

Miles	<u>TDL Long Course Day One 2010</u>
0	Start at NORTHERN LIGHTS BREWING CO. parking lot at Columbus St. & Trent Ave. - RIGHT Turn onto Trent Ave. from Columbus St. Stop Light at Hamilton St. Straight Ahead onto Spokane Falls Blvd. as you cross Hamilton St.
0.1	Stop Light at Division St. Straight Ahead onto Spokane Falls Blvd as you cross Division St.
0.2	Stop light. Straight on Spokane Falls Blvd. across Brown St
0.3	Stop Light. Straight on Spokane Falls Blvd. across Bernard St
0.5	Stop Light. Straight on Spokane Falls Blvd across Washington
0.6	Stop Light. Straight on Spokane Falls Blvd. across Stevens.
0.7	Stop Light. Straight on Spokane Falls Blvd across Howard
0.8	Stop Light. Straight on Spokane Falls Blvd across Wall
1	Stop Light. Straight on Spokane Falls Blvd across Post St.
1.02	Stop Light. Spokane Falls Blvd. WEST across Monroe on a RIGHT DIAGONAL to Riverside
1.05	Stop sign Cedar and Riverside RIGHT turn at stop sign. STAY LEFT.
1.07	WEST (STRAIGHT) on Riverside to First - MERGE LEFT on Maple - Stay LEFT across Pacific - stop sign
2.00	Begin 2 mile hill Continue STRAIGHT on Maple under I-90 freeway overpass and Fifth. Watch for stop lights. Maple and Walnut Place merge at 10th Ave - STAY LEFT FOLLOW BIKE ROUTE SIGNS
2.7	Continue STRAIGHT on Walnut, which merges with Cedar at 13th Ave
3.2	Continue STRAIGHT. At 21st Ave, Cedar becomes High Dr
3.8	Continue on High Dr across 29th Ave
5.5	Continue STRAIGHT on High Dr at Grand Blvd (Stop sign)
5.7	Right on Scott St from High Dr (43rd Ave)
5.9	Continue on Scott St PAST and THROUGH the Manito Golf Course
6.4	Follow the natural curve on Scott St to 57th Ave. Continue straight
7.7	4 Way Stop at 57th & Regal St. Continue STRAIGHT.
8.5	Right turn onto Palouse Hwy. From 57th
10.9	Continue on Palouse Hwy PAST Baltimore Rd and Hangman Valley Golf Course Road
17.9	Food Stop Sign FOOD STOP # 1 THE SACRED GROUNDS COFFEE SHOP
15.2	Stay on Valley Chaple Rd. at Stoghton Rd. DETOUR
19	Turn Right (South) onto Hwy. 27 from the Palouse Hwy.
26.8	Go STRAIGHT on Hwy. 27 past Rockford towards Fairfield.
32.1	Food Stop Sign At Fairfield turn LEFT (East) onto Main St. - look for FOOD STOP # 2 at Thiel Park
32.15	Turn RIGHT (South) onto Railroad Rd. - follow the PLUMMER signs
32.3	SHARP left ONTO GOV. MOORE ST.
32.4	VEER RIGHT onto Truax- all the way into Plummer, ID continue for about 16 mi.
48.4	RIGHT Turn (south) onto Hwy 95(10th St)
48.6	Plummer, ID - LEFT turn (EAST) onto Hwy 5
48.8	Food Stop Sign LEFT turn at Plummer Community Center (FOOD STOP #3) OK NOW YOU MUST DECIDE - Am I going to Harrison Via the TRAIL OF THE CD'A (66mi.), if you are, follow the TDL signage aproximately 1/3 mi. to the Trail. TURN RIGHT when leaving the Food Stop IT IS ABOUT 15 MI. TO HARRISON VIA THE TRAIL OF THE CD'A STAY ON THE TRAIL IF YOU ARE GOING TO ST. MARIES then onto Harrison (86mi.) TURN LEFT back onto Hwy 5
59.1	HORSESHOE TURN & UPHILL GRADE 8% - begin 1.2 mile climb
67.06	Food Stop Sign St. Maries (FOOD STOP #4) at the Hughs House on he left side of the road.
67.17	RIGHT on 4th St
67.28	LEFT turn on College Ave

68	LEFT turn on Highway 3 (Third St)
76.1	Begin 3 mile climb
79.2	LEFT on HWY 97
79.8	LEFT on O'Gara Rd, off HWY 97 and Harrison Flats and Kootenai High School on left
80.9	Begin 3 mile descent
87.2	LEFT turn back on HWY 97
87.9 Food Stop Sign	Harrison, ID (FOOD STOP #5) on the LEFT at Harrison City Park
88.9	Begin 1.4 mile hill, 4% grade
90.3	Begin 1.8 mile descent, 5% grade
92.06	Powder Horn Bay Sign
97.3	Carlin Bay
101.1	Turner Bay
107.7 Food Stop Sign	Arrow Point Fire Station (FOOD STOP #6) on the RIGHT
115.5	Over the I-90 Freeway (Hwy 97 ends) and LEFT onto I-90
116.6	Begin 2.0 on I-90 to the Higgins Point Trail Head cutoff
118.6	DISMOUNT YOUR BIKE get on the Trail and proceed under I-90
	Continue on The ID Centennial Trail to Mullan Ave.
124.8	LEFT turn onto Mullan Ave (ID Centennial Trail)
125.8	RIGHT turn onto 8th St
125.9	LEFT turn onto Front St
126.3	RIGHT turn onto 2nd St
126.32	STAY ON 2nd across Sherman Ave
126.4	Proceed North on 2nd to Wallace Ave
126.9	Turn Left onto Wallace Ave.
127.2	Proceed 1 block to 1st & Wallace Ave. THE ROOSEVELT INN B & B is on your right YOU MADE IT!!