



**The ALS Association Florida Chapter  
2011 Ride to Defeat ALS**

**Metric Century  
Start time: 8:30 AM**

From	GO			On	To	TTL Miles
	Left/Right	Dir	Distance			
START Line			0.11	Park Roads	102 AVE N	0.11
Park Exit & 102 AVE N	Left	E	0.7	102 AVE N	Pinellas Trail Entrance	0.81
102 AVE N & Pinellas Trail Entrance	Right	S	5.6	Pinellas Trail	<b>REST STOP # 1</b>	<b>6.41</b>
<b>Rest Stop # 1 is sponsored and operated by USAmeriBank</b> Big thanks to USAmeriBank for their ongoing support of The ALS Association.						
Rest Stop # 1		S	3.09	Pinellas Trail	Central Avenue	9.5
Pinellas Trail & Central Avenue	Right	W	0.65	Central Avenue	Causeway Blvd N	10.15
Central Ave & Causeway Blvd N	Right	N	0.41	Causeway Blvd N	Treasure Island Causeway PATH	10.56
Causeway Blvd N & Treasure Island Causeway PATH	Right	W	0.31	Treasure Island Causeway PATH	Paradise Lane	10.87
Treasure Island Causeway PATH & Paradise Lane	Right	W	0.45	Paradise Lane	Treasure Island Causeway	11.32
Paradise Lane & Treasure Island Causeway	Right	W	0.21	Treasure Island Causeway	108th Avenue	11.53
Treasure Island Causeway & 108 Ave	Right	N	0.27	108th Av	Gulf Blvd	11.8
108 Ave & Gulf Blvd	Right	N	2.15	Gulf Blvd	<b>REST STOP # 2 - Candy Kitchen</b>	<b>13.95</b>
<b>Rest Stop # 2 is sponsored and operated by Prime Time Medical.</b> Big thanks to the Prime Time Medical and Candy Kitchen for their support!						
Rest Stop # 2		N	5.45	Gulf Blvd	<b>REST STOP # 3 - Tiki Gardens</b>	<b>19.4</b>
<b>Rest Stop # 3 is operated by the PVA (Paralyzed Veterans of America).</b> Huge thanks to the PVA for their ongoing support of The ALS Association.						
Rest Stop # 3		N	2.1	Gulf Blvd	5th Ave N	21.5
Gulf Blvd & 5th Ave N	STRAIGHT	N	Continue NORTH. Only 25-mile participants turn here.			
Gulf Blvd & 5th Ave N	STRAIGHT	N	5.24	Gulf Blvd	<b>REST STOP # 4 - Clearwater Community Sailing Center</b>	<b>26.74</b>
<b>Rest Stop # 4 is operated by the Clearwater Community Sailing Center.</b> Special thanks to the CCSC for volunteering!						
Rest Stop # 4 - Clearwater Community Sailing Center		N	0.86	Gulf Blvd	Bayway Blvd	27.6
Gulf Blvd & Bayway Blvd	Left	W	0.3	Bayway Blvd	S Gulfview Blvd (CR 699)	27.9
Bayway Blvd & S Gulfview Blvd	Right	NW	0.7	S Gulfview Blvd	Coronado Dr	28.6
S Gulfview Blvd & Coronado Dr	Left	N	0.13	Coronado Dr	Roundabout (Traffic Circle)	28.73
Coronado Dr & Roundabout (Traffic Circle)	Right	E	0.03	Roundabout	Memorial Causeway PATH	28.76
Roundabout & Memorial Causeway PATH	Right	E	1.9	Memorial Causeway PATH	Merge onto Chesnut St	30.66
Memorial Causeway PATH & Chestnut St	Straight	E	0.41	Chestnut St	Pinellas Trail	31.07
Chestnut St & Pinellas Trail	Right	S	0.08	Pinellas Trail	Turner St	31.15
Pinellas Trail & Turner St	Left	E	0.07	Turner St	S Myrtle Ave	31.22
Turner St & S Myrtle Ave	Left	N	1.25	S. Myrtle Ave	Pinellas Trail Entrance	32.47
S. Myrtle Ave & Pinellas Trail	Right	NE	2.43	Pinellas Trail	<b>Rest Stop # 5 - Main Street</b>	<b>34.9</b>
<b>Rest Stop # 5 is operated by the University of South Florida ALS Clinic.</b> Special thanks to the USF ALS Clinic for their help with the Ride, but especially for the care they provide to persons with ALS.						
Rest Stop # 5 - Main Street	Straight	N	7.3	Pinellas Trail	<b>Rest Stop # 6 - Wall Springs Park</b>	<b>42.2</b>
<b>Rest Stop # 6 is operated by volunteers.</b> Don't forget to thank all the volunteers. They make this event possible. **** ROUTE MARKINGS CHANGE TO GREEN ****						
Rest Stop # 6 - Wall Springs Park	Straight	S	7.3	Pinellas Trail	<b>Rest Stop # 7 - Main Street</b>	<b>49.5</b>
<b>Rest Stop # 7 is operated by the University of South Florida ALS Clinic.</b> Special thanks to the USF ALS Clinic for their help with the Ride, but especially for the care they provide to persons with ALS.						
Rest Stop # 7 - Main Street	Straight	S	3.1	Pinellas Trail	Drew Street	52.6
Pinellas Trail & Drew St	Right	W	0.3	Drew St	Entrance to Coachman Park Loop	52.9
Drew St & Coachman Park Loop	Follow Road		0.5	Becomes Cleveland Street	Fort Harrison Ave	53.4
Cleveland St & Fort Harrison Ave	Right	S	0.6	Fort Harrison Ave	Druid Rd	54
Fort Harrison Ave & Druid Rd	Right	W	0.6	Druid Rd	Willadel Dr	54.6
Druid Rd & Willadel Dr	Right	W	0.25	Willadel Dr	Druid Rd	54.85
Willadel & Druid Rd	Right	S	0.35	Druid Rd	Belleview Blvd (Druid becomes Belleview)	55.2
Belleview Blvd (Druid becomes Belleview)	Left	E	0.4	Belleview Blvd	Pinellas Trail (just feet from Ft. Harrison)	55.6
Belleview & Pinellas Trail (just feet from Ft. Harrison)	Right	S	2.55	Pinellas Trail	<b>Rest Stop # 8 - Taylor Park</b>	<b>58.15</b>
<b>Rest Stop # 8 is operated by the Spoto High Interact Club.</b> Big thanks to these young volunteers and their mentors!						
Rest Stop # 8 - Taylor Park	Straight	S	2.05	Pinellas Trail	102 Ave N	60.2
Pinellas Trail & 102 Ave N	Right	W	1.6	102 Ave N	Walsingham Park SOUTH Entrance	61.8
Walsingham Park SOUTH Entrance	Right	N	0.2	Park Roads	<b>FINISH LINE!</b>	<b>62</b>

	MM	Miles to Next	Rules of the Road
START LINE	START	6.41	> Follow traffic laws. They apply to cyclists, too!
REST STOP # 1 - Trail & Wal-Mart	6.41	7.54	> Keep your helmet on while riding.
REST STOP # 2 - Candy Kitchen	13.95	5.45	> No headphones. It is illegal to ride with headphones in the State of Florida.
REST STOP # 3 - Tiki Gardens	19.4	7.34	> No speaking or texting on cell phones while riding. Safely pull over to use your phone.
REST STOP # 4 - Clearwater Community Sailing Center	26.74	8.16	> If you need to pull over, warn cyclists behind you and then get completely out of their path.
REST STOP # 5 - Main Street	34.9	7.3	> Call out hazards to warn cyclists around you. Repeat hazard warnings to those behind you.
REST STOP # 6 - Wall Springs Park	42.2	7.3	> Avoid collisions. Call out "slowing" or "stopping" to warn riders behind you.
REST STOP # 7 - Main Street	49.5	8.65	
REST STOP # 8 - Taylor Park	58.15	3.85	<b>YELLOW ROUTE MARKINGS - on the way to Rest Stop # 6</b>
FINISH LINE!	62		<b>GREEN ROUTE MARKINGS - after Rest Stop # 6</b>