

15.6 mile ride (25 KM) route

Go south on Ocoee (turns into Broad St., back into Ocoee, and then becomes Blue Springs Road) for 7.65 miles;

SAG at Blue Springs Recreation area (RH side of road) at 7.59 miles;

Turn around and go back up Blue Springs Road until 7.85 miles;

Turn LH onto Blue Springs Church Road;

Turn RH onto Lead Mine Valley Road at 8.17 miles;

Turn RH onto Old Chattanooga Pike at 10.28 miles;

Turn LH onto Ocoee St. at 12.11 miles; and

Take Ocoee back to Church at 15.75 miles.

End of ride (Congratulations, you just burned 1,168 calories).

Note: 571 feet in elevation gain over length of ride and minimum time required for an experienced rider is at least 40 minutes. For an inexperienced rider, double time.