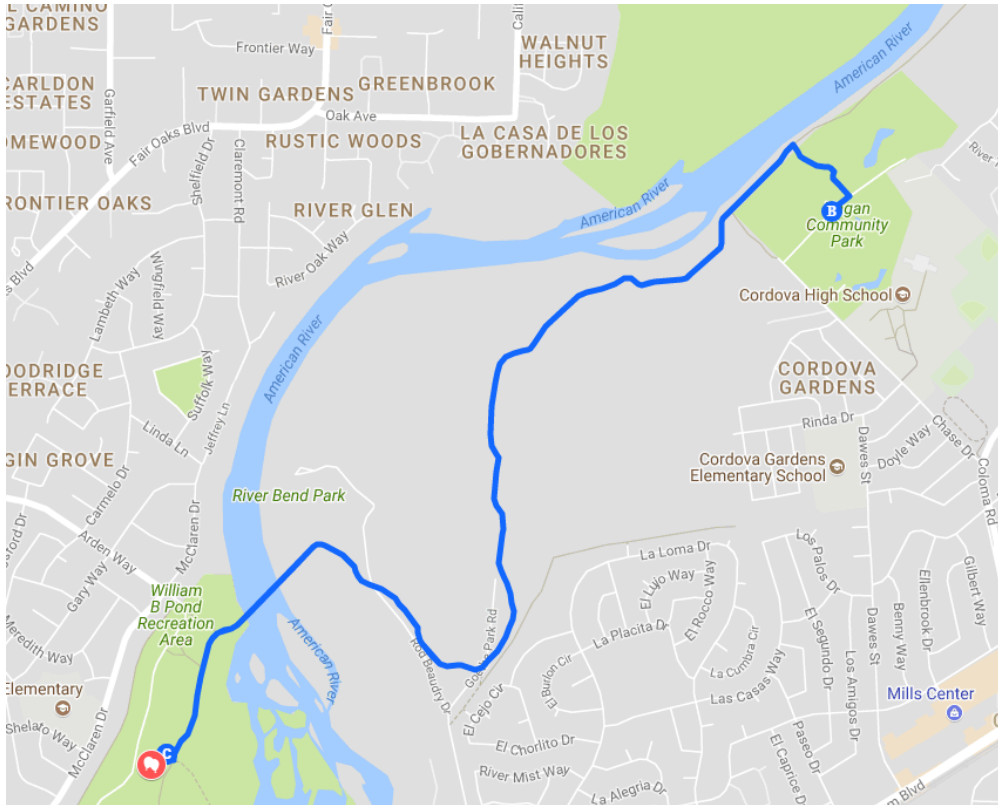


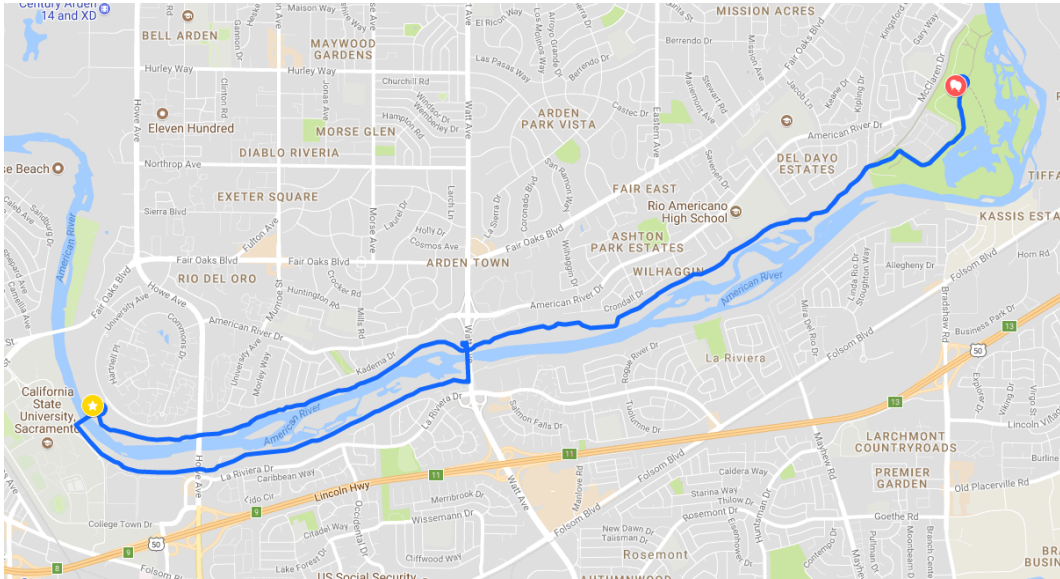
RIDE THE PARKWAY – CRUISER ROUTE – 5 MILES



Turnaround: Hagan Community Park (Approx. ½ mile past Mile 15 bike trail marker).

The park will be on your right; you'll see a fenced in dog park followed by a concrete path surrounded by a large grassy area.

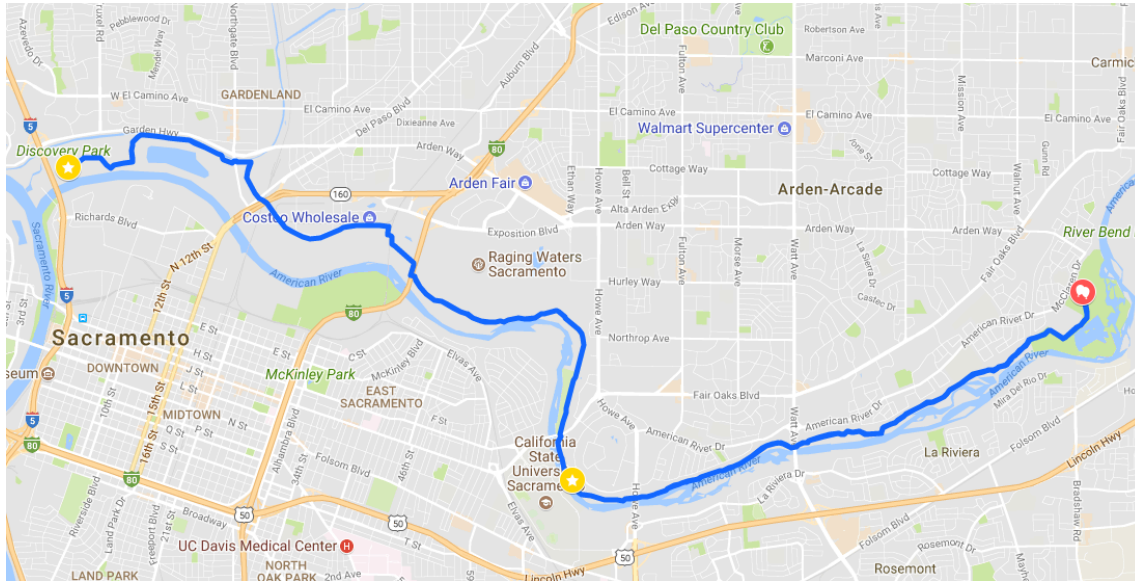
RIDE THE PARKWAY – FIXIE/SINGLE-SPEED ROUTE – 12 MILES



Turnaround: Cross the Guy West Bridge (large red bridge just after the Mile 8 bike trail marker). Turn left from the bridge and follow the bike trail on the south side of the river to the south at Watt Ave (2nd bridge after Guy West).

Rest Stop: Follow the bike trail under Guy West Bridge and the rest stop will be on your right.

RIDE THE PARKWAY – ROADIE ROUTE 1 (WILLIAM POND TO DISCOVERY) – 26 MILES

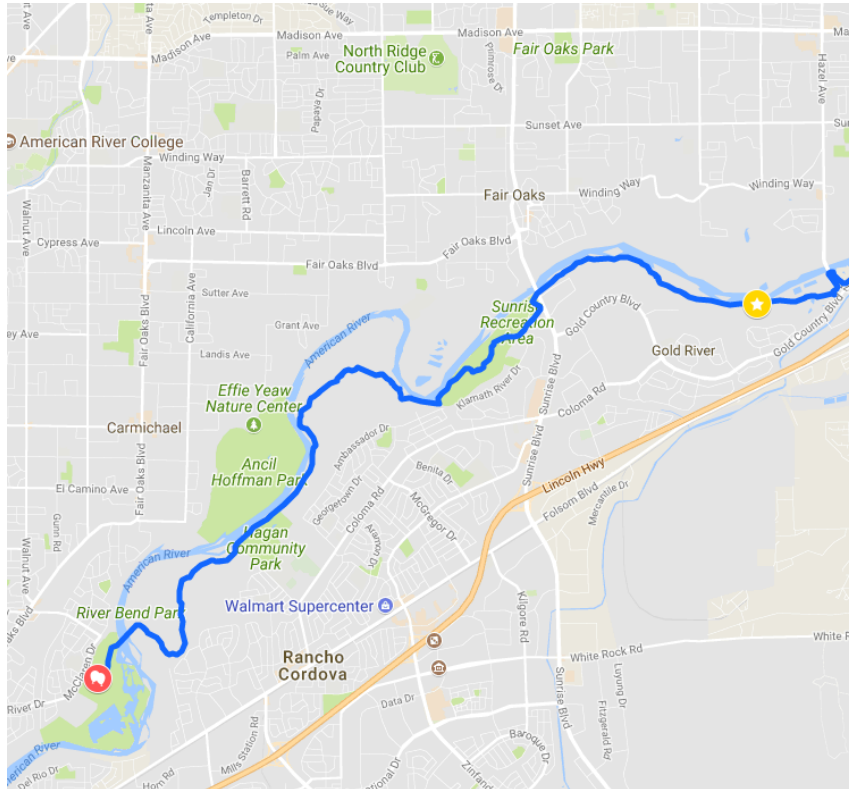


Turnaround: Discovery Park Rest Stop

Rest Stops:

- Guy West Bridge – Follow the bike trail under the bridge and the rest stop will be on your right.
- Discovery Park – Rest stop will be on your right at the Alder Picnic Site just past the Mile 1 bike trail marker.

RIDE THE PARKWAY – ROADIE ROUTE 2 (WILLIAM POND TO HAZEL AVE) – 18 MILES



Turnaround: Hazel Ave Bridge (just past the Nimbus Fish Hatchery and the first bridge you see after you pass our rest stop).

Rest Stop: West end of Hazel Ave river access. Rest Stop will be on your right after the Mile 21 bike trail marker next to a large rectangular parking lot.