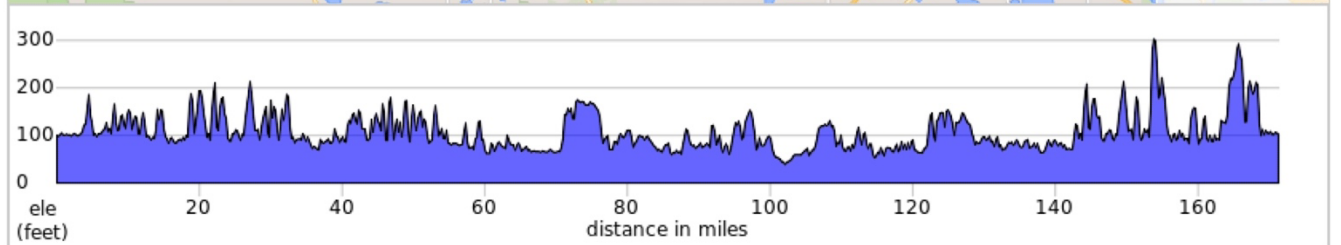
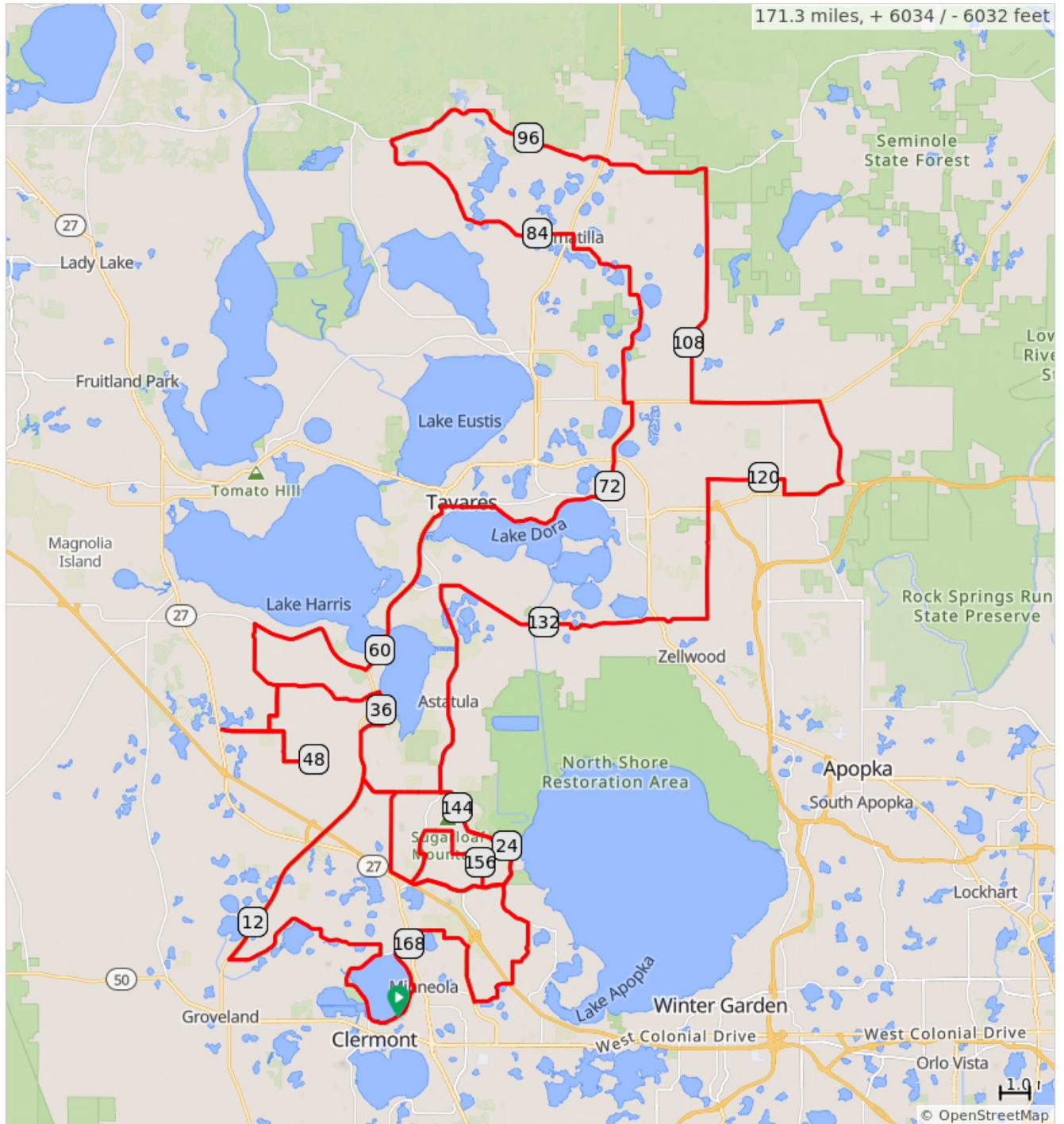
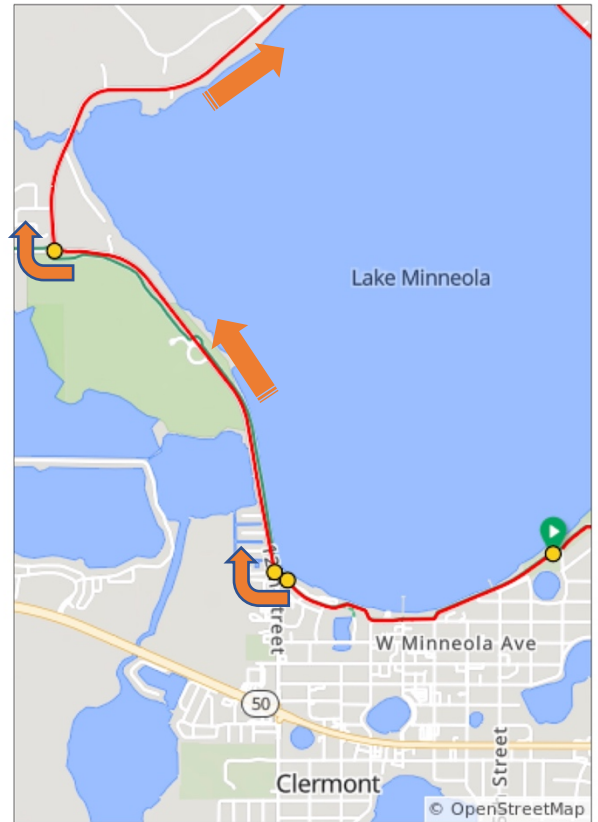


# UMFL 2024 - Day 2 BIKE



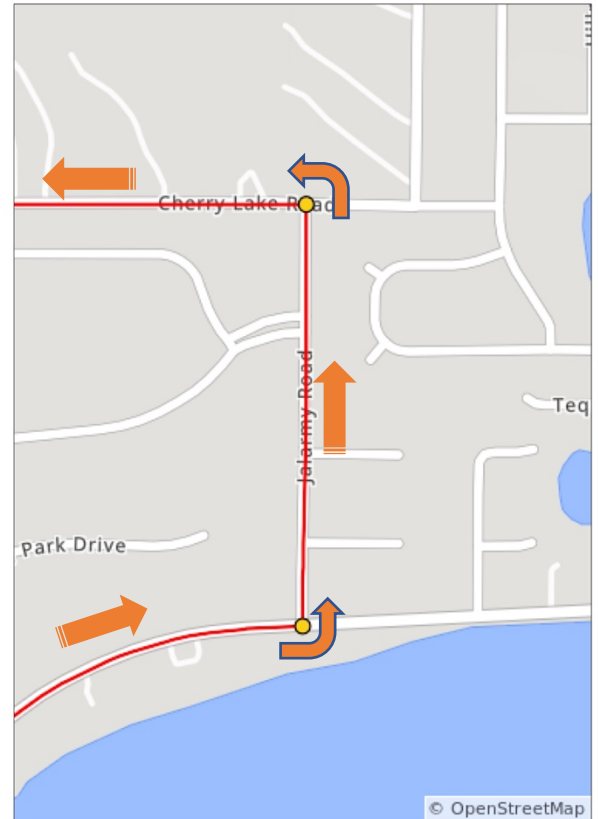
UMFL 2024 - Day 2 BIKE

Num	Dist	Type	Note	Next
1.	0.0	📍	Start of route	1.0
2.	1.0	←	Left onto Lake Minneola Drive	0.1
3.	1.1	→	Right onto 12th Street, CR 561	1.5
4.	2.5	→	Right to stay on Lake Minneola Shores	1.7



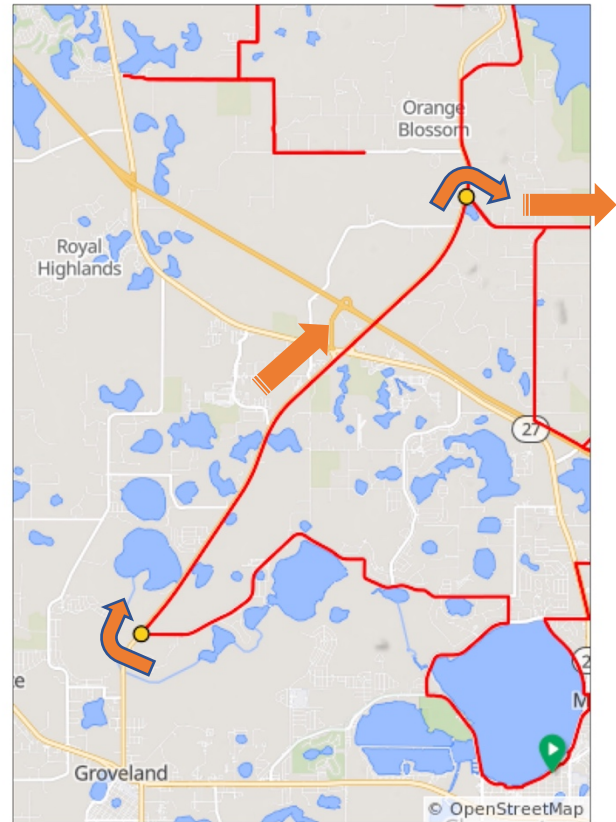
2.5 miles. +26/-21 feet

Num	Dist	Type	Note	Next
5.	4.2	←	Left onto Jalarmy Rd	0.4
6.	4.6	←	Left onto Cherry Lake Rd - USE CAUTION ON THIS ROAD, POSSIBLE HIGH TRAFFIC THIS MORNING	6.0



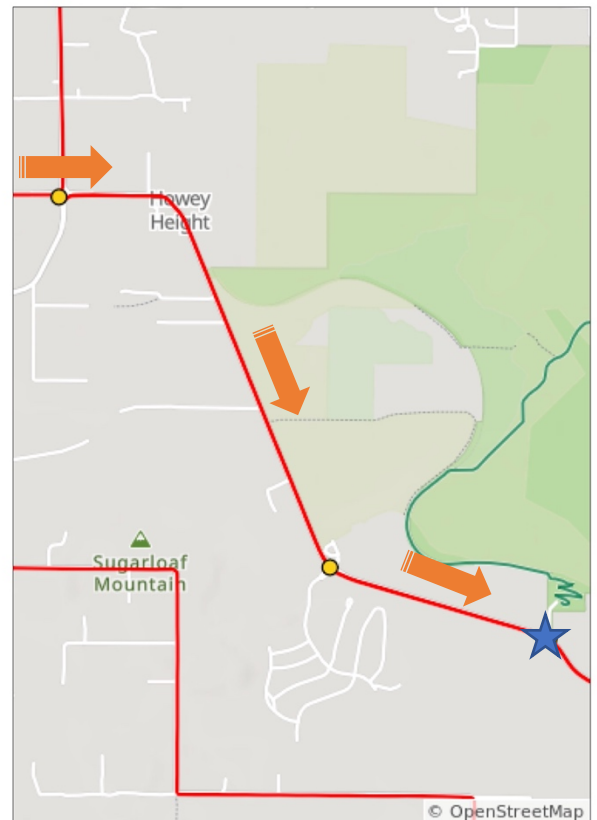
2.0 miles. +51/-0 feet

Num	Dist	Type	Note	Next
7.	10.5	➔	Right onto FL-19 N BUSY HIGHWAY, USE CAUTION	7.5
8.	18.0	➔	Right onto County Rd 455 DOLLAR GENERAL ON THE CORNER - RESTOCK ICE/SNACKS	2.7



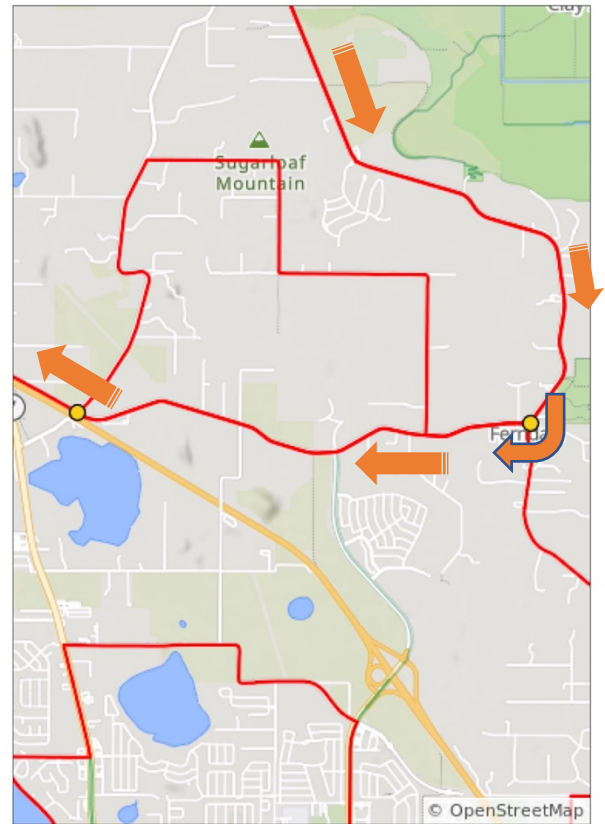
13.5 miles. +205/-226 feet

Num	Dist	Type	Note	Next
9.	20.7	↑	At the traffic circle, continue straight to stay on County Rd 455	1.7
10.	22.5	↑	At the traffic circle, continue straight to stay on County Rd 455	0.8
11.	23.3	★	Restrooms off the road to the left, at the Green Mountain trailhead	2.0



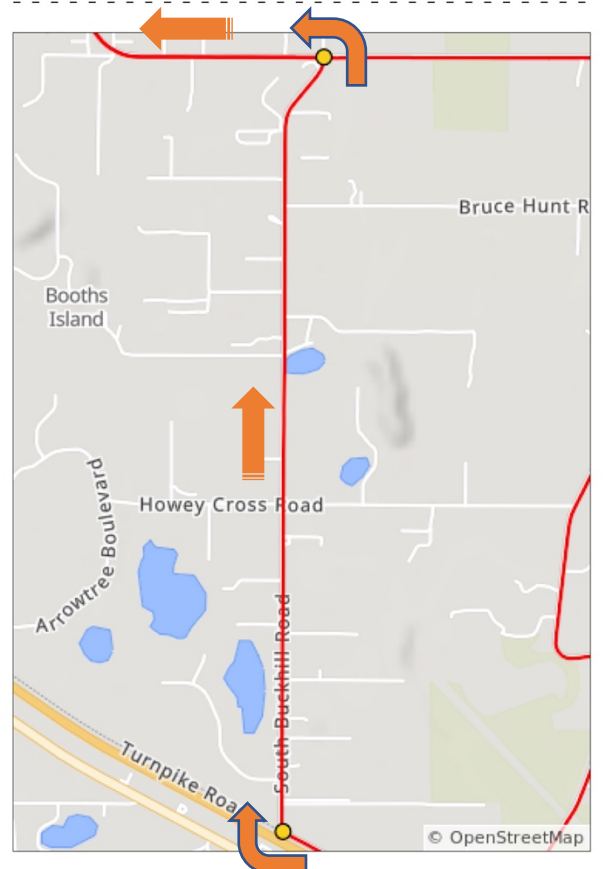
5.2 miles. +211/-160 feet

Num	Dist	Type	Note	Next
12.	25.3	→	Right onto County Rd 561A	3.2
13.	28.5	↑	Continue straight onto Turnpike Rd	0.7



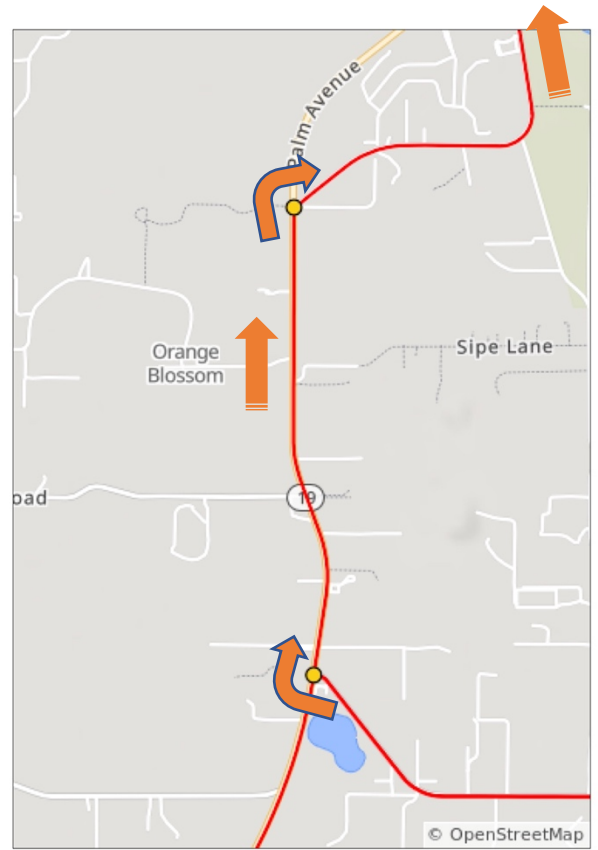
5.2 miles. +142/-159 feet

Num	Dist	Type	Note	Next
14.	29.2	→	Slight right onto S Buckhill Rd	2.7
15.	31.9	←	Left onto CR 455	1.2



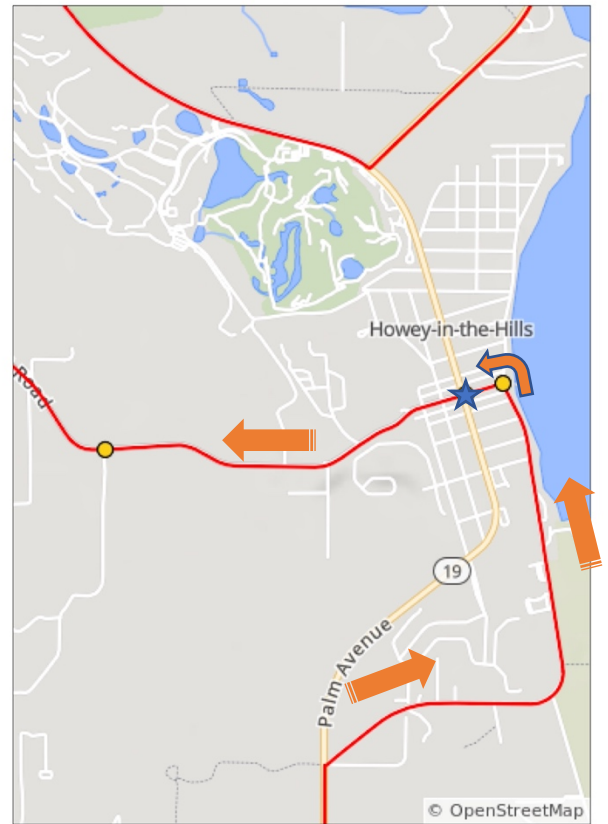
3.4 miles. +218/-260 feet

Num	Dist	Type	Note	Next
16.	33.1	→	Right onto FL 19	1.6
17.	34.7	→	Right onto East Revels Road	1.9



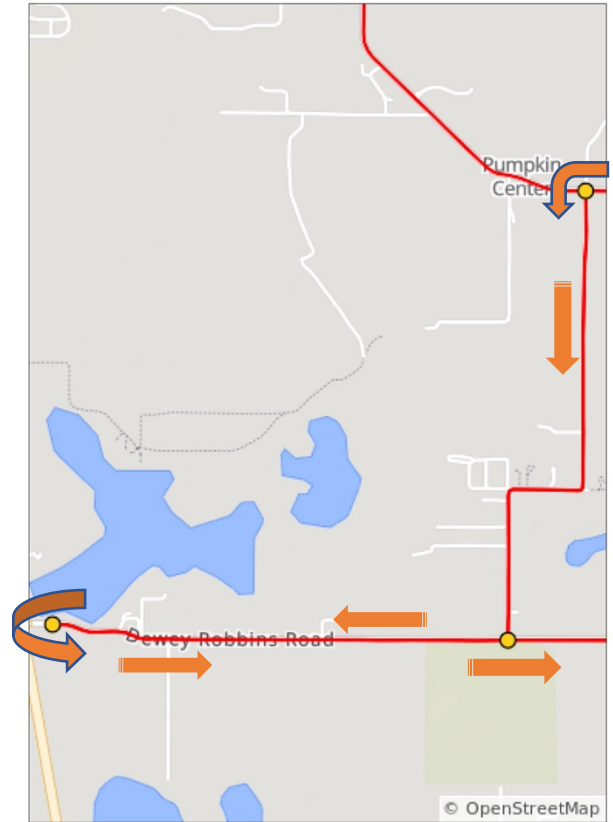
2.9 miles. +29/-24 feet

Num	Dist	Type	Note	Next
18.	36.7	←	Left onto East Central Avenue	0.1
19.	36.8	★	Gas Station ice/snacks on this corner	1.3
20.	38.1	↑	Continue straight - name changes to Number 2 Road	2.2



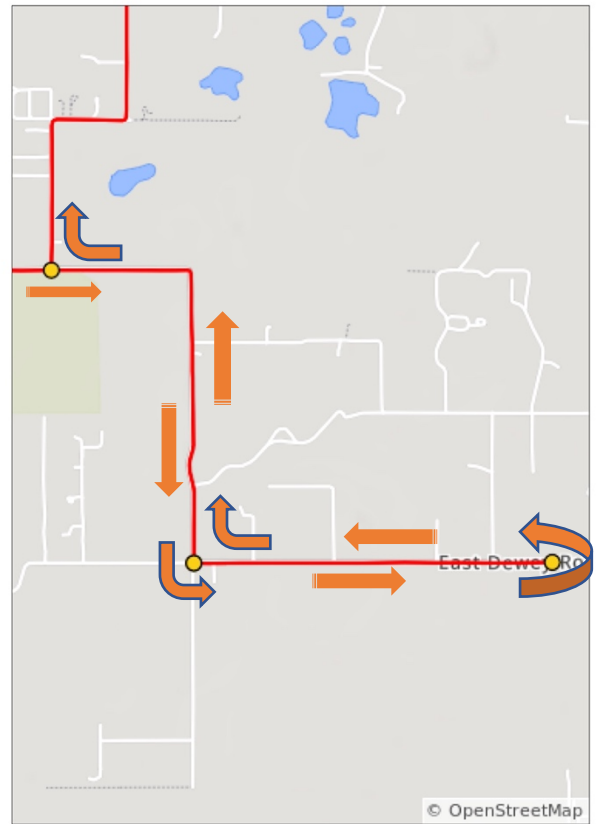
3.4 miles. +36/-13 feet

Num	Dist	Type	Note	Next
21.	40.3	←	Left onto Turkey Lake Road	1.8
22.	42.1	→	Right onto Dewey Robbins Road	1.5
23.	43.6	↻	U-Turn at UMFL Staff	3.0



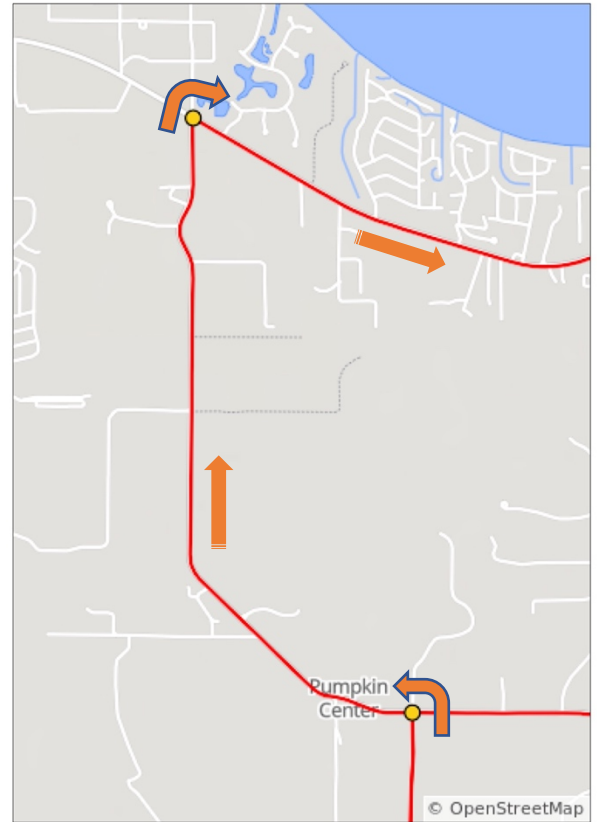
5.5 miles. +149/-145 feet

Num	Dist	Type	Note	Next
24.	46.6	←	Left onto East Dewey Robbins Road	1.2
25.	47.8	↻	Make a U-turn onto East Dewey Robbins Road	1.2
26.	49.1	→	Right onto South Dewey Robbins Road	1.5
27.	50.5	→	Right onto Turkey Lake Road	1.8



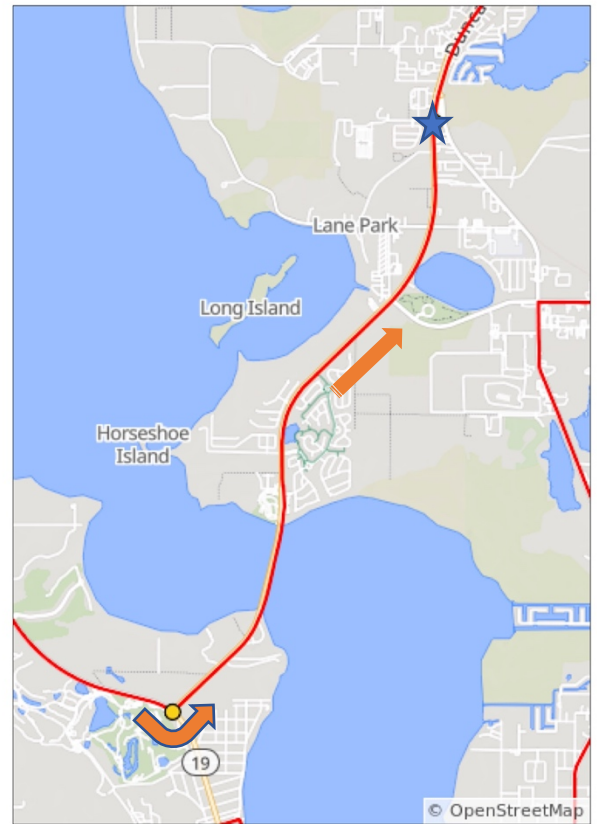
6.9 miles. +272/-323 feet

Num	Dist	Type	Note	Next
28.	52.3	←	Left onto Number 2 Road	2.5
29.	54.7	↻	Sharp right onto CR 48	4.5



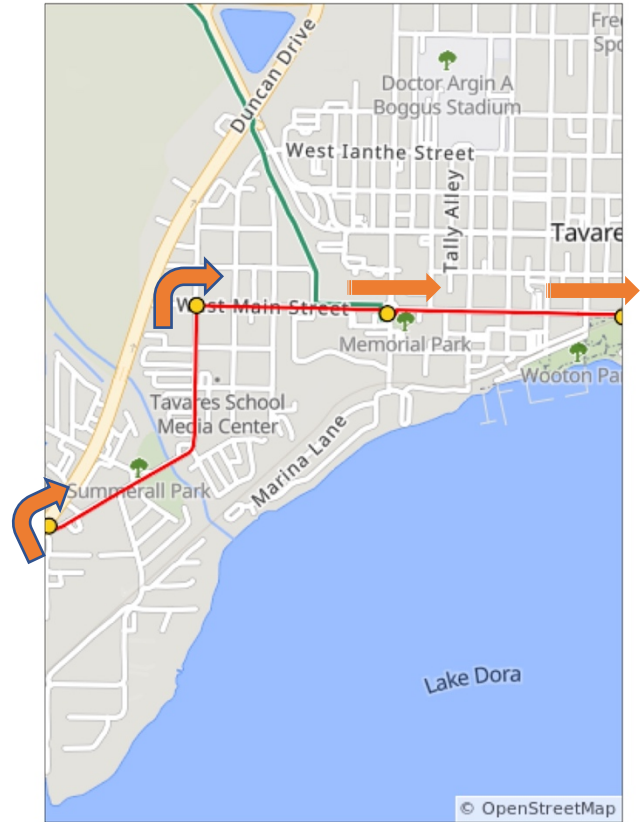
4.2 miles. +126/-110 feet

Num	Dist	Type	Note	Next
30.	59.2	←	Left onto FL 19	4.6
31.	63.8	★	7-11 ice/water/snacks here; Circle K and McDonalds just ahead; restrooms available!	1.1



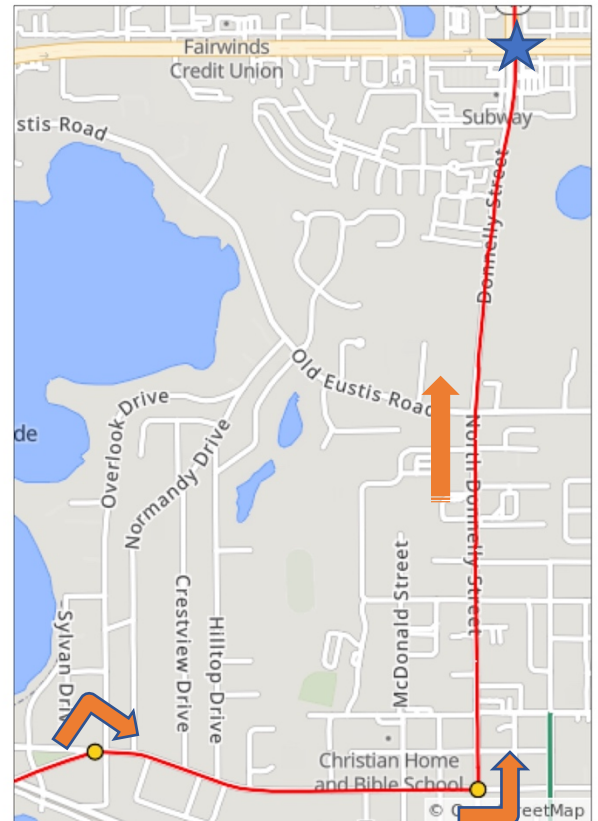
9.1 miles. +82/-133 feet

Num	Dist	Type	Note	Next
32.	65.0	→	Right onto Wells Avenue	0.5
33.	65.5	→	Right onto West Main Street	0.3
34.	65.8	↑	At roundabout, take exit 2 onto West Main Street	0.4
35.	66.2	↑	At roundabout, take exit 2 onto Lake Dora Drive	4.8



2.4 miles. +11/-17 feet

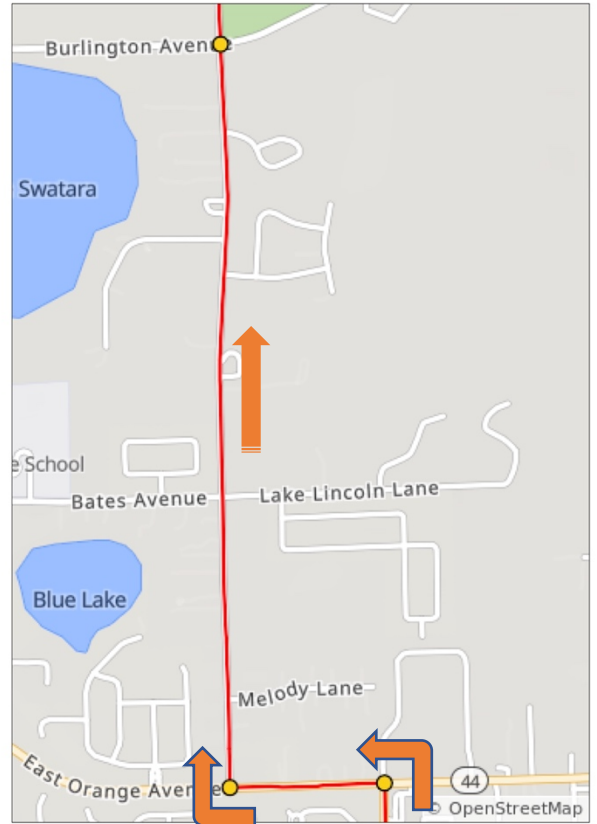
Num	Dist	Type	Note	Next
36.	71.0	↗	Slight right onto Heim Road	0.7
37.	71.7	←	Left onto North Donnelly Street	1.3
38.	72.9	↑	Continue straight onto FL-44 E FAST FOOD AND GAS STATION AT THIS CORNER	2.1



6.7 miles. +104/-45 feet

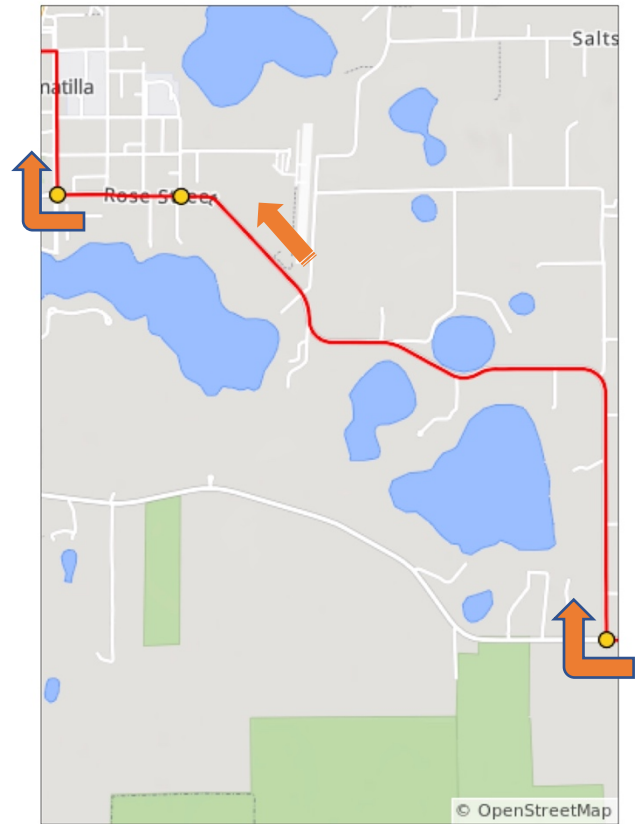


Num	Dist	Type	Note	Next
39.	75.0	←	Left onto E Orange Ave	0.3
40.	75.3	→	Right onto Estes Rd	1.3
41.	76.6	↑	Continue straight onto County Rd 44A N	2.8



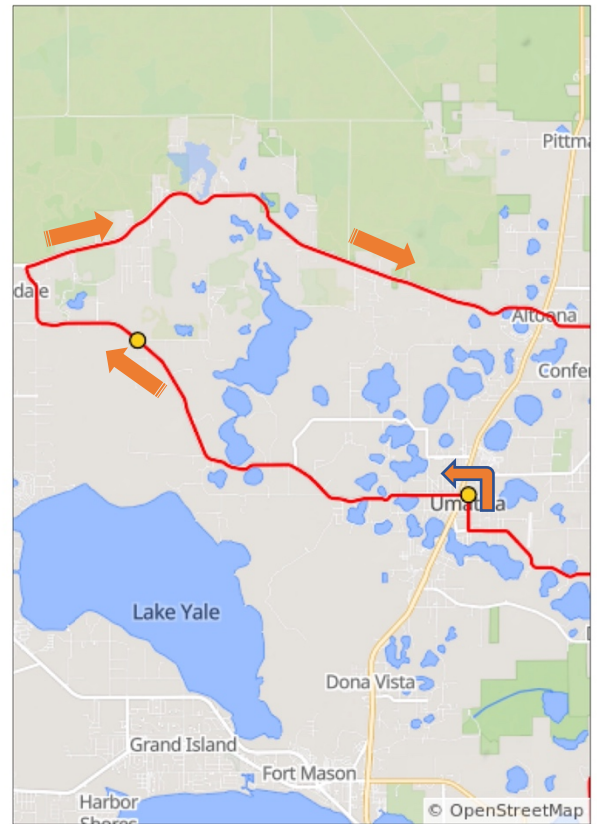
3.6 miles. +/-84 feet

Num	Dist	Type	Note	Next
42.	79.4	→	Right to stay on County Rd 44A N	2.6
43.	82.0	↑	Continue straight onto Rose St	0.4
44.	82.4	→	Right onto S Trowell Ave	0.5



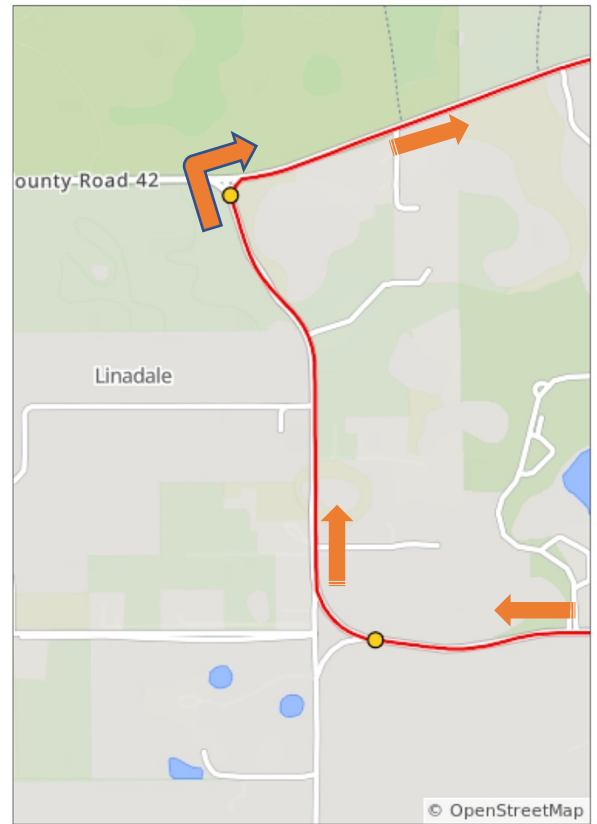
5.8 miles. +/-54 feet

Num	Dist	Type	Note	Next
45.	82.9	←	Left onto Bulldog Ln	5.6
46.	88.5	↑	Continue straight onto SE Hwy 450	1.3



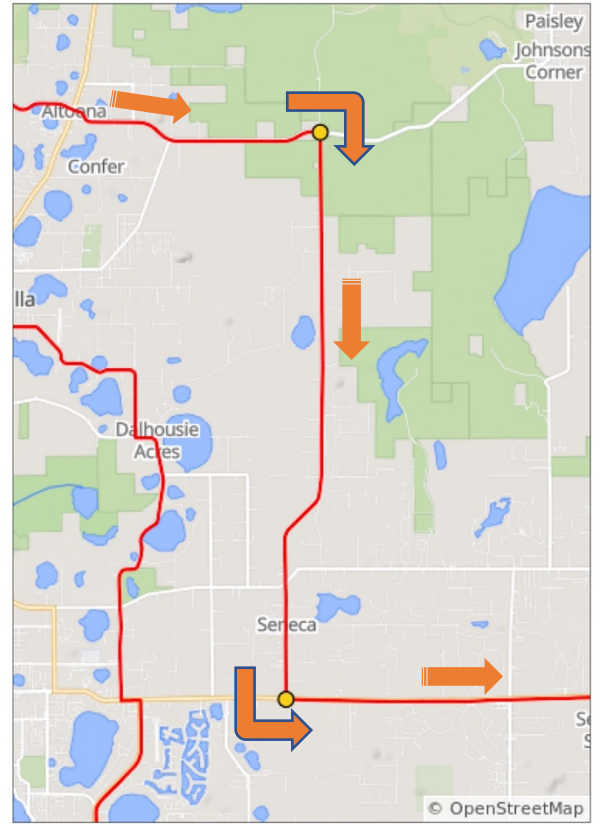
6.1 miles. +108/-95 feet

Num	Dist	Type	Note	Next
47.	89.8	↗	Slight right to continue on SE Hwy 450	0.8
48.	90.7	→	Right onto SE Hwy 42 DOLLAR GENERAL ONE MILE AHEAD - RESTOCK ICE & SNACKS	11.4



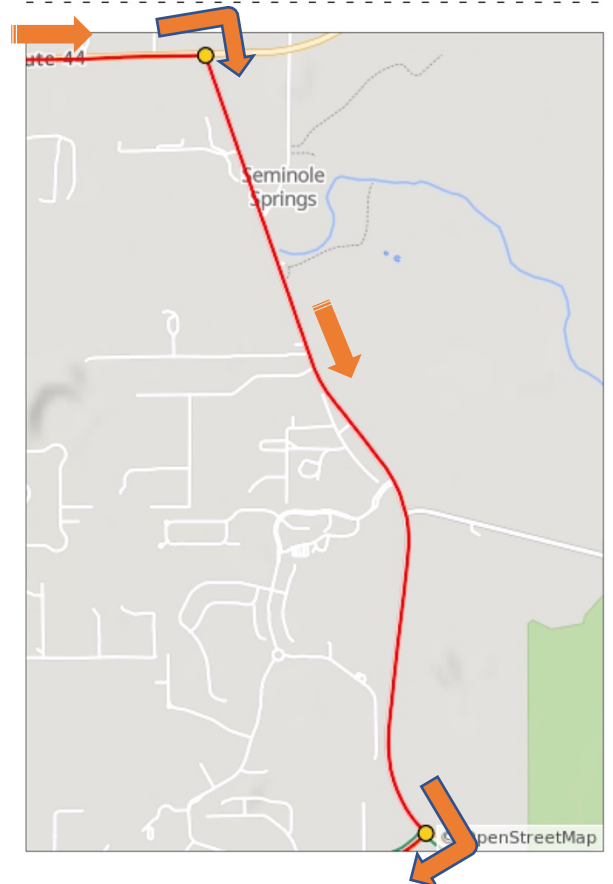
2.2 miles. +18/-25 feet

Num	Dist	Type	Note	Next
49.	102.0	→	Right onto County Rd 439	7.8
50.	109.9	←	Left onto FL-44 E RESTOCK ICE & SNACKS 3 MILES AHEAD	4.2



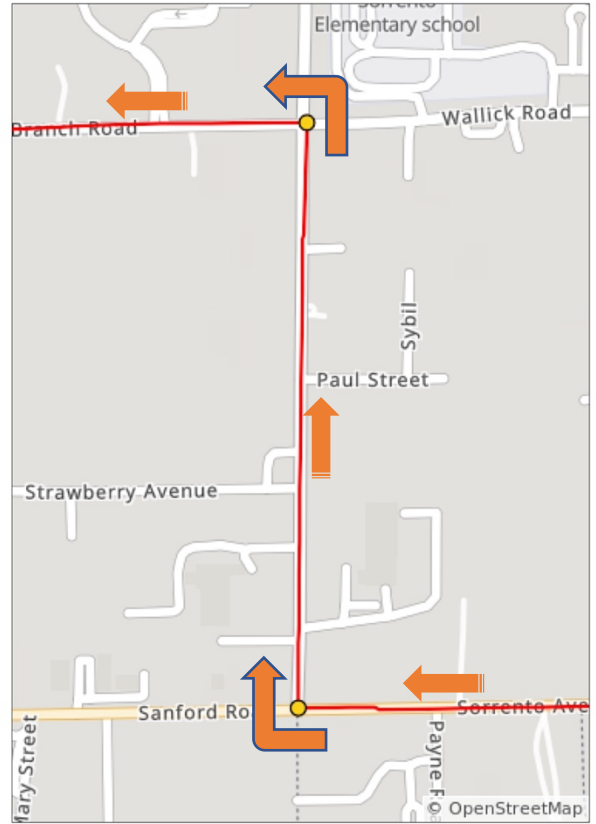
19.2 miles. +168/-106 feet

Num	Dist	Type	Note	Next
51.	114.0	→	Right onto County Rd 46A	2.8
52.	116.9	→	Right onto FL-46 W/Sorrento Ave.	2.0



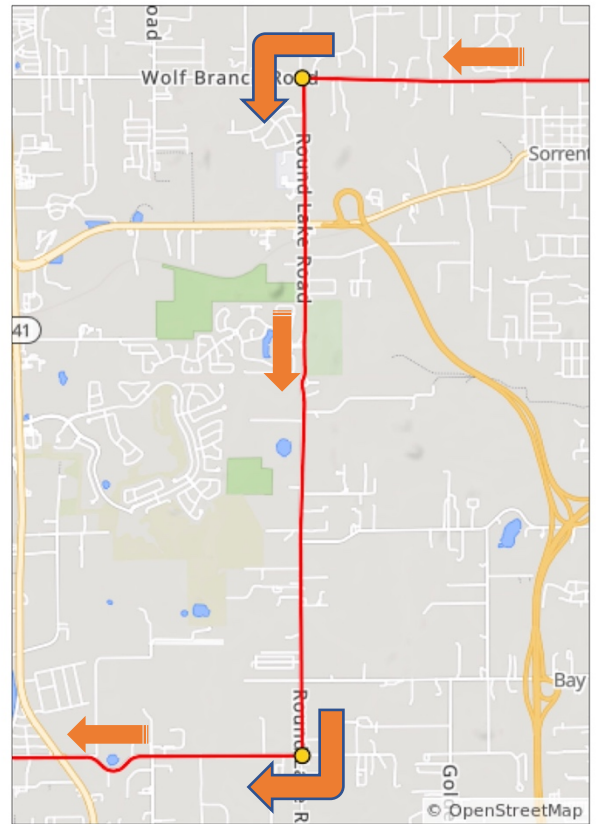
7.0 miles. +74/-83 feet

Num	Dist	Type	Note	Next
53.	118.9	→	Right onto County Rd 437	0.5
54.	119.4	←	Left onto Wolf Branch Rd	2.5



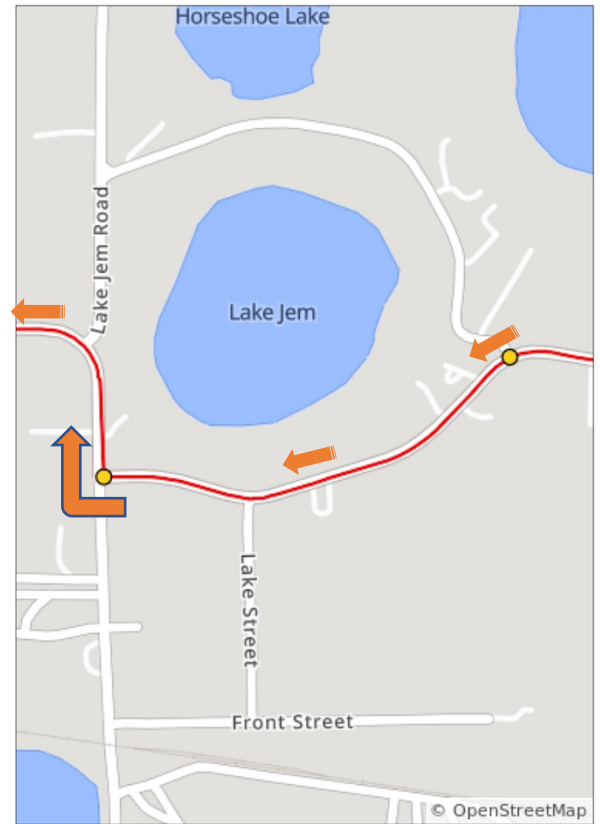
2.5 miles. +16/-12 feet

Num	Dist	Type	Note	Next
55.	121.9	←	Left onto Round Lake Rd	4.6
56.	126.5	→	Right onto Sadler Rd	4.2



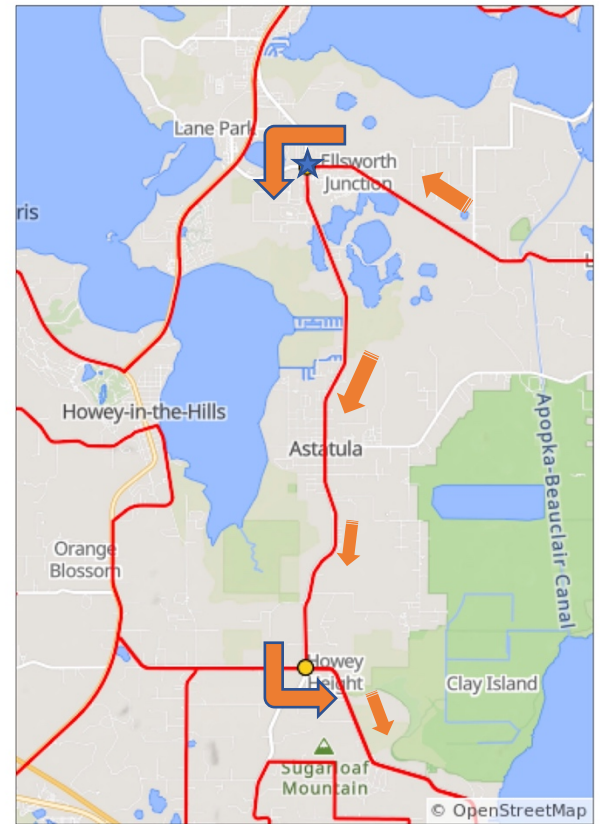
7.1 miles. +224/-172 feet

Num	Dist	Type	Note	Next
57.	130.7	↑	Continue straight onto County Rd 448	0.4
58.	131.1	→	Right to stay on County Rd 448	4.8



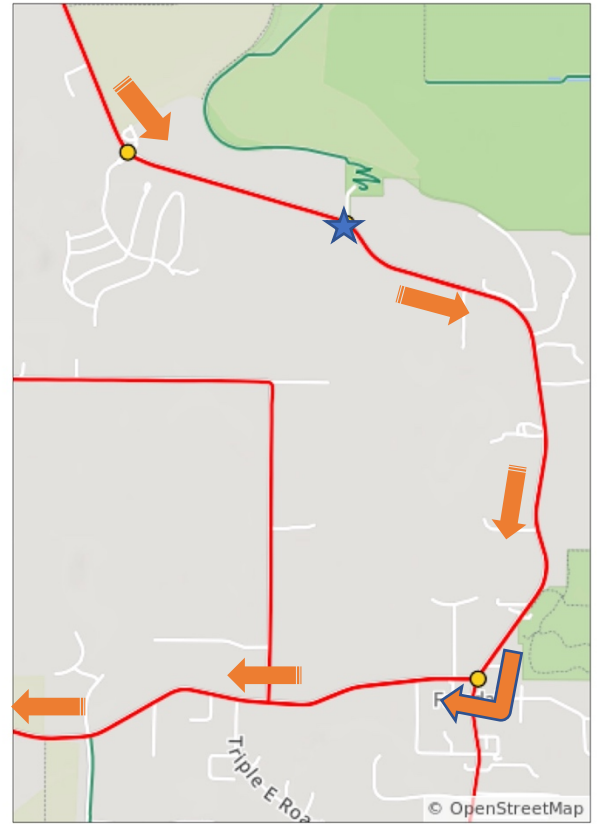
4.6 miles. +/-13 feet

Num	Dist	Type	Note	Next
59.	135.9	← ★	Left onto County Rd 561 CIRCLE K ON THIS CORNER - RESTOCK ICE / BATHROOMS AVAILABLE!	7.1
60.	143.0	←	At roundabout, take exit 3 to head east	1.8



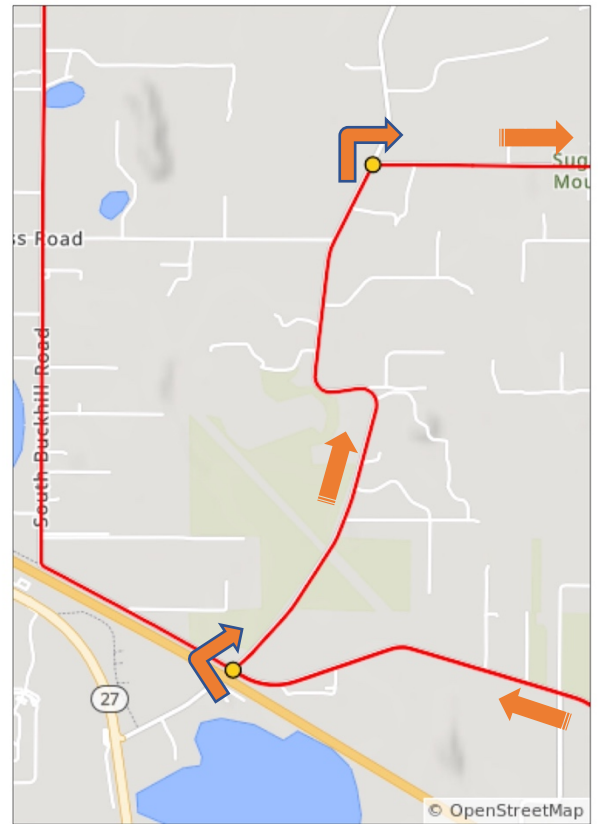
11.9 miles. +143/-105 feet

Num	Dist	Type	Note	Next
61.	144.7	↑	At roundabout, take exit 2 onto CR 455	0.8
62.	145.5	↑ ★	Keep right onto CR 455 BATHROOMS AT GREEN MOUNTAIN TRAILHEAD OFF THE ROAD TO THE LEFT	2.2
63.	147.7	→	Right onto CR 561A	3.2



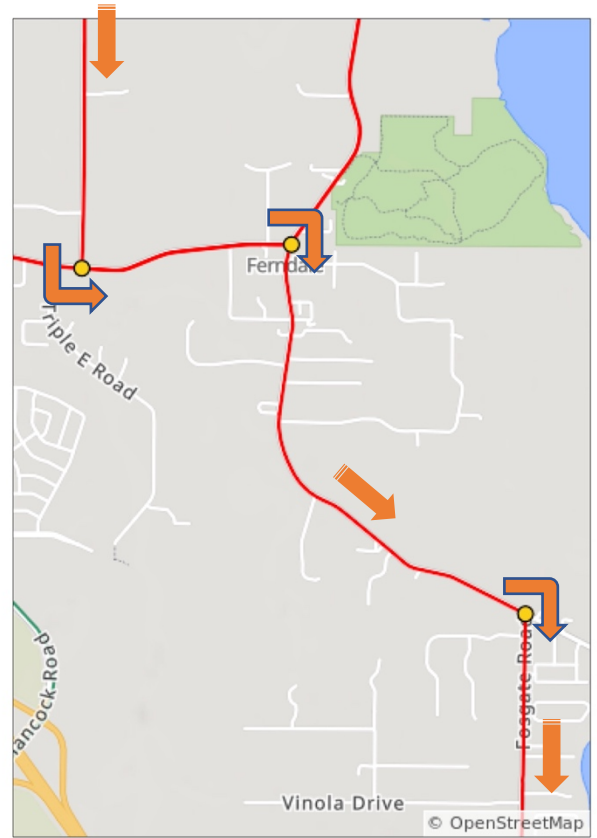
4.8 miles. +122/-117 feet

Num	Dist	Type	Note	Next
64.	150.9	↘	Sharp right onto CR 561	2.1
65.	153.0	→	Right onto Sugarloaf Mountain Road TIME TO CLIMB!! Crews drive to the top and park -- you can walk down and run up next to your athlete!	3.7



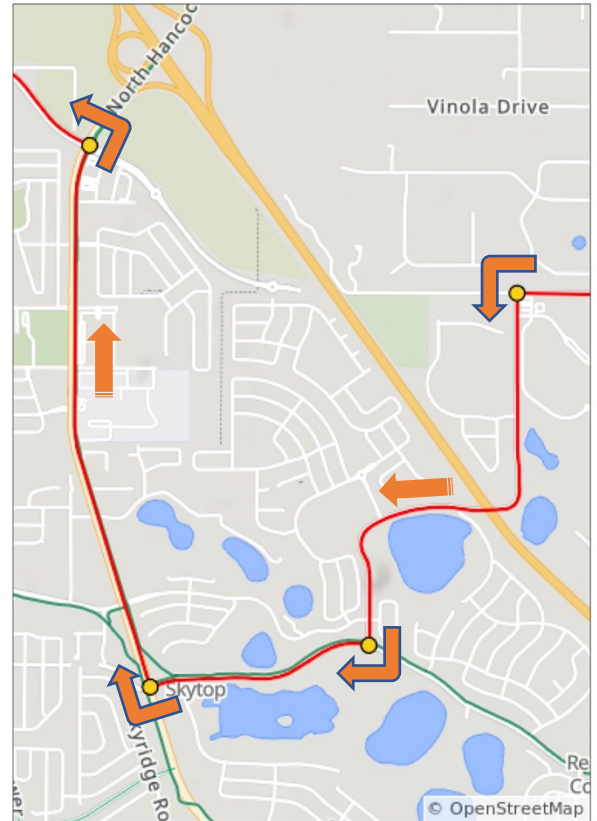
5.3 miles. +127/-111 feet

Num	Dist	Type	Note	Next
66.	156.7	←	Left onto CR 561A	0.7
67.	157.4	↻	Sharp right onto CR 455	1.7
68.	159.2	→	Right onto Fosgate Road	1.7



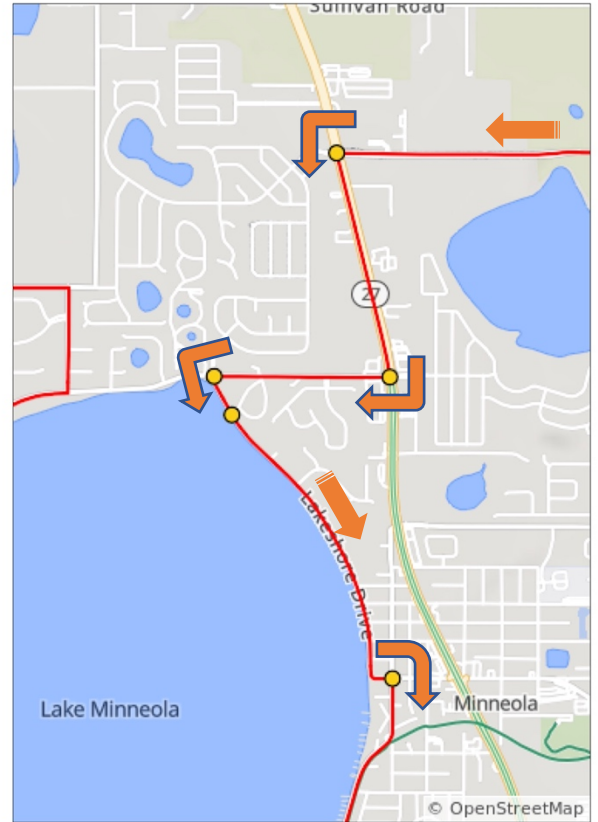
6.2 miles. +110/-58 feet

Num	Dist	Type	Note	Next
69.	160.8	←	Left onto Blackstill Lake Road	1.6
70.	162.5	→	RIGHT onto Old Hwy 50 West	0.8
71.	163.3	→	Right onto North Hancock Road, CR Old 50	1.9
72.	165.1	←	Left onto Citrus Grove Road	2.3



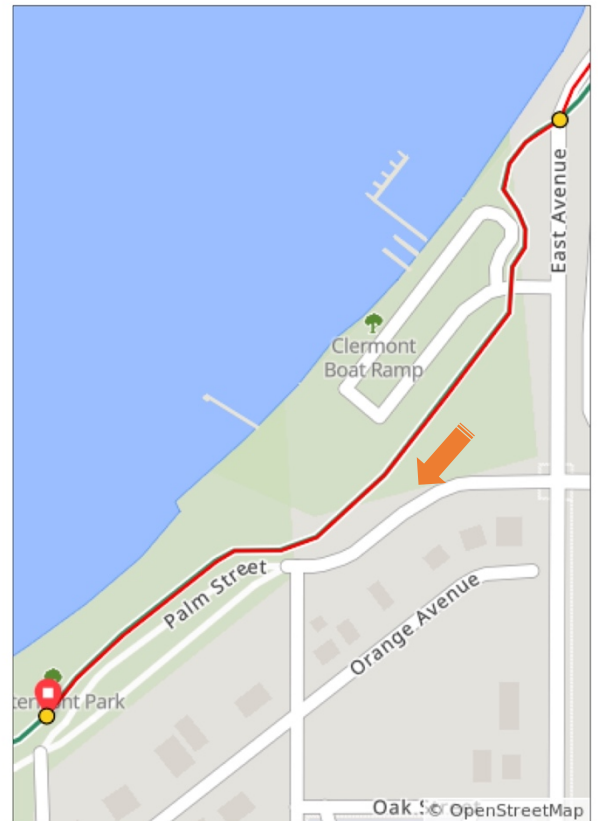
6.0 miles. +250/-147 feet

Num	Dist	Type	Note	Next
73.	167.5	↙	Sharp left onto US 27, CR 561	0.8
74.	168.2	→	Right onto Lake Minneola Shores, CR 561	0.6
75.	168.8	←	Left onto Lake Drive	0.1
76.	169.0	↑	Continue onto Lakeshore Drive	1.1
77.	170.1	→	Right onto South Main Avenue	0.8



5.0 miles. +55/-145 feet

Num	Dist	Type	Note	Next
78.	170.9	↗	Keep right onto South Lake Trail	0.4
79.	171.3	📍	End of route	0.0



**ATHLETES!!** When you arrive at South Lake Trail and are entering the park, the following rules apply:

**\*\*GET OUT OF AERO!!**

**\*\*15MPH SPEED LIMIT!!**

1.2 miles. +5/-7 feet