

## Leonard Springs Route

Variation on Leonard Springs ride. People added mileage at the SW and SE corners of the route.

Recorded on Tue, Jul 8 '08 05:49 PM Eastern Time (US & Canada)

Activity Type: Road Biking

Event Type: Training

Total Time: 02:05:16

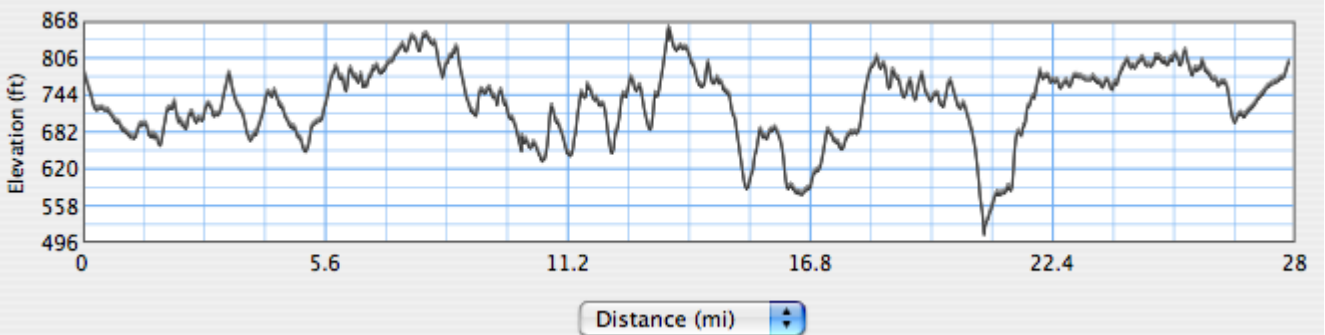
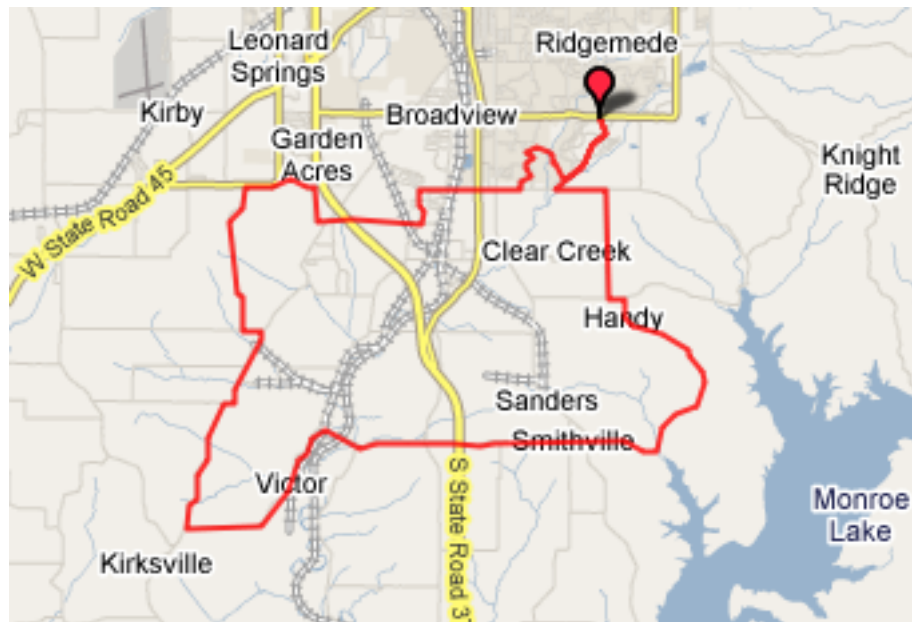
Distance: 27.87 mi

Elevation Gain/Loss: 2,809 ft / -2,788 ft

Calories: 1,743 C

Avg Speed: 13.3 mph

Max Speed: 34.9 mph



Ten riders—all OWLS veterans—gathered on one of the hottest evenings of the summer so far. We did a variation of the Leonard Springs and south ride we did earlier in the summer. The lead group didn't turn off Rockport where we expected at Tramway at the SE corner, adding a couple of miles by going all the way to Victor Pike. And then most of the group took Ramp Creek route home, adding another mile or two. Allan was chased by a big black dog after getting back on Handy, but no harm-no foul. It was a tough ride because of the heat. I was pretty dehydrated by the time I got home. -Allan



Group getting organized at Sherwood Oaks. (Another photo on the next page.)



Regroup

More pictures are at <http://picasaweb.google.com/allan.edmonds/>