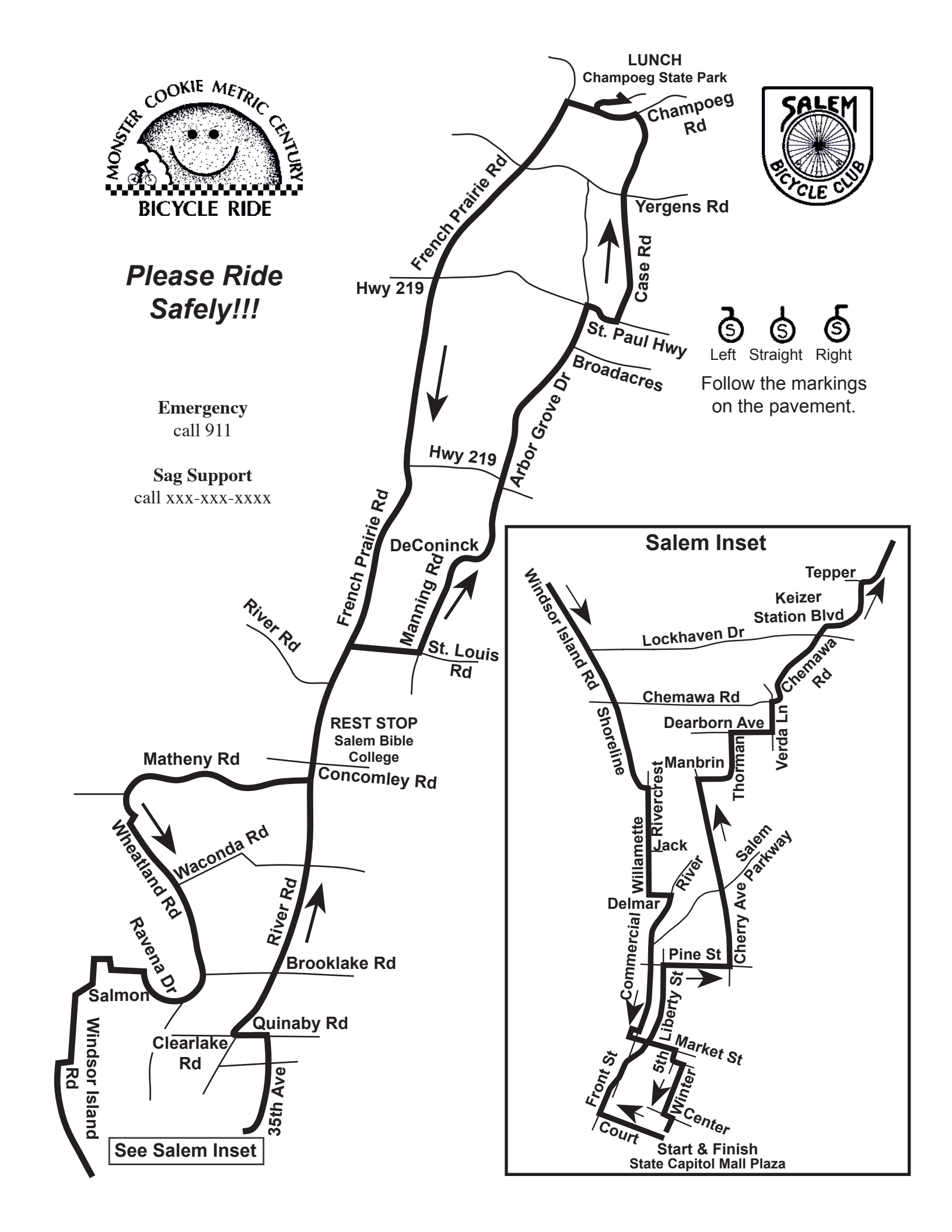
MONSTER COOKIE METRIC CENTURY
BICYCLE RIDE
SALEM BICYCLE CLUB
Please Ride Safely!!!
Emergency
call 911
Sag Support
call xxx-xxx-xxxx
LUNCH
Champoeg State Park
Champoeg Rd
Yergens Rd
Case Rd
French Prairie Rd
Hwy 219
St. Paul Hwy
Broadacres
Arbor Grove Dr
Left Straight Right
Follow the markings on the pavement.
Hwy 219
French Prairie Rd
DeConinck
Manning Rd
River Rd
St. Louis Rd
REST STOP
Salem Bible College
Matheny Rd
Concomley Rd
Wheatland Rd
Waconda Rd
Ravena Dr
River Rd
Brooklake Rd
Salmon
Quinaby Rd
Clearlake Rd
Windsor Island Rd
35th Ave
See Salem Inset
Salem Inset
Windsor Island Rd
Tepper
Keizer Station Blvd
Lockhaven Dr
Chemawa Rd
Chemawa Rd
Shoreline
Dearborn Ave
Verda Ln
Manbrin
Thorman
Rivercrest
Willamette
Jack
River
Salem Parkway
Cherry Ave
Delmar
Commercial
Pine St
Liberty St
Market St
5th
Front St
Winter
Center
Court
Start & Finish
State Capitol Mall Plaza

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
4.6 **RIGHT** on Manbrin Dr
4.8 Manbrin Dr becomes Thorman Ave
5.2 **RIGHT** on Dearborn Ave
5.7 **LEFT** on Verda Ln
5.9 **RIGHT** on Chemawa Rd
6.7 continue straight onto Keizer Station Blvd
7.6 bear right at Tepper Ln
7.7 Keizer Station Blvd becomes 35th Ave
9.2 **LEFT** on Quinaby Rd
9.8 **RIGHT** on River Rd
11.0 cross Brooklake Rd
11.5 **CAUTION:** RR crossing at very bad angle
12.9 cross Waconda Rd
14.2 Matheny Rd
14.5 **REST STOP – Salem Bible College**
15.8 straight onto French Prairie Rd
16.5 **RIGHT** on St Louis Rd
17.6 **LEFT** on Manning Rd
19.2 Manning Rd becomes Deconinck Rd
19.8 DeConinck Rd becomes Arbor Grove Rd
21.0 **LEFT** on Hwy 219
21.2 **RIGHT** on Arbor Grove Rd
23.6 Broadacres Rd
24.3 **RIGHT** on St Paul Hwy
25.0 **LEFT** on Case Rd
27.1 cross Yergen Rd to continue on Case Rd
CAUTION: High speed cross traffic.
28.4 **LEFT** on Champoeg Rd
29.4 **RIGHT** into Champoeg State Park
29.6 straight toward Oak Grove Group Picnic Area
30.2 **LEFT** toward Oak Grove Group Picnic Area
30.3 **LUNCH AT OAK GROVE GROUP PICNIC AREA**
30.3 After lunch, continue through parking lot to resume the ride.
30.5 **RIGHT** toward Park exit
31.1 straight toward Park exit
31.3 **RIGHT** on Champoeg Rd
31.5 **LEFT** on French Prairie Rd
32.7 cross McKay Rd
35.0 cross St Paul Hwy onto Hwy 219
38.1 straight onto French Prairie Rd
38.2 cross Mahoney Rd
41.4 St Louis Rd
42.0 straight onto River Rd
43.3 **REST STOP – Salem Bible College**
43.7 **RIGHT** on Matheny Rd
46.9 straight onto Wheatland Rd
47.4 Willamette Mission State Park
48.7 Waconda Rd
50.3 Brooklake Rd
50.6 **RIGHT** on Ravena Dr
51.7 **LEFT** on Salmon St
52.3 **RIGHT** on 9th Ave
52.4 **LEFT** on Simon St
52.7 **LEFT** on Windsor Island Rd
56.7 Lockhaven Dr
57.2 straight onto Shoreline Dr
58.1 **LEFT** on Wayne Dr
58.1 **RIGHT** on Rivercrest Dr
58.6 straight on bikeway
58.7 straight into River's Edge Park
58.8 straight onto Willamette Dr
59.1 **LEFT** on Delmar Dr
59.3 **RIGHT** on River Rd
60.8 **RIGHT** on Gaines St
60.8 **LEFT** into "coned" bicycle lane
60.9 **LEFT** on Market St
61.1 **RIGHT** on 5th St
61.3 5th St turns into D St
61.3 straight at stop sign to continue on D St
61.5 **RIGHT** on Winter St
61.8 **LEFT** on Center St
61.9 **RIGHT** onto Capitol Mall
62.0 **END AT CAPITOL MALL PLAZA**