LIVESTRONG Challenge
Philadelphia - 20 Mile
Sunday, August 19, 2012

ETA @ 8 MPH	ETA @ 10 MPH	ETA @ 15 MPH	ETA @ 20 MPH	Incr.	Miles Ridden	Mile to Go	KM Ridden	Action Taken	Location	Turning From	AN	Notes
7:30 AM	7:30 AM	7:30 AM	7:30 AM	0.00	0.00	19.25	0.0	Start	MCCC			
7:33 AM	7:32 AM	7:31 AM	7:31 AM	0.40	0.40	18.85	0.6	Left	Morris Rd.	MCCC		
7:35 AM	7:34 AM	7:32 AM	7:32 AM	0.30	0.70	18.55	1.1	CS	DeKalb Pike (Hwy. 202)	Morris Rd.		
7:45 AM	7:42 AM	7:38 AM	7:36 AM	1.30	2.00	17.25	3.2	CS	N. Wales Rd.	Morris Rd.		
7:48 AM	7:44 AM	7:39 AM	7:37 AM	0.40	2.40	16.85	3.9	CS	Primrose Rd.	Morris Rd.		
7:51 AM	7:46 AM	7:41 AM	7:38 AM	0.40	2.80	16.45	4.5	CS	West Point PK	Morris Rd.		
7:54 AM	7:49 AM	7:42 AM	7:39 AM	0.40	3.20	16.05	5.1	CS	Berks Rd.	Morris Rd.		
7:57 AM	7:51 AM	7:44 AM	7:40 AM	0.40	3.60	15.65	5.8	CS	Shultz/Broad St.	Morris Rd.		
7:59 AM	7:53 AM	7:45 AM	7:41 AM	0.31	3.91	15.34	6.3	CS	Tricorn Dr	Morris Rd		
8:02 AM	7:56 AM	7:47 AM	7:43 AM	0.48	4.39	14.86	7.1	CS	Valley Forge Rd.	Morris Rd		
8:05 AM	7:58 AM	7:49 AM	7:44 AM	0.40	4.79	14.46	7.7	Right	Bustard Rd.	Morris Rd.		
8:06 AM	7:59 AM	7:49 AM	7:44 AM	0.10	4.89	14.36	7.9	cs	Kriebel Rd.			
8:08 AM	8:00 AM	7:50 AM	7:45 AM	0.27	5.16	14.09	8.3	Left	Old Morris Rd	Bustard Rd		
8:15 AM	8:06 AM	7:54 AM	7:48 AM	0.92	6.08	13.17	9.8	Right	Old Forty Foot Rd	Old Morris Rd		
8:18 AM	8:08 AM	7:55 AM	7:49 AM	0.41	6.49	12.76	10.4	Left	Rittenhouse Rd	Old Forty Foot Rd		
8:19 AM	8:09 AM	7:56 AM	7:49 AM	0.09	6.58	12.67	10.6	cs	Clemens Rd	(100 and 45 turn Right)		
8:21 AM	8:11 AM	7:57 AM	7:50 AM	0.27	6.85	12.40	11.0	Left	Store Rd	Rittenhouse Rd	C1	stop
8:30 AM	8:18 AM	8:02 AM	7:54 AM	1.25	8.10	11.15	13.0	Right	Quarry Rd	Store Rd	C2	Exec Services 7:30am - 10:00am
8:40 AM	8:26 AM	8:07 AM	7:58 AM	1.31	9.41	9.84	15.1	Right	Morris Rd	Quarry Rd	C3	stop
8:44 AM	8:29 AM	8:09 AM	7:59 AM	0.50	9.91	9.34	15.9	Left	Upper Mainland Rd	Morris Rd	C4	stop
8:48 AM	8:32 AM	8:11 AM	8:01 AM	0.50	10.41	8.84	16.8	Right	Bunton Rd	Upper Mainland Rd		
8:50 AM	8:34 AM	8:12 AM	8:02 AM	0.29	10.70	8.55	17.2	Left	Store Rd	Bunton Rd		stop
8:52 AM	8:36 AM	8:14 AM	8:03 AM	0.35	11.05	8.20	17.8	Right	Mainland Rd	Store Rd	C5	Fire Police 7:30am - 10:00am
8:54 AM	8:37 AM	8:15 AM	8:03 AM	0.21	11.26	7.99	18.1	Right	Clemens Rd	Mainland Rd		
8:57 AM	8:40 AM	8:16 AM	8:05 AM	0.41	11.67	7.58	18.8	Left	Rittenhouse Rd	Clemens Rd		stop
8:58 AM	8:40 AM	8:17 AM	8:05 AM	0.10	11.77	7.48	18.9	Right	Old forty Foot Rd	Rittenhouse Rd		stop
9:01 AM	8:43 AM	8:18 AM	8:06 AM	0.40	12.17	7.08	19.6	Left	Old Morris Rd	Old Forty Foot Rd		
9:07 AM	8:48 AM	8:22 AM	8:09 AM	0.88	13.05	6.20	21.0	Right	Bustard Rd	Old Morris Rd		stop
9:10 AM	8:50 AM	8:23 AM	8:10 AM	0.31	13.36	5.89	21.5	cs	Kriebel Rd			
9:10 AM	8:50 AM	8:23 AM	8:10 AM	0.10	13.46	5.79	21.7	Left	Morris Rd.	Bustard Rd.		
9:23 AM	9:00 AM	8:30 AM	8:15 AM	1.70	15.16	4.09	24.4	CS	Valley Forge Rd.	Morris Rd.		
9:27 AM	9:03 AM	8:32 AM	8:16 AM	0.48	15.64	3.61	25.2	CS	Tricorn Dr	Morris Rd		
9:29 AM	9:05 AM	8:33 AM	8:17 AM	0.31	15.95	3.30	25.7	CS	Broad St.	Morris Rd		
9:30 AM	9:06 AM	8:34 AM	8:18 AM	0.10	16.05	3.20	25.8	CS	Berks Rd.	Morris Rd.		
9:33 AM	9:08 AM	8:35 AM	8:19 AM	0.40	16.45	2.80	26.5	CS	West Point PK	Morris Rd.		
9:36 AM	9:11 AM	8:37 AM	8:20 AM	0.40	16.85	2.40	27.1	CS	Primrose Rd.	Morris Rd.		
9:39 AM	9:13 AM	8:39 AM	8:21 AM	0.40	17.25	2.00	27.8	CS	N. Wales Rd.	Morris Rd.		
9:49 AM	9:21 AM	8:44 AM	8:25 AM	1.30	18.55	0.70	29.9	CS	DeKalb Pike (Hwy. 202)	Morris Rd.		
9:51 AM	9:23 AM	8:45 AM	8:26 AM	0.30	18.85	0.40	30.3	Right	MCCC Campus	Morris Rd.		
9:54 AM	9:25 AM	8:47 AM	8:27 AM	0.40	19.25	0.00	31.0	**Finish**	**MCCC**			