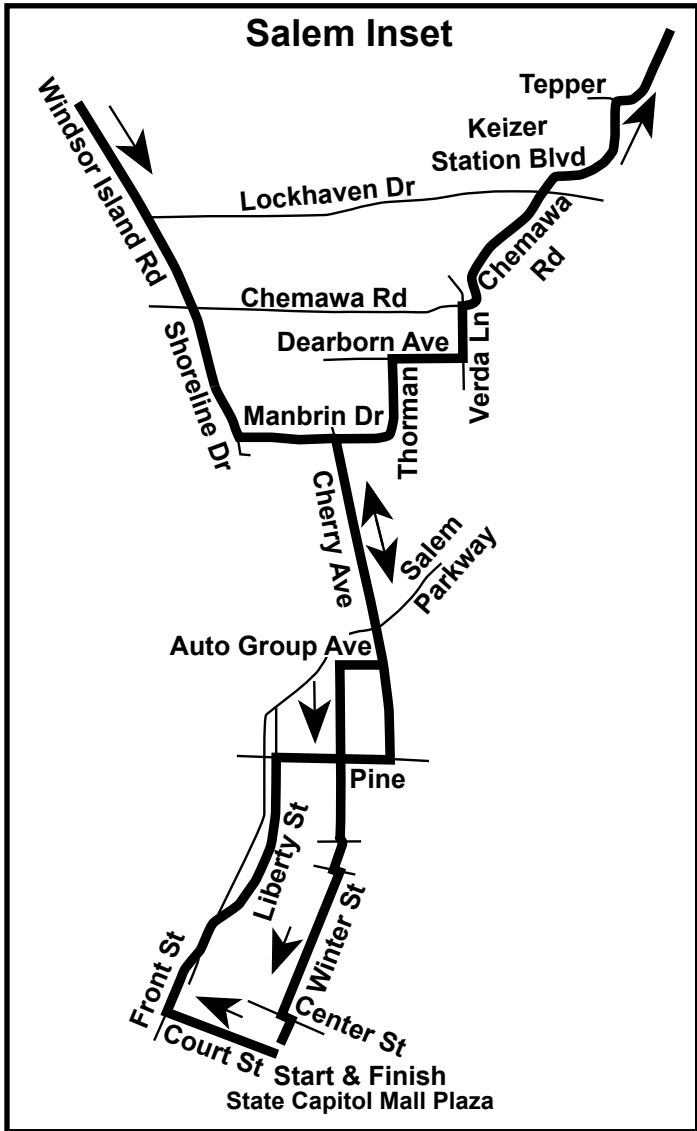
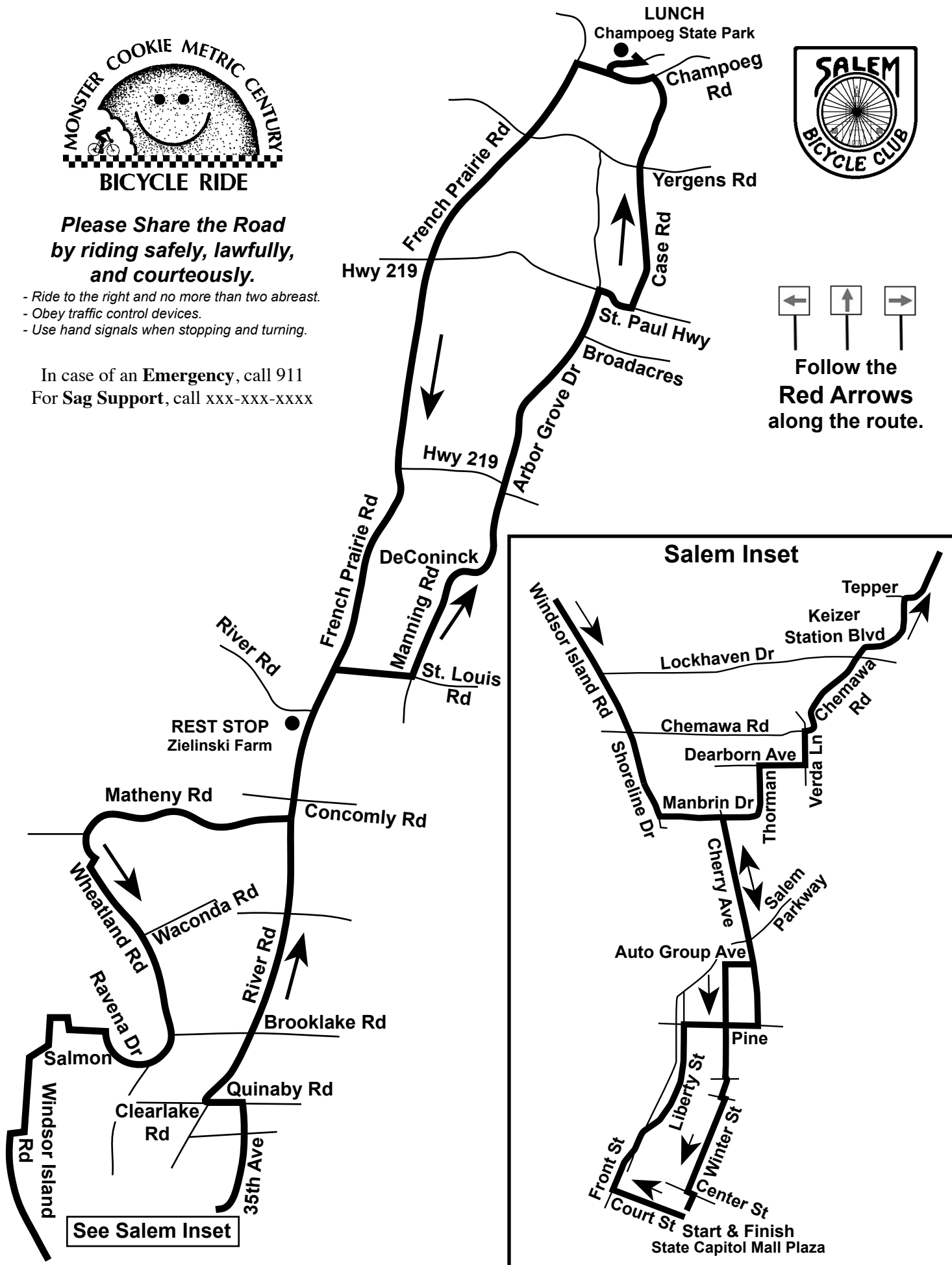
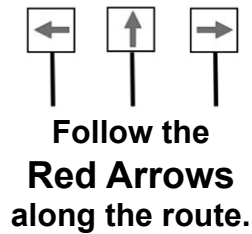




**Please Share the Road  
by riding safely, lawfully,  
and courteously.**

- Ride to the right and no more than two abreast.
- Obey traffic control devices.
- Use hand signals when stopping and turning.

In case of an **Emergency**, call 911  
For **Sag Support**, call xxx-xxx-xxxx



## Monster Cookie Metric Century Bicycle Ride

- 0.0 **START** westbound on Court St
- 0.6 **RIGHT** on Front St bypass
- 1.0 **LEFT** on Commercial St
- 1.0 Commercial St becomes Liberty St
- 2.2 **RIGHT** on Pine St
- 2.8 **LEFT** on Cherry Ave
- 3.5 cross Salem Parkway
- 4.5 **RIGHT** on Manbrin Dr
- 4.8 Manbrin Dr becomes Thorman Ave
- 5.2 **RIGHT** on Dearborn Ave
- 5.6 **LEFT** on Verda Ln
- 5.8 **RIGHT** on Chemawa Rd at roundabout
- 6.6 continue straight onto Keizer Station Blvd
- 7.4 bear right at Tepper Ln
- 7.7 Keizer Station Blvd becomes 35th Ave
- 9.0 **LEFT** on Quinaby Rd
- 9.6 **RIGHT** on River Rd
- 10.8 cross Brooklake Rd
- 11.2 **CAUTION:** RR crossing at very bad angle
- 12.5 cross Waconda Rd
- 13.8 Matheny Rd
- 14.1 Concomly Rd
- 15.3 **REST STOP – Zielinski Farm**  
**Exercise caution when turning left into rest stop.**
- 15.4 straight onto French Prairie Rd
- 16.1 **RIGHT** on St Louis Rd
- 17.2 **LEFT** on Manning Rd
- 18.7 Manning Rd becomes Deconinck Rd
- 19.3 DeConinck Rd becomes Arbor Grove Rd
- 20.5 **LEFT** on Hwy 219
- 20.7 **RIGHT** on Arbor Grove Rd
- 23.1 Broadacres Rd
- 23.8 **RIGHT** on St Paul Hwy
- 24.3 **LEFT** on Case Rd
- 26.4 cross Yergen Rd to continue on Case Rd  
**CAUTION:** High speed cross traffic.
- 27.7 **LEFT** on Champoeg Rd
- 28.7 **RIGHT** into Champoeg State Park
- 28.8 straight toward Oak Grove Group Picnic Area
- 29.3 **LEFT** toward Oak Grove Group Picnic Area
- 29.5 **LUNCH AT OAK GROVE GROUP PICNIC AREA**
- 29.5 After lunch, continue through parking lot to resume the ride.
- 29.7 **RIGHT** toward Park exit
- 30.2 straight toward Park exit
- 30.5 **RIGHT** on Champoeg Rd
- 30.6 **LEFT** on French Prairie Rd
- 31.8 cross McKay Rd
- 34.1 cross St Paul Hwy onto Hwy 219
- 37.0 bear right onto French Prairie Rd
- 40.2 St Louis Rd
- 40.9 straight onto River Rd
- 41.0 **REST STOP – Zielinski Farm**
- 42.2 Concomly Rd
- 42.5 **RIGHT** on Matheny Rd
- 45.6 straight onto Wheatland Rd
- 46.4 Willamette Mission State Park
- 47.3 Waconda Rd
- 48.8 Brooklake Rd
- 49.2 **RIGHT** on Ravena Dr
- 50.3 **LEFT** on Salmon St
- 50.8 **RIGHT** on 9th Ave
- 51.0 **LEFT** on Simon St
- 51.3 **LEFT** on Windsor Island Rd
- 55.1 Lockhaven Dr
- 55.7 straight onto Shoreline Dr at Chemawa Rd
- 56.4 **LEFT** on Manbrin Dr
- 56.9 straight at River Rd
- 57.0 **RIGHT** on Cherry Ave
- 57.9 cross Salem Parkway
- 58.2 **RIGHT** on Auto Group Ave
- 58.4 continue left onto Maple Ave
- 58.5 continue straight onto multi-use path
- 58.6 continue straight onto Maple Ave
- 58.9 cross Pine Street
- 59.0 **CAUTION:** Rough RR crossing
- 59.3 **LEFT** on South St
- 59.3 **RIGHT** on Cottage St
- 59.6 **LEFT** on Norway St
- 59.6 cross Fairgrounds Rd
- 59.6 **RIGHT** on Winter St
- 60.5 **LEFT** on Center St
- 60.6 **RIGHT** onto Capitol Mall
- 60.7 **END AT CAPITOL MALL PLAZA**