	2016
Heart of	Virginia
C	entury

Richmond Area Bicycling A S S O C I A T I O N BRAIN INJURY ASSOCIATION C F VIRGINIA

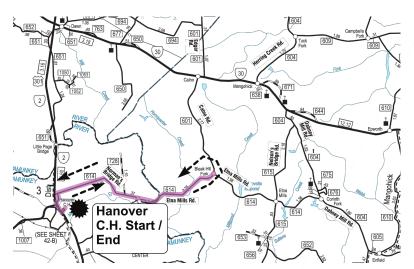
Important Notes:

1. The roads in the Central Virginia are not designed for cycling. Among other hazards, many of the roads have little to no shoulder, high speed limits, and blind turns. The fact that a road is included on this cue sheet does not mean that the road is considered safe for cycling. Always exercise extreme care when cycling on Central Virginia roads.

2. Do not look at this cue sheet or map while riding. It is not safe to take you eyes off the road, even for a second. Always come to a complete stop first.



Family Ride (11 Mile) Cue Sheet			
Leg	Туре	Notes	Total
0.2	Right	US-301/Hanover Courthouse Rd	0.2
0.3	Right	Fire House Rd/ Rte 1004	0.5
0.2	Right	Rte 614/Normans Bridge Rd	0.7
	Turn	Rte 614 Etna Mills Rd/ Rte 601 Calno	
4.8	Around	Intersection	5.5
4.7	Left	US-301/Hanover Courthouse Rd	10.2
0.5	Left	Rte 1005/County Complex Rd	10.7
0.2	End	End of route	10.9



Note: Follow Route Arrows (Yellow/Pink/Blue) until turn around at Route 614 (Etna Mills Rd)

Heart of Virginia Century Communications

If you need assistance during the event or want to report an on course problem, please contact us.

Voice/text: 804-418-2290 or 804-418-2293

FOR ALL LIFE THREATENING EMERGENCIES CALL 911 FIRST THEN CALL US