

## EMERGENCY SAG PHONE NUMBERS

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**IF YOU ARE HURT & NEED TO GO TO THE HOSPITAL, PLEASE CONTACT 9-1-1.**

**CYCLISTS MUST FOLLOW STATE OF FLORIDA ROAD LAWS AT ALL TIMES!!**

<b>RONALD McDONALD 100 MILES ROUTE</b>	<b>Distance to Ride</b>	<b>Total in Miles</b>
Ride <b>START</b> is at intersection of <b>Princeton and Alden</b>		0
Turn <b>RIGHT</b> on <b>E Princeton St</b> leaving RMH	Ride 1.15 Miles	1.15
Turn <b>RIGHT</b> on <b>Edgewater Dr</b>	Ride .88 Miles	2.03
Turn <b>LEFT</b> on <b>Maury Rd</b>	Ride .82 Miles	2.85
Turn <b>RIGHT</b> on <b>Silver Star Rd</b>	Ride 9.29 Miles	12.14
Turn <b>LEFT</b> on <b>Ocoee Apopka Rd</b>	Ride .11 Mile	12.25
Turn <b>RIGHT</b> on <b>W Franklin St</b>	Ride .62 Mile	12.87
Turn <b>RIGHT</b> on <b>E Crown Point Rd</b>	Ride .59 Miles	13.46
Turn <b>LEFT</b> on <b>Crown Point Cross Rd</b>	Ride .38 Miles	13.84
<b>REST STOP #1</b> as you turn <b>RIGHT</b> on <b>West Orange Trail</b>		
Turn <b>RIGHT</b> on <b>West Orange Trail</b>	Ride 11 Miles	24.84
<b>REST STOP #2</b> before you turn <b>LEFT</b> on <b>1st Street</b>		
Turn <b>LEFT</b> on <b>E 1st St</b>	Ride .38 Mile	25.22
Turn <b>RIGHT</b> on <b>Lake Ave</b>	Ride .08 Mile	25.3
Turn <b>LEFT</b> on <b>Co Rd 424/Orange St/Dixie Hwy</b>	Ride 2.31 miles	27.61
Turn <b>RIGHT</b> on <b>Schopke Lester Rd</b>	Ride 1.5 Miles	29.11
Turn <b>LEFT</b> on <b>W Lester Rd</b>	Ride .71 Miles	29.82
Turn <b>RIGHT</b> on <b>Co Rd 437/Plymouth Sorrento Rd</b>	Ride 1.00 Miles	30.82
Turn <b>LEFT</b> on <b>W Ponkan Rd</b>	Ride 2.07 Miles	32.89
Turn <b>RIGHT</b> on <b>N Round Lake Rd</b>	Ride 1.54 Miles	34.43
Turn <b>LEFT</b> on <b>Sadler Ave/Co Rd 448</b>	Ride 4.61 Miles	39.04
Turn <b>RIGHT</b> to stay on <b>County Rd 448</b>	Ride 4.78 Miles	43.82
Turn <b>RIGHT</b> on <b>County Rd 561</b>	Ride 1.64 Miles	45.46
Turn <b>RIGHT</b> on <b>FL-19 S</b>	Ride .95 Miles	46.41
Sharp <b>RIGHT</b> on <b>Wells Ave</b>	Ride .30 Miles	46.71
<b>REST STOP #3</b> after you turn <b>RIGHT</b> on <b>Wells Ave</b>		
Slight <b>MERGE LEFT</b> on <b>S Lake Ave</b>	Ride .22 Miles	46.93
Turn <b>RIGHT</b> on <b>W Main St</b>	Ride .33 Miles	47.26

<b>RONALD McDONALD 100 MILES ROUTE</b>	<b>Distance to Ride</b>	<b>Total in Miles</b>
Turn <b>RIGHT</b> on <b>S Sinclair Ave</b>	Ride .07 Miles	47.33
Turn <b>LEFT</b> on <b>W Ruby St</b>	Ride .36 Miles	47.69
Turn <b>RIGHT</b> on <b>County Rd 452/E Main St</b>	Ride 4.85 Miles	52.54
<b>Main St Turns into Lakeshore DR</b>		
Turn <b>RIGHT</b> on <b>Heim Rd</b>	Ride .03 Miles	52.57
Turn <b>LEFT</b> on <b>Overlook Dr</b>	Ride .92 Miles	53.49
Turn <b>RIGHT</b> on <b>Old Eustis Rd</b>	Ride .36 Miles	53.85
Turn <b>RIGHT</b> on <b>N Donnelly St</b>	Ride 1.19 Miles	55.04
Turn <b>LEFT</b> on <b>Charles Ave</b>	Ride .14 Miles	55.18
Turn <b>RIGHT</b> on <b>S Tremain St</b>	Ride .21 Miles	55.39
Turn <b>LEFT</b> on <b>Liberty Ave</b>	Ride .24 Miles	55.63
Turn <b>RIGHT</b> on <b>S Clayton St</b>	Ride 1.12 Miles	56.75
Turn <b>RIGHT</b> on <b>Beauclair Ave</b>	Ride .22 Miles	56.97
Turn <b>LEFT</b> on <b>Dora Dr</b>	Ride 2.28 Miles	59.25
Turn <b>LEFT</b> on <b>Sadler Ave</b>	Ride 3.31 Miles	62.56
Turn <b>RIGHT</b> on <b>Round Lake Rd</b>	Ride 1.54 Miles	64.1
Turn <b>LEFT</b> on <b>W Ponkan Rd</b>	Ride 2.07 Miles	66.17
Turn <b>RIGHT</b> on <b>Co Rd 437/Plymouth Sorrento Rd</b>	Ride 1.11 Miles	67.28
Turn <b>LEFT</b> on <b>W Lester Rd</b>	Ride 1.87 Miles	69.15
Turn <b>RIGHT</b> on <b>Vick Rd</b>	Ride 2.1 Miles	71.25
Turn <b>LEFT</b> on <b>County Rd 424</b>	Ride .87 Miles	72.12
Turn <b>RIGHT</b> on <b>Lake Ave</b>	Ride .08 Miles	72.2
Turn <b>LEFT</b> on <b>W 1st St</b>	Ride .39 Miles	72.59
<b>REST STOP #4</b> as you turn <b>RIGHT</b> on <b>West Orange Trail</b>		
Turn <b>RIGHT</b> on <b>West Orange Trail</b>	Ride 10.99 Miles	83.58
<b>REST STOP #5</b> before you turn <b>LEFT</b> on <b>Crown Point Cross Rd</b>		
Turn <b>LEFT</b> on <b>Crown Point Cross Rd</b>	Ride .38 Miles	83.96
Turn <b>RIGHT</b> on <b>E Crown Point Rd</b>	Ride .60 Miles	84.56
Turn <b>LEFT</b> on <b>W Franklin St/FL-438 S</b>	Ride .61 Miles	85.17
Turn <b>LEFT</b> on <b>Ocoee Apopka Rd</b>	Ride .11 Miles	85.28
Turn <b>RIGHT</b> on <b>W Silver Star Rd</b>	Ride 9.30 Miles	94.58
Turn <b>LEFT</b> on <b>N Rio Grande Ave/Maury Rd</b>	Ride .82 Miles	95.4
Turn <b>LEFT</b> on <b>Edgewater Dr</b>	Ride .65 Miles	96.05
Turn <b>RIGHT</b> on <b>Joan Pl</b>	Ride .07 Miles	96.12
Turn <b>RIGHT</b> on <b>Shorecrest Dr</b>	Ride .36 Miles	96.48

RONALD McDONALD 100 MILES ROUTE	Distance to Ride	Total in Miles
Turn <b>LEFT</b> on <b>Biltmore Rd</b>	Ride .09 Miles	96.65
Turn <b>RIGHT</b> on <b>Coronado Rd</b>	Ride .16 Miles	96.81
Turn <b>RIGHT</b> on <b>W Fairbanks Ave</b>	Ride .57 Miles	97.38
Turn <b>RIGHT</b> on <b>Driver Ave</b>	Ride .25 Miles	97.63
Turn <b>LEFT</b> on <b>Minnesota Ave</b>	Ride .70 Miles	98.33
Turn <b>RIGHT</b> on <b>Clay St</b> toward <b>Michigan Ave</b>	Ride .73 Miles	99.06
<b>MERGE</b> on <b>N Orange Ave</b>	Ride .53 Miles	99.58
Turn <b>LEFT</b> on <b>Princeton; STOP</b> at <b>Alden</b>	Ride .12 Miles	99.7