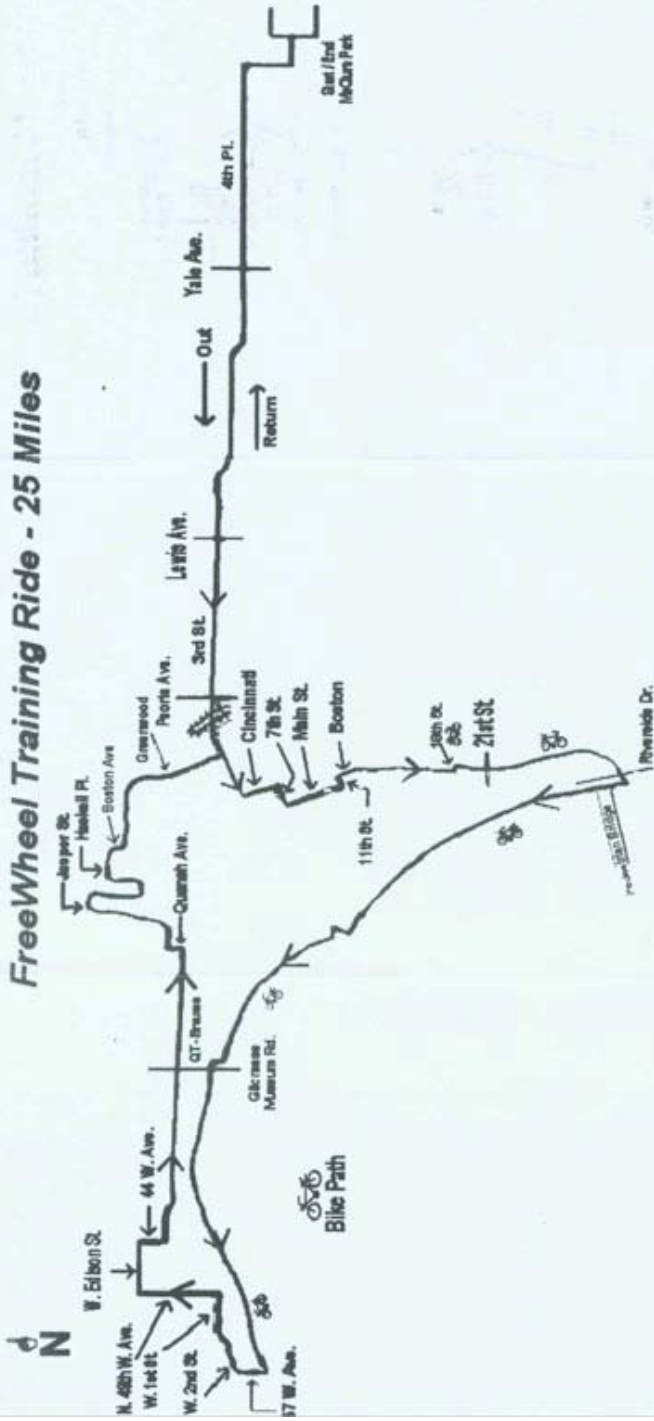


FreeWheel Training Ride - 25 Miles



Start - McClure Park: Head West across 73rd E. Ave. onto 8th St., right on 71st E. Ave., left on E. 4th Place, cross Pittsburgh, right on New Haven, left on E. 4th St., cross Harvard. The road becomes 3rd St., bad railroad tracks at mile 5. Left on Cincinnati, right on Main St., left on 11th St., right on Boston. Mile 7.2 - Left on 18th St., mile 7.25 - right on bike path through the neighborhood. Cross 21st St. (caution), cross over Riverside Dr. on path & go toward the north after overpass. Restroom (31st St.) - Café & restrooms (19th St.). Cross Southwest Blvd., continue on bike trail, cross on bridge over RR tracks, continue on trail & go up the hill. Go West on trail toward Sand Springs, crossing Gilcrease Museum Rd.

Right at 57th W. Ave. (sign on far left), right on W. 2nd St. S., right on W. 1st St. S., left on N 49th W. Ave. & up the hill (single file). Right on W. Edison St., right on N. 44th W. Ave., left on Easton St. Cross N. 41st W. Ave. & Gilcrease Museum Rd. (caution) - QuikTrip & Braums on the right. Left on N. Quana Ave., right on Easton Pl. (into Owens Park), Tulsa's Oldest House ahead on your right, left at fork in park. The road becomes Maybelle Ave. Straight across Edison St. to Country Club Drive, right on N. Jasper St. Curve to the left (Osage Drive - no sign on corner) Fairview Street is to the right. Left on N. Denver, right on Haskell Place, cross Main Street, right on N. Boston Ave. Left on E. John Hope Franklin Blvd., caution crossing Cincinnati & Detroit. Proceed through OSU Campus area, right on Greenwood, left on E. 3rd St. becomes E. 4th St. Jog right on New Haven, left on E. 4th Pl., right on 73rd E. Ave., McClure Park is on the left.