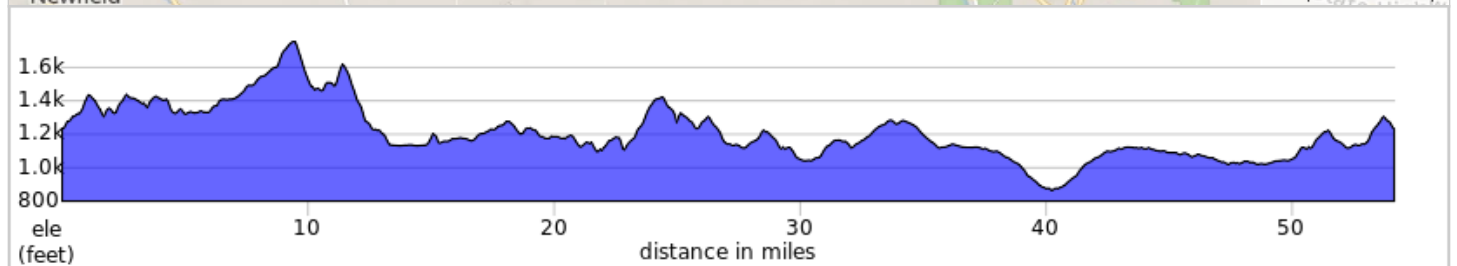
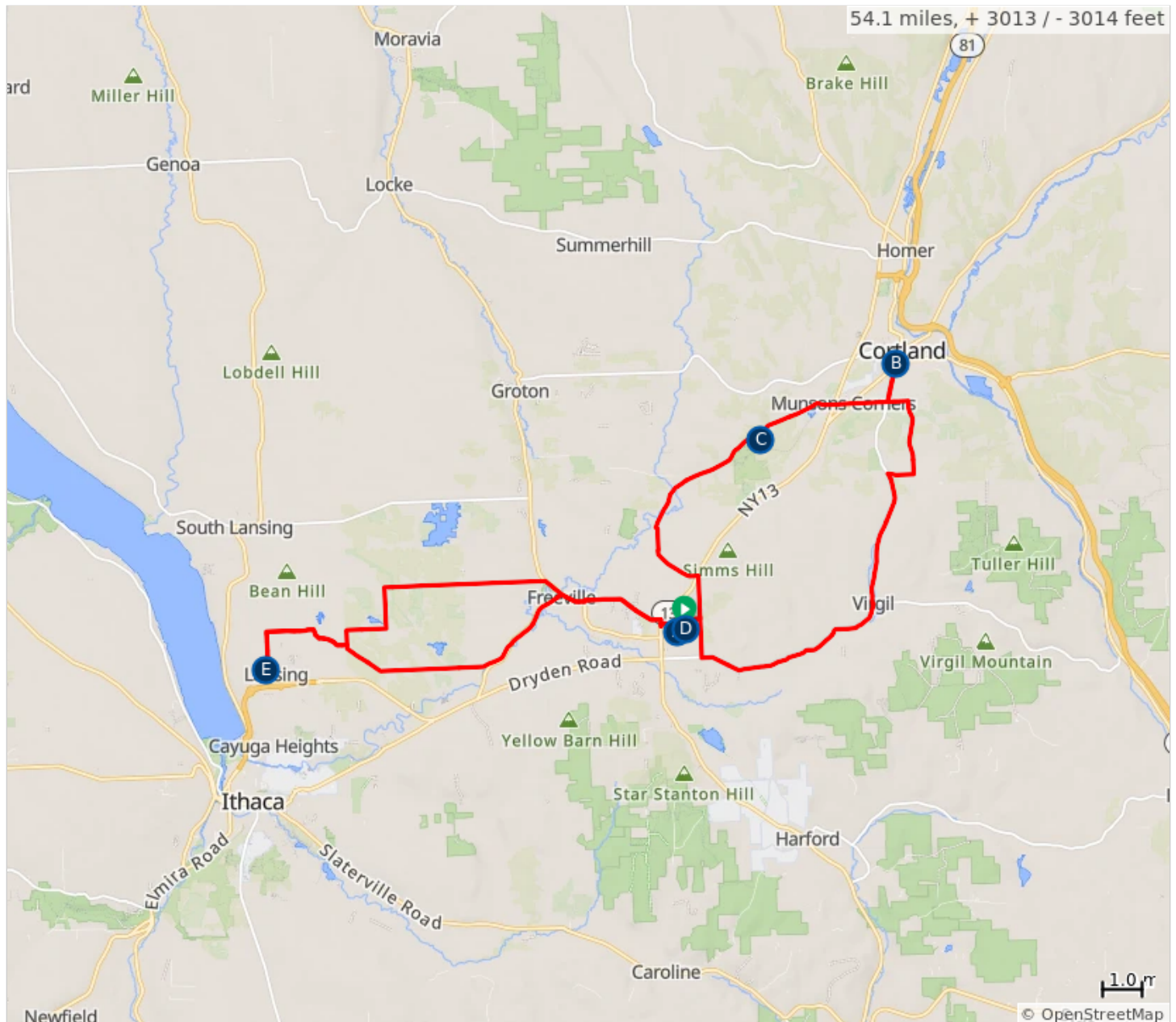


Cortland-54miles



54.1 miles, 3,014 ft climbing

A.	Start & Finish - Tompkins Cortland Community College (TC3)	D.	Rest Stop - TC3 - Tompkins Cortland Community College
B.	Rest Stop - Cortland YMCA	E.	Rest Stop - Ithaca YMCA
C.	Viewpoint - Lime Hollow Nature Center		



Cortland & Ithaca YMCA Cycling Route

Cortland-54miles

Num	Type	Note	Dist	Next
1.		Start of route	0.0	0.2
2.		Slight L onto Panther Drive	0.2	0.3
3.		R onto Bahar Drive	0.5	0.2
4.		R onto Livermore Rd	0.7	1.0
5.		L onto NY-392 E	1.7	5.0
6.		Sharp L onto West State Road	6.7	0.0
7.		R onto Washington Street	6.7	0.2
8.		Slight L onto State Highway 215, NY 215	6.9	3.2
9.		Sharp R onto Ely Road	10.1	0.6
10.		L onto Page Green Road	10.7	1.9
11.		L onto Starr Rd	12.6	0.5
12.		R onto Owego St	13.1	1.0
13.		R onto Tompkins St	14.1	0.2
14.		L onto Owego St	14.2	0.9
15.		R onto Starr Road	15.1	7.1
16.		L onto North Road	22.1	0.7
17.		Keep L onto Dutcher Road	22.8	1.2
18.		R onto Livermore Road	24.0	1.1
19.		R onto Bahar Drive	25.1	0.2
20.		L onto Panther Drive	25.3	0.3
21.		Keep R	25.6	0.4
22.		Slight L onto Panther Drive	26.0	0.3
23.		L onto Bahar Drive	26.3	0.9
24.		L onto Cortland Road, NY 13	27.2	0.1
25.		Sharp R onto North Road	27.3	0.2
26.		L onto Mott Road	27.4	1.1
27.		Keep L onto Mott Road	28.6	0.9
28.		L onto Herman Road	29.5	0.0
29.		R onto Railroad Street	29.5	0.1
30.		Continue onto Railroad Street, NY 38	29.6	1.1

29.6 miles. +1960/-2076 feet

Num	Type	Note	Dist	Next
31.		Keep L onto West Dryden Road, CR 108	30.7	4.0
32.		L onto Hanshaw Road	34.7	1.0
33.		R onto Neimi Road, CR 182	35.7	1.3
34.		R onto Snyder Road	37.0	1.0
35.		L onto Cherry Road	38.0	1.2
36.		L onto North Triphammer Road, CR 122	39.2	0.9
37.		Sharp R onto Hickory Hollow Lane	40.1	0.2
38.		Sharp L onto North Triphammer Road, CR 122	40.4	0.9
39.		R onto Cherry Road	41.3	1.2
40.		R onto Warren Drive	42.5	1.0
41.		R onto Mohawk Road	43.5	4.6
42.		L onto Main Street, NY 366	48.1	1.8
43.		R onto Railroad Street, NY 38	49.9	0.6
44.		Keep L onto Railroad Street	50.4	0.1
45.		L onto Herman Road	50.5	0.0
46.		R onto Mott Road	50.5	0.3
47.		Continue onto Mott Road	50.8	1.7
48.		R onto North Road	52.5	0.2
49.		Sharp L onto Cortland Road, NY 13	52.7	0.1
50.		R onto Bahar Drive	52.8	0.9
51.		R onto Panther Drive	53.7	0.3
52.		Keep R	54.0	0.2
53.		End of route	54.1	0.0

24.6 miles. +1043/-868 feet