

**mm06 - Metro Metric 2006 Summary, Notes and Cue Sheet for All Routes**

				Name of this leg	Miles
29.92	53.40	62.68	100.03		
17.23	17.23	17.23	17.23	Hampshire to Virgil - 17 miles	17.23
			14.37	Virgil to Johnson's Mound - 21 mi.	14.37
		6.04		Virgil to Johnson's Mound - 13 mi.	6.04
		6.73	6.73	Virgil to Johnson's (62 & 100) Part B	6.73
		14.47	14.47	Johnson's Mound to Maple Park - XX mi.	14.47
			8.25	Kaneville add'l Loop (100) [ add'l 8.25]	8.25
	1.83			Virgil to Maple Park - 18 miles	1.83
			4.64	Maple Park Loop - 21 miles	4.64
	16.13		16.13	Maple Park Loop (50 & 100) Part B	16.13
	10.00	10.00	10.00	MaplePark to Hampshire - 18 miles	10.00
4.48				Virgil to Hampshire - 13 miles	4.48
8.21	8.21	8.21	8.21	Maple/Virgil to Hampshire (All) Part B	8.21
Not using this segment - - >				Virgil to Hampshire addition (30)	4.00
[ Not using in Metro Metric - - >				Virgil-John's Mound (100) PartA Scenic	12.66
[ Small group low traffic option - - >				Johns's-MP: add lp 100 milers Scenic	9.21

**Note:** the above lines are all copied from the table below.

This is the working spread sheet for MM 06. Some rows don't need to be on the final cue sheets.  
**Note:** "Cumulative for this leg" column is the source data; taken from the "FavoriteRun" trace.  
**Note:** "Dist." is COMPUTED by subtracting the previous line's "Cum" form the current "Cum."  
 Distribution cue sheets should be reformatted to use one decimal in the Cumulative columns,  
 but retain 2 decimals in "Dist." to avoid appearent roundoff discrepancies.

**Special notes for 100 milers - take the 62 mile route from:**

- Hampshire starting point after 9:00
- Virgil Rest Stop (17 mile point) after 10:30
- Johnson's Mound Rest Stop (38 mile point) after noon
- Maple Park Rest Stop (61 mile point) after 1:30 PM.

Your route includes a 21 mile loop at Maple Park.

You can skip that loop if you're feeling tired (ride 79 mi.)

You can also omit the loop at Kaneville and skip 8 mi.

Cumulative for					R	L	dir	Road	Dist.
30	50	62	100	this leg				Hampshire to Virgil - 17 miles	17.23
0.00	0.00	0.00	0.00	0.00			E	leave Hampshire High School	0.08
0.08	0.08	0.08	0.08	0.08		R	S	State St	0.34
0.42	0.42	0.42	0.42	0.42		str	S	cross Rt.72 cont. as Getzelman Rd.	1.52
1.94	1.94	1.94	1.94	1.94		L	E	Lenschow Rd (cross return route)	1.08
3.02	3.02	3.02	3.02	3.02		R	S	Romke Rd (no sign)	0.80
3.82	3.82	3.82	3.82	3.82		str	S	cross Plank Rd (very busy)	0.48
4.30	4.30	4.30	4.30	4.30		L	E	Bahr Rd (just before RR crossing)	1.31
5.61	5.61	5.61	5.61	5.61		R	S	Tower Rd	0.11
5.72	5.72	5.72	5.72	5.72		str	S	bridge over RR tracks	1.90
7.62	7.62	7.62	7.62	7.62		L	E	Plato Rd	0.25
7.87	7.87	7.87	7.87	7.87		R	S	Pease Rd	0.50
8.37	8.37	8.37	8.37	8.37		R	W	turns right as Ellithorpe Rd	0.60
8.97	8.97	8.97	8.97	8.97		str	W	cross Burlington Rd	1.45
10.42	10.42	10.42	10.42	10.42		L	S	Chapman Rd	0.51
10.93	10.93	10.93	10.93	10.93		L	E	Middleton Rd (note - left; east !)	0.56
11.49	11.49	11.49	11.49	11.49		R	S	turns right as Thomas Rd	0.83
12.32	12.32	12.32	12.32	12.32		str	S	cross McDonald Rd	0.50
12.82	12.82	12.82	12.82	12.82		R	W	Ramm Rd	1.98
14.80	14.80	14.80	14.80	14.80		L	S	Peplow Rd (caution: routes cross)	1.63
16.43	16.43	16.43	16.43	16.43		str	S	cross Great Western Trail	0.06
16.49	16.49	16.49	16.49	16.49		L	E	Rt.64 (USE SHOULDER)	0.52
17.01	17.01	17.01	17.01	17.01		R	S	Meridith Rd	0.22
17.23	17.23	17.23	17.23	17.23				enter Rest Stop - Saints P & P School	-
								[[ following for 100 milers only]]	
30	50	62	100	this leg				Virgil to Johnson's Mound - 21 mi.	14.37
			17.23	0.00			W	leave Virgil Rest Stop	0.01
			17.24	0.01		L	S	Meridith Rd	0.61
			17.85	0.62		L	E	Welter Rd (leave 50 & 62 mile routes)	2.82
			20.67	3.44		L	N	Wooley Rd (Easy to miss !)	0.40
			21.07	3.84		str	N	cross Rt.64 (busy)	0.10
			21.17	3.94		R	E	GWT (Great Western Trail - paved)	0.06
			21.23	4.00		str	E	over Rt.47	0.80
			22.03	4.80		L	NW	Hanson Rd (sharp left)	0.30
			22.33	5.10		R	NE	Meadowview Ln "NO OUTLET"	0.25
			22.58	5.35		R	SE	Heather Ln	0.15
			22.73	5.50		L	N	Trailridge Ln	0.25
			22.98	5.75		R	E	Empire Rd	2.85
			25.83	8.60		R	SE	Burlingron Rd	0.63
			26.46	9.23		R	W	Old LaFox Rd	0.24
			26.70	9.47		L	S	left at Y continue on Old LaFox	0.28
			26.98	9.75		R	W	Campton Trail Rd (new subdivision)	0.68
			27.66	10.43		L	S	Brown Rd	0.09
			27.75	10.52		str	S	cross GWT (Great Western Trail)	0.08
			27.83	10.60		R	W	Hunters Hill Dr (winds around)	1.17
			29.00	11.77		L	S	Westwoods Rd	0.43
			29.43	12.20		str	S	cross Rt.64 - continues as Foxfield Dr	0.05
			29.48	12.25		str	W	at Y - right Foxfield Dr	0.26
			29.74	12.51		str	W	at Y - right on Whirlaway Dr	0.75
			30.49	13.26		R	W	Blue Larkspud Ln	0.08
			30.57	13.34		L	S	Anderson Rd	1.03
			31.60	14.37		L	E	Beith Rd (routes cross)	-
								[[ following for 62 milers only]]	
30	50	62	100	this leg				Virgil to Johnson's Mound - 13 mi.	6.04
		17.23		0.00			W	leave Virgil Rest Stop	0.01
		17.24		0.01		L	S	Meridith Rd	0.61
		17.85		0.62		str	S	cross Welter Rd (100 milers turn L)	1.21
		19.06		1.83		L	E	Beith Rd	3.07

		22.13		4.90	str	E	cross Rt.47 (CAUTION BUSY)	1.14
		23.27		6.04	str	E	cross Anderson Rd (routes cross)	-
30	50	62	100	this leg			Virgil to Johnson's (62 & 100) Part B	6.73
		23.27	31.60	0.00		E	(at Anderson Rd) Beith Rd	1.54
		24.81	33.14	1.54	str	E	cross Townhall Rd (turns R:S)	0.91
		25.72	34.05	2.45	str	S	cross Rt.38 cont. Beith Rd	0.49
		26.21	34.54	2.94	L	E	Dillonfield Dr (sign turned)	0.46
		26.67	35.00	3.40	R	S	LaFox Rd	0.75
		27.42	35.75	4.15	str	S	cross RR tracks	0.30
		27.72	36.05	4.45	R	W	Kesslinger Rd (caution busy)	0.25
		27.97	36.30	4.70	L	S	Bunker Rd (caution tough left turn)	1.37
		29.34	37.67	6.07	R	W	Hughes Rd	0.59
		29.93	38.26	6.66	R	N	into Johnson's Mound	0.07
		30.00	38.33	6.73			enter Rest Stop - Johnson's Mound	-
30	50	62	100	this leg			Johnson's Mound to Maple Park - XX mi.	14.47
		30.00	38.33	0.00		S	leave Johnson's Mound Rest Stop	0.07
		30.07	38.40	0.07	R	W	Hughes Rd	0.87
		30.94	39.27	0.94	L	S	Green Rd	0.35
		31.29	39.62	1.29	str	S	straight at Y (Green Rd)	0.97
		32.26	40.59	2.26	R	W	Main St	1.13
		33.39	41.72	3.39	str	W	cross Rt.47 (busy)	1.28
		34.67	43.00	4.67	str	W	over I-88	1.56
		36.23	44.56	6.23	str	W	Main St - 100 milers only "add'l Loop"	0.00
30	50	62	100	this leg			Kaneville add'l Loop (100) [ add'l 8.25]	8.25
		44.56	0.00	str	W		Main St (start Kaneville 8 mi. Loop)	0.34
		44.90	0.34	str	W		cross Douberman Rd (cross route)	2.64
		47.54	2.98	L	S		Swan Rd	1.01
		48.55	3.99	L	E		Lasher Rd	2.50
		51.05	6.49	L	N		Douberman Rd	1.75
		52.80	8.24	str	N		cross Main St (cross route)	0.46
		53.26	8.70	L	NW		continue common route on Harter	
		36.23	6.23	R	NW		Harter Rd (re-join 62mi route)	0.45
		36.68	53.26	6.68	str	NW	cross Douberman Rd	0.33
		37.01	53.59	7.01	str	NW	at Y - right (stay on Harter Rd)	2.00
		39.01	55.59	9.01	R	N	Watson Rd (or CoLine if bridge done)	0.30
		39.31	55.89	9.31	str	N	cross over I-883	1.08
		40.39	56.97	10.39	L	W	Keslinger (other routes from R:E)	2.07
		42.46	59.04	12.46	R	N	County Line Rd	1.32
		43.78	60.36	13.78	str	N	cross Rt.38	0.54
		44.32	60.90	14.32	R	E	Willow St	0.07
		44.39	60.97	14.39	R	S	access sidewalk to Rest Stop	0.08
		44.47	61.05	14.47			enter Rest Stop - Maple Park	-
							[[ following for 50 milers only]]	
30	50	62	100	this leg			Virgil to Maple Park - 18 miles	1.83
		17.23	0.00		W		leave Virgil Rest Stop	0.01
		17.24	0.01	L	S		Meridith Rd	0.61
		17.85	0.62	str	S		cross Welter Rd (100 milers turn left)	1.21
		19.06	1.83	L	E		Beith Rd (join 100 milers Loop)	-
							[[ following for 100 milers only]]	
30	50	62	100	this leg			Maple Park Loop - 21 miles	4.64
		61.05	0.00		N		leave Rest Stop on access sidewalk	0.08
		61.13	0.08	R	E		Willow St	0.14
		61.27	0.22	L	N		Liberty St (cross RR tracks)	0.15
		61.42	0.37	str	N		cross RR tracks	0.08
		61.50	0.45	str	N		continues as Broadway St	0.22
		61.72	0.67	E			cont. east as Thatcher then turns N	2.77

			64.49	3.44		E	cont. east and becomes Beith	1.20	
			65.69	4.64	str	E	cross Meredith (join 50, 62 milers)	-	
30	50	62	100	this leg			Maple Park Loop (50 & 100) Part B	16.13	
	19.06		65.69	0.00		E	at Meridith Rd continue on Beith Rd	3.06	
	22.12		68.75	3.06	str	E	cross Rt.47 (caution busy)	1.15	
	23.27		69.90	4.21	R	S	Anderson Rd (note NOT straight)	0.97	
	24.24		70.87	5.18	str	S	cross Rt.38 (caution busy)	0.29	
	24.53		71.16	5.47	R	W	turns right as Prairie Valley St	0.63	
	25.16		71.79	6.10	L	S	First St	0.64	
	25.80		72.43	6.74	str	S	cross RR tracks	0.17	
	25.97		72.60	6.91	R	W	South St	0.06	
	26.03		72.66	6.97	str	W	cross Rt.47 (caution busy)	0.07	
	26.10		72.73	7.04	L	S	Filmore St	0.23	
	26.33		72.96	7.27	R	W	Stetzer St	0.10	
	26.43		73.06	7.37	L	S	Johnson Ave	0.25	
	26.68		73.31	7.62	R	W	Kesslinger Rd	3.18	
	29.86		76.49	10.80	str	W	cross Meredith Rd	1.25	
	31.11		77.74	12.05	str	W	cross Watson Rd (other routes join)	2.07	
	33.18		79.81	14.12	R	N	County Line Rd	1.33	
	34.51		81.14	15.45	str	N	cross Rt.38	0.53	
	35.04		81.67	15.98	R	E	Willow St	0.07	
	35.11		81.74	16.05	R	S	access sidewalk to Rest Stop	0.08	
	35.19		81.82	16.13			enter Rest Stop - Maple Park	-	
							[[ following NOT for 30 milers]]		
30	50	62	100	this leg			MaplePark to Hampshire - 18 miles	10.00	
	35.19	44.47	81.82	0.00		N	leave Rest Stop access sidewalk	0.08	
	35.27	44.55	81.90	0.08	L	W	Willow St	0.07	
	35.34	44.62	81.97	0.15	R	N	Sycamore St (cross RR tracks)	0.15	
	35.49	44.77	82.12	0.30	str	N	cross RR tracks	0.16	
	35.65	44.93	82.28	0.46	str	N	Sycamore becomes County Line Rd	4.13	
	39.78	49.06	86.41	4.59	R	E	Rt.64 (USE SHOULDER) or use GWT	0.56	
	40.34	49.62	86.97	5.15	L	N	McGough Rd ( STOP to cross Rt. 64 )	0.02	
	40.36	49.64	86.99	5.17	str	N	cross GWT (Great Western Trail)	0.90	
	41.26	50.54	87.89	6.07	str	N	cross Ramm Rd	1.15	
	42.41	51.69	89.04	7.22	str	N	cross Middleton Rd	1.04	
	43.45	52.73	90.08	8.26	R	E	Ellithorpe Rd	1.74	
	45.19	54.47	91.82	10.00	L	N	Peplow Rd	-	
							[[ following for 30 milers only]]		
30	50	62	100	this leg			Virgil to Hampshire - 13 miles	4.48	
	17.23			0.00		W	leave Virgil Rest Stop	0.01	
	17.24			0.01	R	N	Meridith Rd	0.22	
	17.46			0.23	str	N	cross Rt.64 and cross GWT	0.09	
	17.55			0.32	L	W	Indian Creek Tr (I.C.Trail)	0.25	
	17.80			0.57	R	W	Great Western Trail (GWT) or Rt.64	0.26	
	18.06			0.83	R	N	Peplow Rd	1.63	
	19.69			2.46	str	N	cross Ramm Rd	1.50	
	21.19			3.96	str	N	cross Middleton Rd	0.52	
	21.71			4.48	str	N	cross Ellithorpe Rd	-	
30	50	62	100	this leg			Maple/Virgil to Hampshire (All) Part B	8.21	
	21.71	45.19	54.47	91.82	0.00	N	continue Peplow (at Ellithorpe)	2.72	
	24.43	47.91	57.19	94.54	2.72	str	N	cross RR tracks - becomes South St	0.13
	24.56	48.04	57.32	94.67	2.85	R	NE	turns right as Center St	0.09
	24.65	48.13	57.41	94.76	2.94	L	NW	Main St	0.19
	24.84	48.32	57.60	94.95	3.13	str	NW	becomes Burlington Rd (at French)	1.20
	26.04	49.52	58.80	96.15	4.33	R	E	Lenschow Rd	1.22
	27.26	50.74	60.02	97.37	5.55	str	E	cross French	0.75
	28.01	51.49	60.77	98.12	6.30	L	N	Getzelman Rd (cross bike route)	1.51

29.52	53.00	62.28	99.63	7.81	str	N	cross Rt.72 cont. as State St	0.34
29.86	53.34	62.62	99.97	8.15	L	W	School Parking Lot	0.06
29.92	53.40	62.68	100.03	8.21			enter Hampshire H. S. Start Location	-

**NOT USING THE FOLLOWING:**

-	-	-	-	-	-	-	Virgil to Hampshire addition (30)	4.00
0.00	L	W	Middleton Rd from Peplow Rd					
1.75	R	N	McGough Rd					
2.25	R	E	Elithorpe Rd					
4.00	L	N	Peplow Rd - back on main course					

**SCENIC OPTION - NOT FOR METRO METRIC 2.16 mi shorter**

-	-	-	-	-	-	-	Virgil-John's Mound (100) PartA Scenic	12.66
Cum.	0.00	-	W	Virgil Rest Stop CONT AS IN MM06 TO:				6.57
0.00	6.57	R	S	Cranberry Ln ("No Trasspassing")				0.16
0.16	6.73	L	E	Jens Jensen Ln (long curves)				0.91
1.07	7.64	L	E	Hidden Springs Dr				0.08
1.15	7.72	R	S	Retreat Ct - cont S around X-Mas tree to:				0.08
1.23	7.80	L	E	GWT (Great Western Trail)				0.99
2.22	8.79	R	S	Brown Rd CONT AS IN MM06 TO:				3.87
12.66	L	W	Beith Rd (Continues as Part B)					-

Note: you can cut another 3.1 miles by staying on GWT (paved section) from Hanson to Brown, but you'll miss Jens-Jensen which is a very nice/scenic ride.

**Note: to get back up to 100 miles revise as follows:**

-	-	-	-	-	-	-	Johns's-MP: add lp 100 milers Scenic	9.21
0.00	str	W	continue on Main St (at Harter Rd)					0.35
0.35	L	S	Dauberman Rd					2.73
3.08	L	E	Scott Rd					2.00
5.08	str	NE	past Dughan Rd					0.89
5.97	L	NW	Harter Rd					3.24
9.21	str	NW	cont. Harter Rd at Main Rd (main route)					-