

GVC POLAR BEAR RIDE

41 mile route

- at 10.0 mph = 4 hrs 8.76 mins.
- at 13.0 mph = 3 hrs 11.35 mins.
- at 16.0 mph = 2 hrs 35.47 mins.
- at 19.0 mph = 2 hrs 10.93 mins.
- at 22.0 mph = 1 hr 53.07 mins.

Turn	Street	Elapsed miles
R	Battleground Ave	.04
	Becomes Murrow Blvd.	1.72
L	E. Lindsay St	2.12
R	Sullivan St	2.79
L	N. English St.	3.7
Cross	Wendover Ave.	4.2
R	Phillips Ave.	4.92
L	Huffine Mill Rd.	6.13
L	Rankin Mill Rd.	7.26
R	Hicone Rd	10.98
L	McLeansville Rd	13.17
R	NC 150 at Monticello	17.46
L	Old Reidsville Road	18.06
L	Benaja Rd.	18.31
Cross	US 29	18.6
L	Benaja Rd.	20.24
R	Cunningham Rd (Brooks Lake Rd on L)	23.4
L	Spearman Rd.	24.76
R	NC 150	27.86
L	Yanceyville Rd	28.
R	Yanceyville/Doggett Rd.	31
R	Peach Orchard Dr	34.2
L	Church St	35
R	Old Lake Jeanette Rd	35.5
L	N. Elm St	36
L	Sunset Dr	39.6
L	Pembroke	40.9
L	Huntington	41
R	W. Northwood St	40.2
L	Battleground Ave	40.25
R	Mill St FINISH!	41.3

GVC POLAR BEAR RIDE

25 mile route

- at 10.0 mph = 2 hrs 30.36 mins.
- at 13.0 mph = 1 hr 55.66 mins.
- at 16.0 mph = 1 hr 33.97 mins.
- at 19.0 mph = 1 hr 19.13 mins.
- at 22.0 mph = 1 hr 8.35 mins.

Turn	Street	Elapsed miles
R	Battleground Ave	.04
	Becomes Murrow Blvd.	1.72
L	E. Lindsay St	2.12
R	Sullivan St	2.79
L	N. English St.	3.7
Cross	Wendover Ave.	4.2
R	Phillips Ave.	4.92
L	Huffine Mill Rd.	6.13
L	Rankin Mill Rd.	7.26
L	Hicone Rd	10.98
Cross	US 29	12
R	Summit Ave	12.65
L	Bryan Park Road	14.47
L	Townsend Road	15.1
L	Rudd Station Rd	16.27
R	Lees Chapel Rd.	16.3
L	N. Elm St.	20.56
R	Sunset Dr.	23.2
L	Pembroke Rd.	24.5
L	Huntington Rd.	24.65
R	W. Northwood St.	24.8
L	Battleground Ave.	24.9
R	Mill St FINISH!	25.06

Ride safely & sign back in afterwards...

- Stay single file when motorized vehicles approach.
- Stop for stop signs & lights.
- Use hand signals for turns.

In case of emergency, call 911