



Time Trial - Hump Day (9.38 mi)

0 mi	☐	Start at Caron Park. Head west on 170th St E
0.8 mi	↘	Turn right onto 88/Falk Ave Continue to follow Falk Ave
0.88 mi	⬆	Head north on Falk Ave toward Farmer Trail
1.26 mi	↘	Turn right (E) onto Farmer Trail
2.13 mi	⬆	Head northeast on Farmer Trail toward Giefer Ave
3.35 mi	↙	Turn left (N) onto Giefer Ave as you exit woods
3.45 mi	↘	CAUTION!!! Steep descent with hard right turn at bottom!
3.89 mi	↘	CAUTION!!! Hard right turn onto Gibson Trail at bottom of steep descent
4.1 mi	➡	Continue east onto 150th St
5.46 mi	↘	Turn right (S) onto Ibson Ave (paved road)
5.97 mi	↘	Turn right (W) onto 155th St E (gravel)
7.45 mi	↙	Turn left (S) onto Giefer Ave
8.71 mi	↘	Turn right (W) onto 170th St E
9.38 mi		Finish Line at Caron Park!

