



*Ride with
GPS Maps*



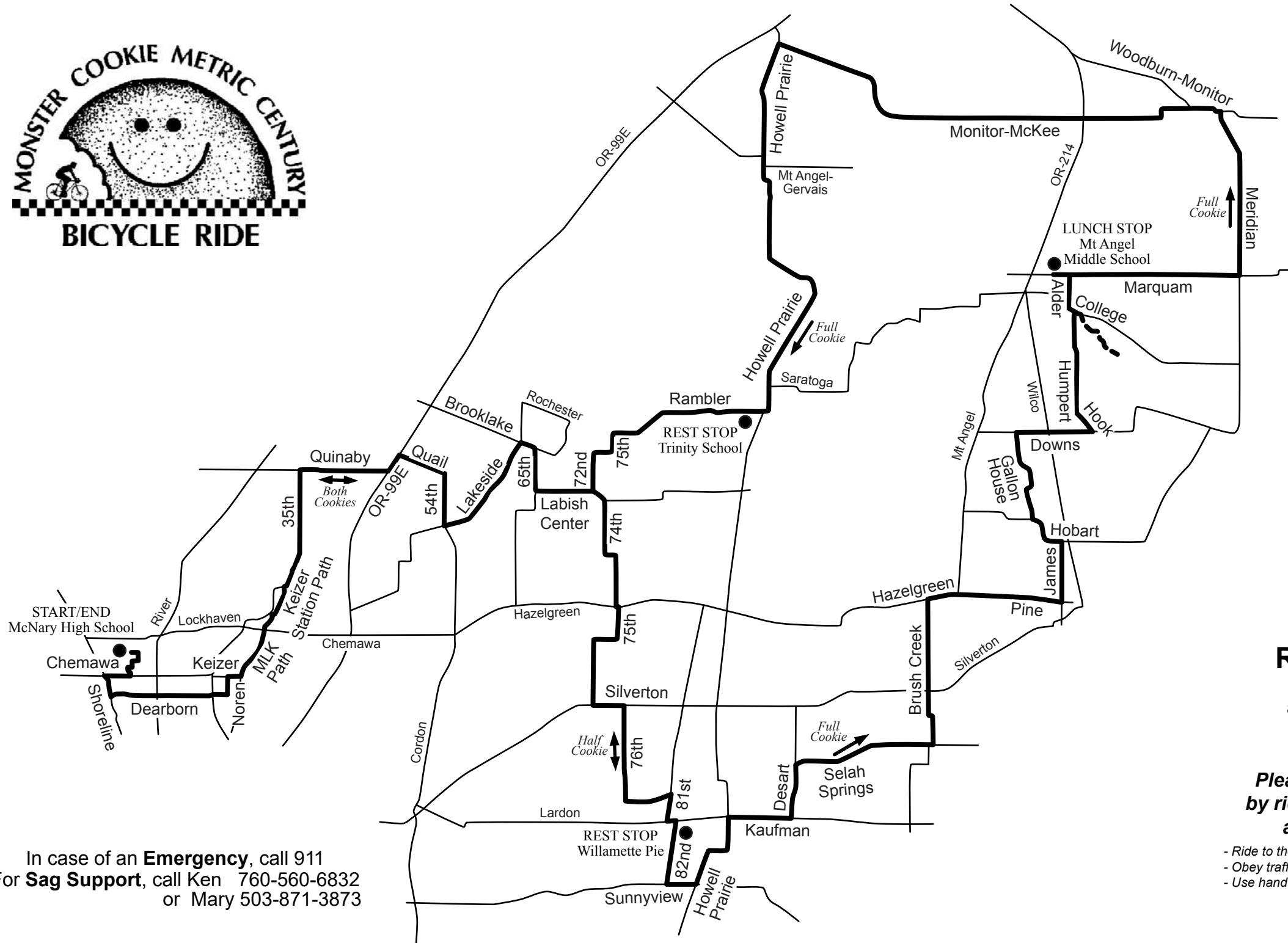
Free verbal cues on your phone

Follow the
Route Arrows
along the route.

**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 Ken 760-560-6832
or Mary 503-871-3873



Monster Cookie Metric Century Bicycle Ride

Full Cookie	Half Cookie	
0.0	0.0	Start of route
0.0	0.0	East along McNary HS to start
0.5	0.5	R on Chemawa Rd at traffic light
0.9	0.9	L on Shoreline Dr at stop sign
1.2	1.2	L on Dearborn Ave
2.7	2.7	L on Noren Ave
2.9	2.9	R on Keizer Rd
3.1	3.1	BR toward MLK multi-use path
3.1	3.1	L on MLK multi-use path
3.6	3.6	BL on path toward Keizer Station
3.7	3.7	R on sidewalk
3.8	3.8	R on paved multi-use path
4.0	4.0	R to continue on multi-use path after crossing bridge
4.4	4.4	R on Keizer Station Blvd/35th Ave
6.0	6.0	R on Quinaby Rd
7.1	7.1	L on OR-99E - CAUTION: Busy Crossing
7.4	7.4	R on Quail St
8.7	8.7	L on Lakeside Dr
10.2	10.2	R on Brooklake Rd
10.4	10.4	R on 65 th Ave
10.9	10.9	L on Labish Center Rd
11.6	11.6	BR to continue on Labish Center Rd
11.9	11.9	R on 74th Ave
13.3	13.3	L on Hazelgreen Rd - CAUTION: Busy Crossing
13.4	13.4	R on 75th Ave
14.9	14.9	L on Silverton Rd - CAUTION: Busy Crossing
15.3	15.3	R on 76th Ave/Heron St
17.1	17.1	R on 81st Ave
17.5	17.5	L on Lardon Rd
17.6	17.6	R on 82nd Ave
17.8	17.8	REST STOP - Willamette Valley Pie Company
17.8		Continue south after rest stop (half route returns north)
18.4		L on Sunnyview Rd
18.8		L on Howell Prairie Rd
19.9		R on Kaufman Rd
20.7		L on Desart Rd
21.4		R on Selah Springs Dr
23.3		L on Brush Creek Dr
24.0		Str across Silverton Rd on Brush Creek Rd - CAUTION: Busy Crossing
25.2		R on Hazelgreen Rd/Pine St
26.9		L on James St
27.7		L on Hobart Rd
28.2		R on Gallon House Rd
29.4		R on Downs Rd
29.8		Str across Wilco Hwy on Downs Rd - CAUTION: Busy Crossing
30.4		L on Hook Rd/Humpert Ln
32.0		OPTIONAL BONUS CLIMB: Right toward Abbey Rd for a climb to Mount Angel Abbey!

Full Cookie	Half Cookie	
32.0		L on College St
32.1		R on Alder St
32.5		L on Marquam St
32.8		LUNCH STOP - Mt Angel Middle School
32.8		East on Marquam St after lunch stop
35.2		L on Meridian Rd
37.4		L on Woodburn-Monitor Rd
37.7		BL on Monitor-McKee Rd
39.2		Str across OR-214 on Monitor-McKee Rd - CAUTION: Busy Crossing
43.5		L on Howell Prairie Rd
45.0		Str on Mount Angel-Gervais Rd
45.1		Str on Howell Prairie Rd
48.8		R on Rambler Dr
48.9		REST STOP - Trinity School
49.0		Continue west after rest stop
50.9		L on 75th Ave/Brooklake Rd/72nd Ave
51.8		R on Labish Center Rd
	17.8	North on 82nd on return (metric route continues south)
	17.9	L on Lardon Rd
	18.1	R on 81st Ave
	18.4	L on Heron St/76th Ave
	20.2	L on Silverton Rd - CAUTION: Busy Crossing
	20.6	R on 72nd Ave
	22.2	L on Hazelgreen Rd - CAUTION: Busy Crossing
	22.2	R on 75th Ave
	23.7	L on Labish Center Rd
	24.6	R on 65th Ave
	25.3	L on Lakeside Dr
	26.9	R on 54th Ave
	28.2	L on OR-99E - CAUTION: Busy Crossing
	28.4	R on Quinaby Rd
	29.6	L on 35th Ave
	31.1	L on multi-use path
	31.5	L to cross bridge on multi-use path
	31.6	BR on multi-use path
	31.7	L on sidewalk
	31.8	L on multi-use path
	32.0	BR on MLK multi-use path
	32.4	R toward Keizer Rd
	32.5	BL on Keizer Rd
	32.6	L on Noren Ave
	32.9	R on Dearborn Ave
	34.4	R on Shoreline Dr
	34.7	R on Chemawa Rd
	35.0	L on Celtic Wy toward McNary HS
	35.1	R at parking lot toward finish
	35.5	Congrats for finishing the Monster Cookie.