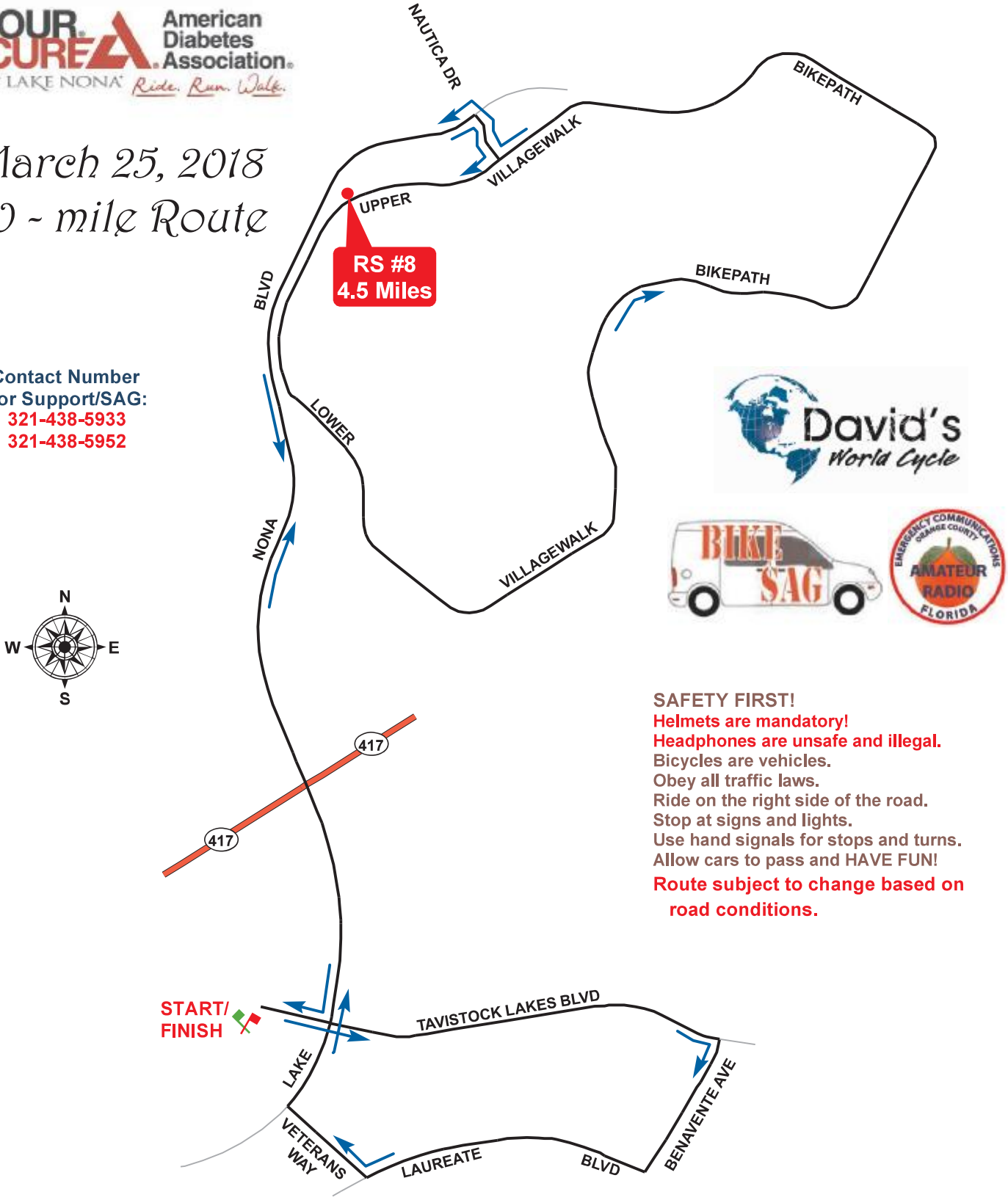
LAKE NONA

TOUR de CURE American Diabetes Association
AT LAKE NONA Ride. Run. Walk.

March 25, 2018
10 - mile Route



Contact Number for Support/SAG:
321-438-5933
321-438-5952

David's World Cycle

BIKE SAG

EMERGENCY COMMUNICATIONS ORANGE COUNTY AMATEUR RADIO FLORIDA

SAFETY FIRST!
Helmets are mandatory!
Headphones are unsafe and illegal.
Bicycles are vehicles.
Obey all traffic laws.
Ride on the right side of the road.
Stop at signs and lights.
Use hand signals for stops and turns.
Allow cars to pass and HAVE FUN!
Route subject to change based on road conditions.

2018 - 10 mi Tour de Cure

Num	Dist	Type	Note	Next
1.	0.0		Start of route	0.0
2.	0.0		Head east on Tavistock Lakes Blvd	0.8
3.	0.8		R onto Benavente Ave	0.3
4.	1.1		R onto Laureate Blvd	0.6
5.	1.7		R onto Veterans Way	0.2
6.	1.9		R onto Lake Nona Blvd	2.2
7.	4.1		R onto sidewalk at Nautica Dr	0.1
8.	4.2		R onto Upper Villagewalk Cir Bike Path	0.3
9.	4.5		Rest Stop #8	0.6

4.5 miles. +15/-15 feet

Num	Dist	Type	Note	Next
10.	5.1		Continue onto Lower Villagewalk Cir Bike Path	2.1
11.	7.2		Continue onto Upper Villagewalk Cir Bike Path	0.9
12.	8.1		R onto Nautica Dr	0.1
13.	8.2		L onto Lake Nona Blvd	2.0
14.	10.3		R at Tavistock Lakes Blvd	0.0
15.	10.3		End of route	0.0

5.8 miles. +28/-33 feet