	S. TONAWANDA CK	17.1	R	MAPLETON @ Y
0.1	L	NEW	0.1	L	NEW	18.0	X	SR-425 @ Light
0.2	S	E. CANAL	0.2	S	E. CANAL	18.5	R	TOWNLINE
2.3	L	FIK / FIEGLE	2.3	L	FIK/FIEGLE	22.9	L	TOWNLINE
4.1	X	CAMPBELL	4.1	X	CAMPBELL	23.3	L	N. TONAWANDA CK
4.1	S	BEACH RIDGE	4.1	S	BEACH RIDGE	23.5	Regroup	at CANAL PARK
7.5	L	TOWNLINE	6.2	R	AIKEN	26.5	X	CAMPBELL
9.2	L	TOWNLINE	9.0	R	LOCKPORT @ T	29.1	R	N. TONAWANDA CK
9.6	L	N. TONAWANDA CK	9.1	L	ME AHL	29.1	X	BRIDGE
9.8	Regroup	at CANAL PARK	9.8	L	SAUNDERS STLMNT	29.5	R	E. CANAL
12.8	X	CAMPBELL	10.2	R	SUBBERA	29.7	R	S. TONAWANDA CK
15.4	R	N. TONAWANDA CK	11.4	L	UPPER MOUNTAIN	29.8	L	FINISH !!!!
15.4	X	BRIDGE	13.9	L	BAER & REGROUP			
15.8	R	E. CANAL	17.0	L	LOCKPORT @ T			
16.0	R	S. TONAWANDA CK						
16.1	L	FINISH !!!						



**BILL'S TRAINING RIDE No. 361**

© 2008  
**NIAGARA FRONTIER BICYCLE CLUB**