



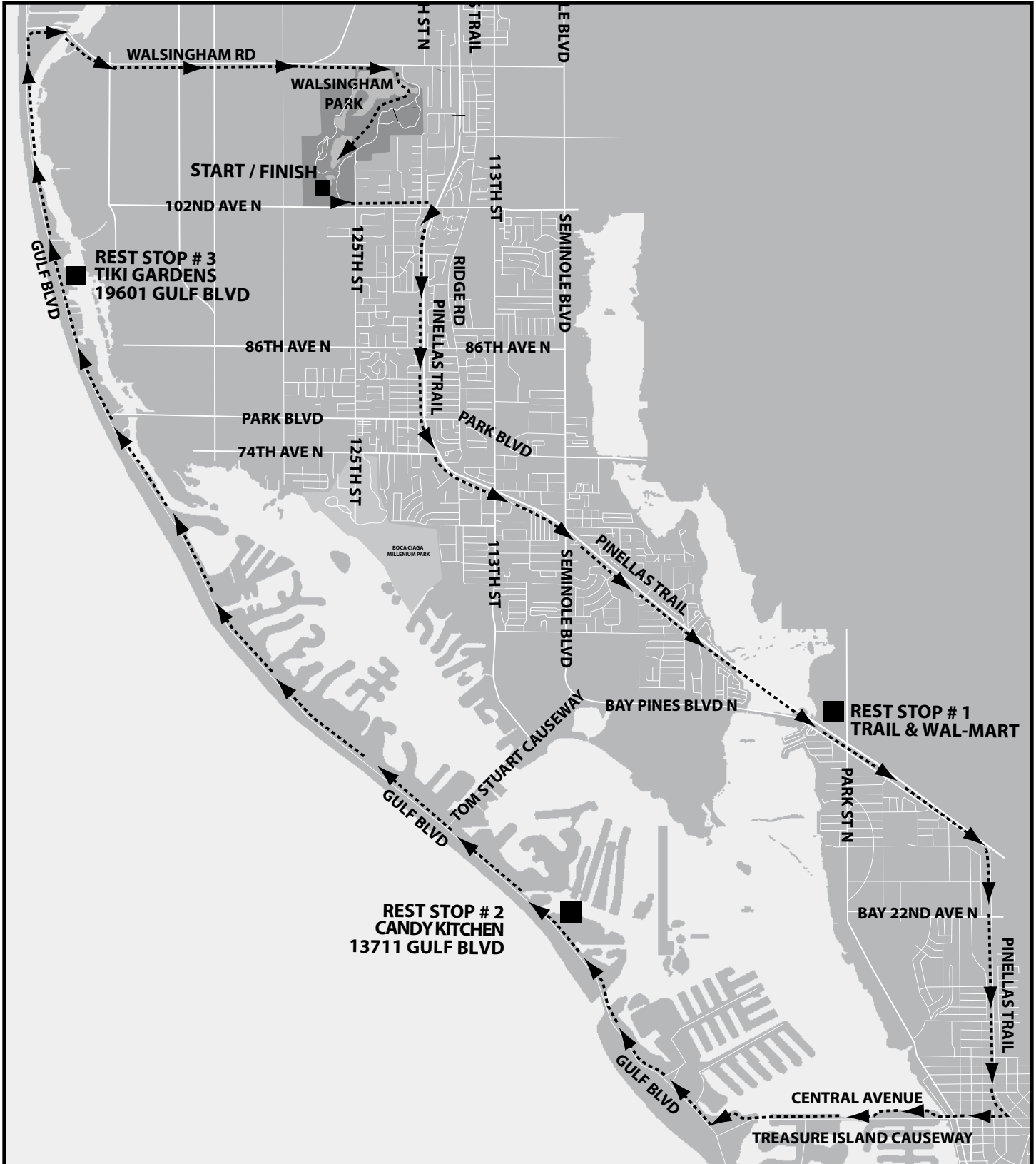
25 MILE CHALLENGE

Saturday, November 5, 2011 | 9:00 AM

EMERGENCIES: CALL 911

SAG MAIN LINE: 888-257-1717 x 113

SAG BACK-UP LINE: 888-257-1717 X 131



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

**25 Mile Challenge
Start time: 9:00 AM**

From	GO				To	TTL Miles
	Left/Right	Dir	Distance	On		
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	REST STOP # 1 - Trail/Wal-Mart	6.41
Rest Stop # 1 is sponsored by USAmeriBank BIG THANKS to USAmeriBank for their 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		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	REST STOP # 2 - Candy Kitchen	13.95
Rest Stop # 2 is sponsored and operated by Prime Time Medical BIG THANKS to the Prime Time Medical and Candy Kitchen for their support!						
Rest Stop # 2		N	5.45	Gulf Blvd	REST STOP # 3 - Tiki Gardens	19.4
Rest Stop # 3 is operated by the PVA (Paralyzed Veterans of America) BIG 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	Right	E	2.25	5th Ave aka Walsingham Rd	Walsingham Rd & Ulmerton Junction	23.75
Walsingham Rd & Ulmerton Junction	Right	E	0.57	Walsingham Rd	Walsingham Park Entrance	24.32
Walsingham Park Entrance	Right	S	1.28	Park Roads	FINISH LINE!	25.6

Rules of the Road

- > Follow traffic laws. They apply to cyclists, too!
- > Keep your helmet on while riding.
- > No headphones. It is illegal to ride with headphones in the State of Florida.
- > No speaking or texting on cell phones while riding. Safely pull over and stop to use your phone.
- > If you need to pull over, warn cyclists behind you and then get completely out of the path of other riders.
- > Call out hazards to warn cyclists around you. Repeat hazard warnings to those behind you.
- > Avoid collisions. Call out "slowing" or "stopping" to warn riders behind you.

Rest Stop Distances	MM	Miles to Next
START LINE		6.41
REST STOP # 1 - Trail & Wal-Mart	6.41	7.54
REST STOP # 2 - Candy Kitchen	13.95	5.45
REST STOP # 3 - Tiki Gardens	19.4	6.2
FINISH LINE!	25.6	

25-Mile Participants:

Follow the WHITE route markers.