

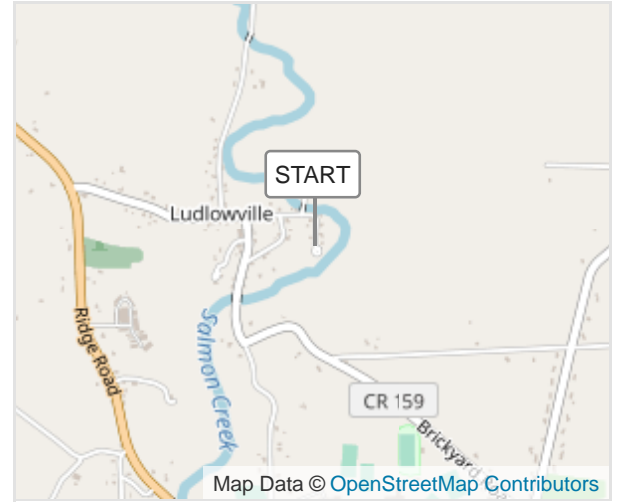


# CAU Day 3 Lansing

## ROUTE INFORMATION

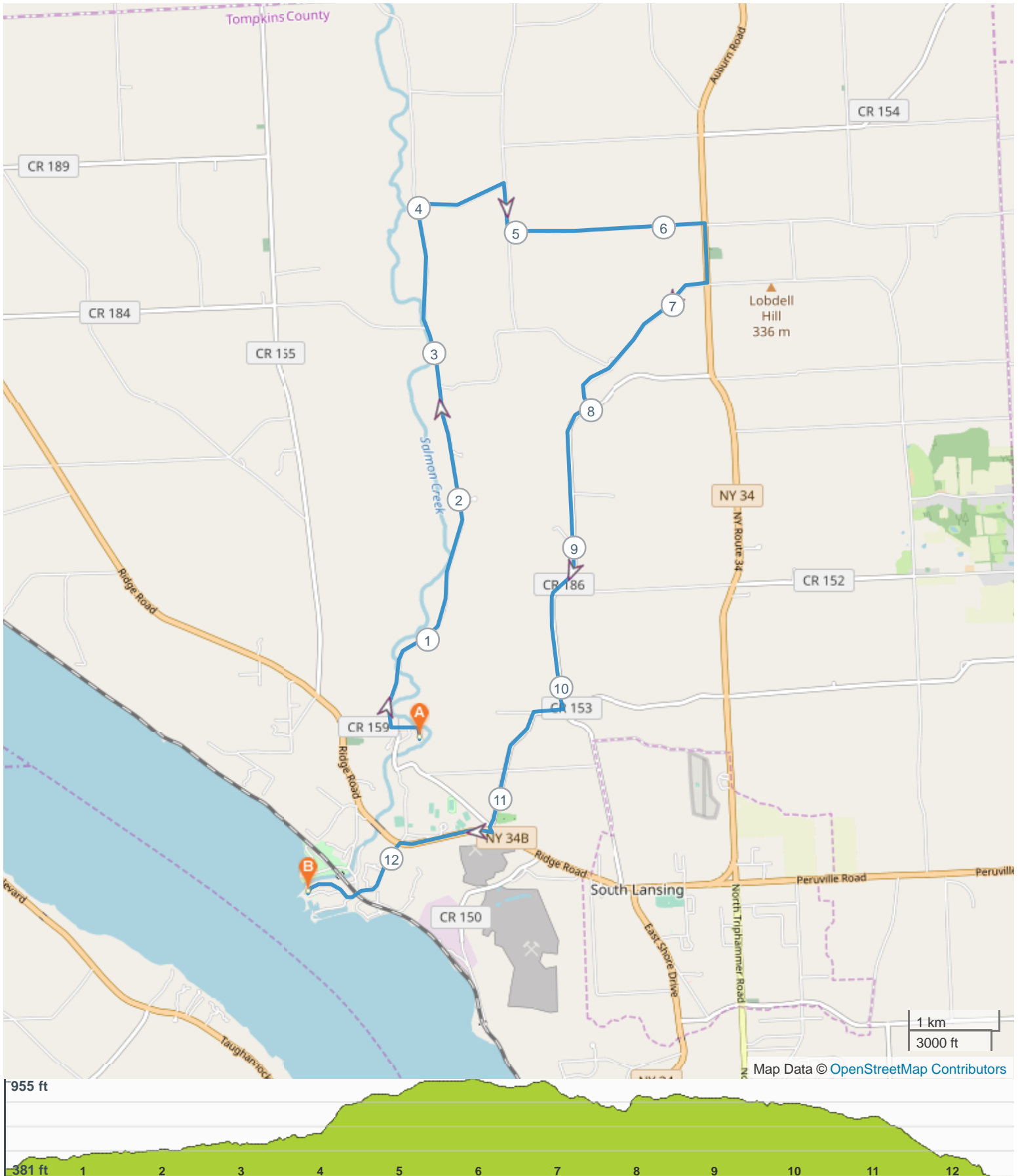


ROUTE LENGTH 12.767 miles  
ASCENT 862 ft  
DESCENT 908 ft  
HILLS **↑** 38.2% | **↓** 42.1% | **→** 19.7%  
TERRAIN Road **A**  
START **LAT: 42.552407, LNG: -76.534542**



## NOTES

# CAU Day 3 Lansing



## ROUTE DIRECTIONS

No	Miles	Turn	Directions
1	0.000		Start on Mill Street
2	0.287	➔	Turn right onto Salmon Creek Road
3	4.001	➔	Turn right onto Brooks Hill Road
4	4.627	➤	Turn left onto Holden Road
5	4.956	➤	Turn left onto Storm Road
6	6.287	➔	Turn right onto NY Route 34
7	6.696	➔	Turn right onto Gulf Road
8	7.987	➔	Turn right onto Conlon Road
9	10.156	➤	Turn left onto Buck Road
10	11.206	➤	Turn sharp right onto Brickyard Road
11	11.250	➤	Turn left onto Ridge Road
12	11.887	➤	Turn left onto Myers Road
13	12.427	↗	Turn slight right onto Park Park Road
14	12.475		Keep right onto Lansing Park Road
15	12.767		FINISH