

POLK CITY-LAKE ALFRED (30) – FLA030P https://ridewithgps.com/routes/31902681		
MILES	TURN	
0.0	South	Teco Auburndale Trail
6.6	L	Denton Ave
7.3	R	Lake Ariana Blvd
8.1	S	Ramsgate Rd
8.9	BR	Pearl St
	L	Pilaklakaha Ave
9.4	L	Ariana Ave
9.6	R	Lake Ariana Blvd
9.7	BL	Bay St
9.9	L	Lake Ariana Blvd / Main St
11.0	R	McNichols Ave
11.2	S	Carr Dr
	S	Keystone Rd
12.2	L	(Old) Lake Alfred Rd
13.8	S	Pierce St
14.7	R	Shinn Blvd
15.0	L	W Thelma St
15.1	L	S Lake Shore Way
15.4	L	After Family Dollar on Left
16.5	S	Lake Alfred Rd
17.1	R	Adams Barn Rd
17.7	S	TSO Adams Barn Rd (traffic circle)
		TSO Adams Barn Rd (traffic circle)
18.2	S	Lake Mattie Rd
19.2	L	FL-559 S
21.2	L	Gapway Rd
21.7	R	Berkley Rd
23.6	R	Braddock Rd / Spring Rd
24.2	R	Teco Auburndale Trail to finish

POLK CITY-LAKE ALFRED (30) – FLA030P https://ridewithgps.com/routes/31902681		
MILES	TURN	
0.0	South	Teco Auburndale Trail
6.6	L	Denton Ave
7.3	R	Lake Ariana Blvd
8.1	S	Ramsgate Rd
8.9	BR	Pearl St
	L	Pilaklakaha Ave
9.4	L	Ariana Ave
9.6	R	Lake Ariana Blvd
9.7	BL	Bay St
9.9	L	Lake Ariana Blvd / Main St
11.0	R	McNichols Ave
11.2	S	Carr Dr
	S	Keystone Rd
12.2	L	(Old) Lake Alfred Rd
13.8	S	Pierce St
14.7	R	Shinn Blvd
15.0	L	W Thelma St
15.1	L	S Lake Shore Way
15.4	L	After Family Dollar on Left
16.5	S	Lake Alfred Rd
17.1	R	Adams Barn Rd
17.7	S	TSO Adams Barn Rd (traffic circle)
		TSO Adams Barn Rd (traffic circle)
18.2	S	Lake Mattie Rd
19.2	L	FL-559 S
21.2	L	Gapway Rd
21.7	R	Berkley Rd
23.6	R	Braddock Rd / Spring Rd
24.2	R	Teco Auburndale Trail to finish