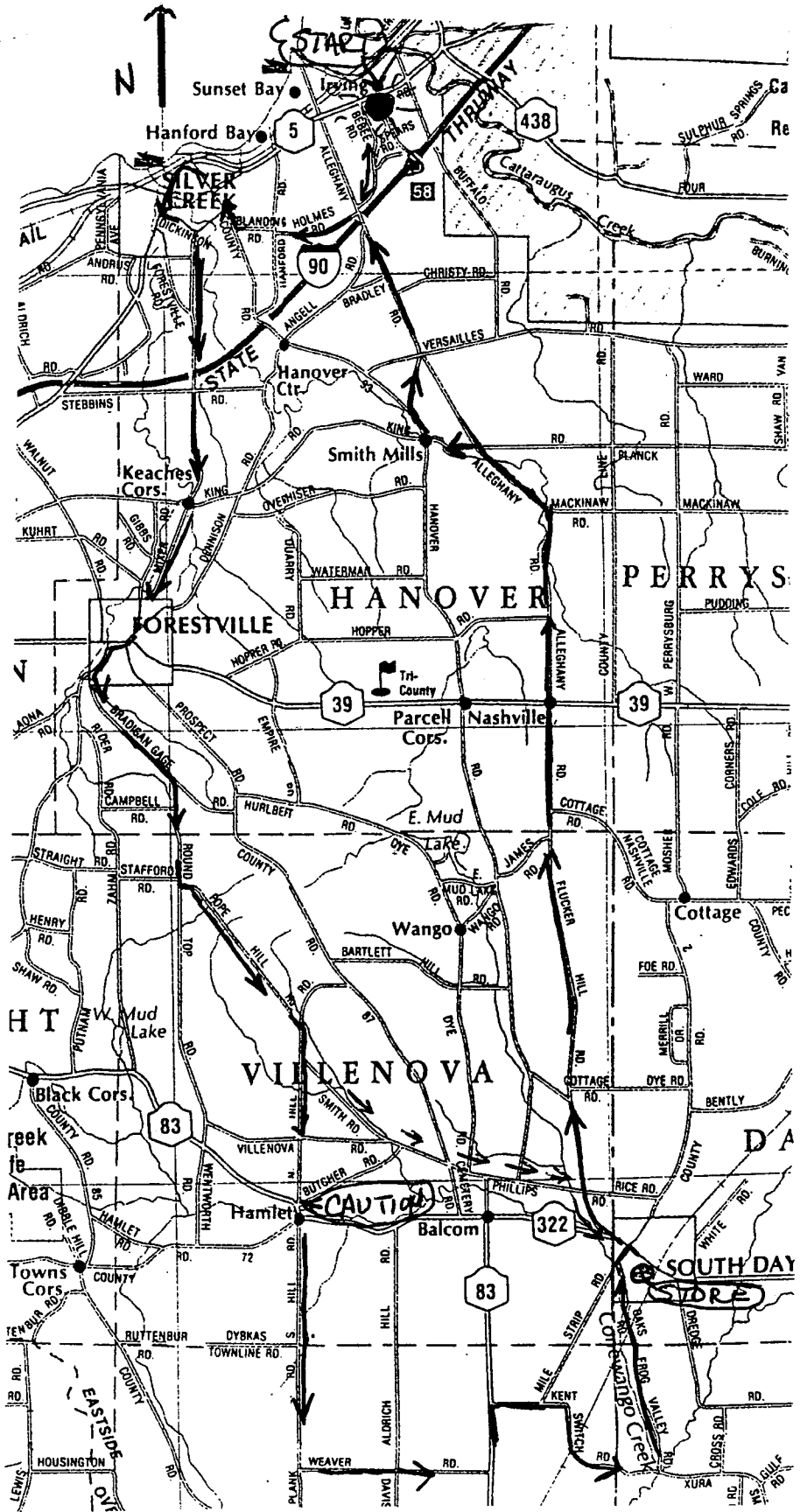


# FROG VALLEY (THE SUNSET BAY RIDE)

MAP# 292

START: BURGER KING LOT OFF I-90 EXIT 58 (SILVER CREEK)

	Miles	Total	
L	0	0	BEEBE
L T	1.4	1.4	ALLEGHANY
R	0.1	1.5	HOLMES
R T	1.1	2.6	HANFORD
L	0.1	2.7	BLANDING
R T	0.4	3.1	HANOVER
L	0.6	3.7	RT. 20
L	0.5	4.2	MAIN - RT. 20
L	0.3	4.5	BURGESS - CR 85
R T	5.3	9.8	PEARL
R	0.1	9.9	RT. 39
L	0.3	10.2	WATER
L	0.4	10.6	BRADIGAN - GAGE
R Y	1.7	12.3	ROUND TOP (UMRKD)
L	1	13.3	POPE HILL
S	2.6	15.9	N. HILL
<b>FOR SHORTER ROUTE</b>			
L Y	0.4	16.3	SMITH
S	1.7	18	PHILLIPS
R			CR 93
L			CR 322 (rgrp@store)
S	0.2	18.2	CAUTION-STOP AT BOT.
S	0.2	18.4	S. HILL
L	3	21.4	WEAVER (UMRKD)
L	2.3	23.7	CR 83
R	0.8	24.1	MILESTRIP
S Y	0.6	24.7	KENT - SWITCH
L	2	26.7	FROG VALLEY (UNMRKD)
R	2.2	28.9	MAIN (UNMARKED)
R	0.6	29.5	PINE - CR 322
<b>RETURN SHORTER ROUTE</b>			
R	0.2	30.1	REGROUP@STORE
L			PINE - CR 322
R	0.8	30.9	CR 93
R	1.6	32.5	FLUCKER HILL
S	4.4	36.9	ALLEGHANY (X RT39)
S	2.3	39.2	ALLEGHANY
L	1.1	40.3	KING
R	0.7	41	HANOVER
R Y	0.3	41.3	CR 93
R	2.6	43.9	BEEBE
R	1.5	45.4	BURGER KING



MAP#	DESIGNED: PRD	REVISED:	NIAGARA FRONTIER BICYCLE CLUB
ELEV.:	DISTANCE: 35/45	RATING:	EFFORT: 35-DIF ; 45 - XD