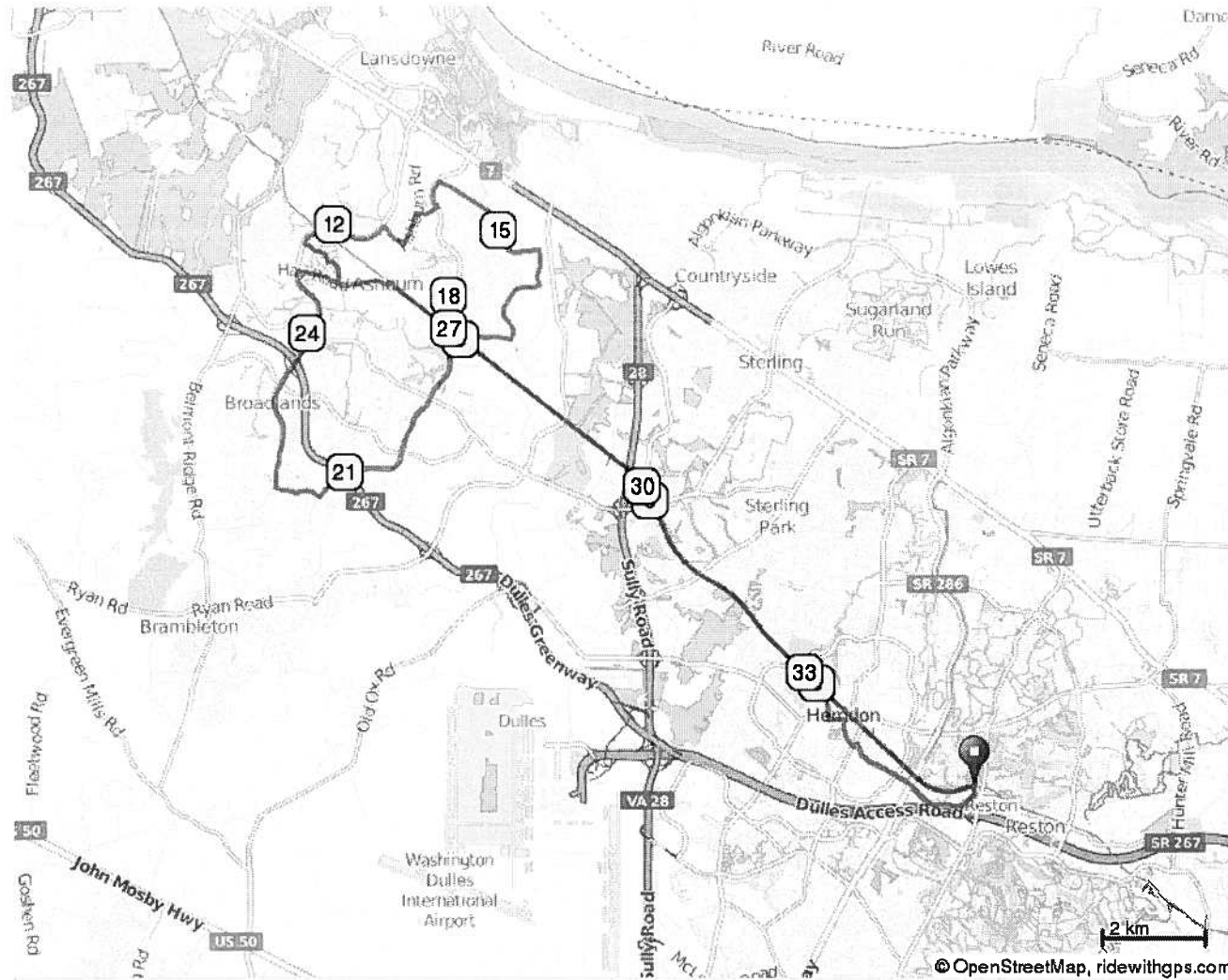
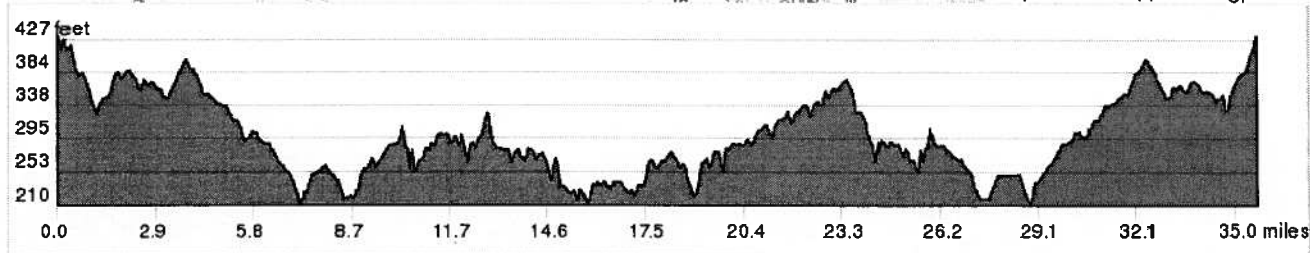


RBC 2014 Half Metric



Distance: 35.7 mi
 Elevation: + 1458 / - 1458 ft
 Pavement: normal pavement
 Good For: cycling



RBC 2014 Half Metric

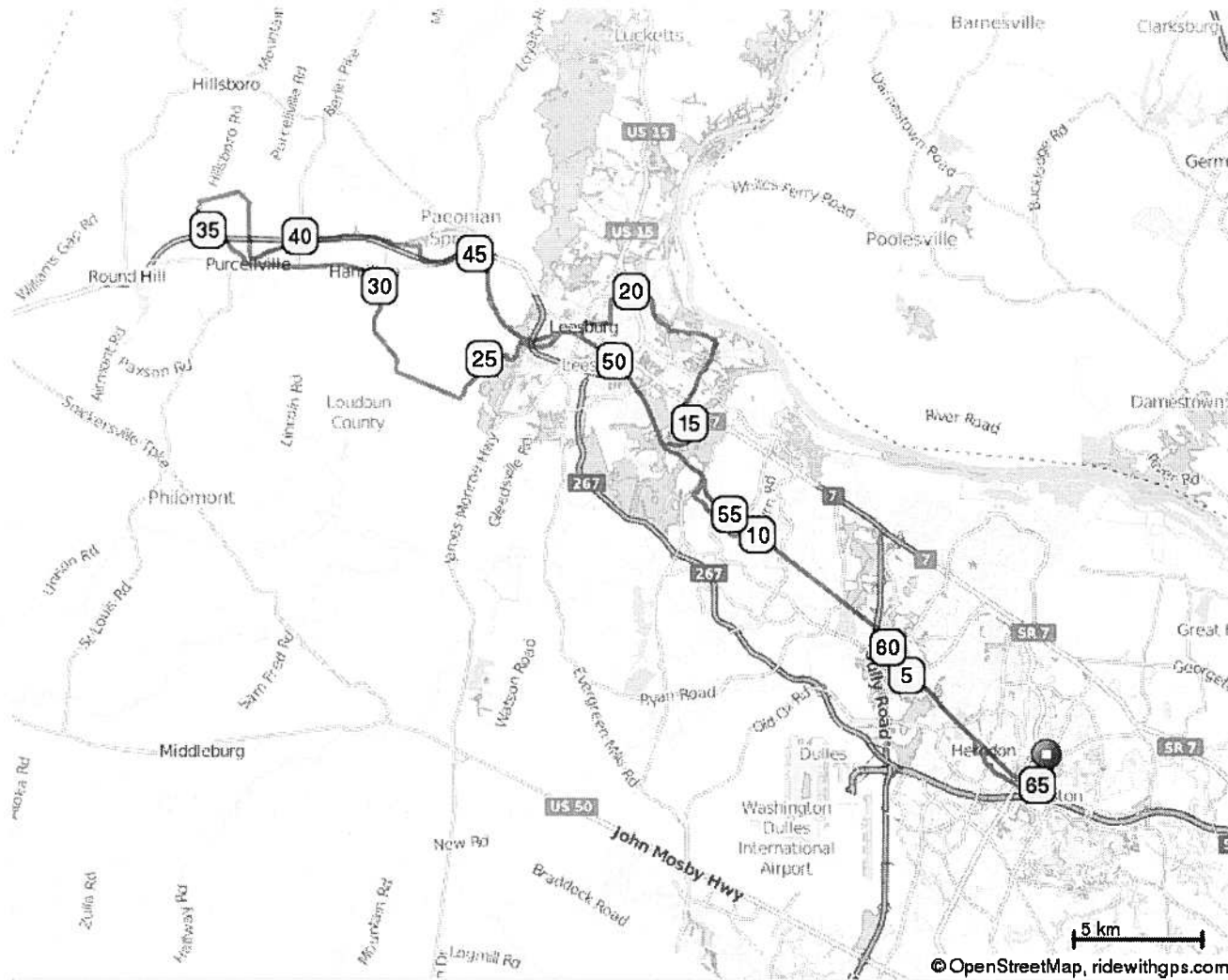
0.0	0.0	Start of route
0.0	0.0	Start of route straight across brige
0.2	0.2	R - Sunset Hills Rd
0.9	1.1	Straight - Spring St
0.8	1.9	L - Van Buren St
0.1	2.0	R - Spring St
0.4	2.4	L - Locust St
0.2	2.5	R - Grace St
0.1	2.7	Straight - Cross Elden St
0.2	2.9	L - W&OD Trail
7.3	10.1	Ashburn Rest Stop Open 7:00 to 4:30
0.0	10.1	L - VA 641/Ashburn Rd
0.0	10.2	R - VA 642/Hay Rd
0.6	10.8	R - Coppersmith Dr
0.3	11.1	R - Breezyhill Dr
0.4	11.5	R - Claiborne Pkwy
1.1	12.6	R - Gloucester Pkwy
0.3	13.0	L - VA 641/Ashburn Rd

13.0 miles. +471/-608 feet

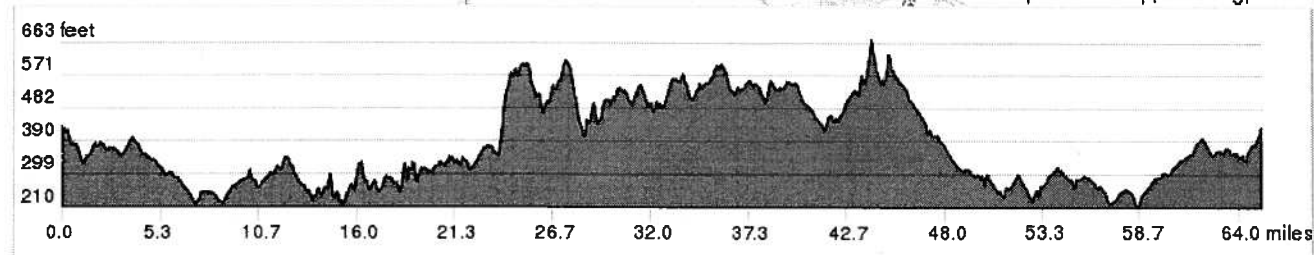
0.4	13.4	R - Louisa Dr
0.3	13.7	L - Ashburn Village Blvd
0.3	14.0	R - Russell Branch Pkwy
1.6	15.6	R - Exchange St
0.4	16.0	R - Marblehead Dr
1.0	17.0	R - Gloucester Pkwy
1.0	18.1	L - Ashburn Village Blvd
3.4	21.4	R - Wynridge Dr
0.6	22.0	R - Claiborne Pkwy
2.9	24.9	R - VA 642/Hay Rd
1.1	26.0	L - VA 641/Ashburn Rd
0.0	26.0	R - W&OD Trail Ashburn_Rest_Stop Open 7:00 to 4:30
9.3	35.3	L - use Old W&OD Trail to Reston Town Center
0.3	35.6	L - Democracy Dr Straight to End
0.1	35.7	End of route

22.7 miles. +882/-729 feet

RBC 2014 Metric Century



Distance: 65.3 mi
 Elevation: + 3631 / - 3631 ft
 Pavement: normal pavement
 Good For: cycling



0.0	0.0	Start of route
0.0	0.0	Start Route straight onto Democracy Dr & across bridge
0.2	0.2	R - Sunset Hills Rd
1.7	1.9	L - Van Buren St
0.1	2.0	R - Spring St
0.4	2.3	L - Locust St
0.2	2.5	R - Grace St
0.3	2.8	L - W&OD Trail
7.3	10.1	Ashburn Rest Stop on R Open 7:00 to 4:30
0.0	10.1	L - Ashburn Rd
0.0	10.1	R - VA 642/Hay Rd
0.6	10.8	R - Coppersmith Dr
0.3	11.1	R - Breezyhill Dr
0.4	11.5	Straight across Claiborne Pkwy to Portsmouth Blvd
0.7	12.2	R - VA-659 N/Belmont Ridge Rd
0.5	12.7	L - W&OD Trail
1.2	13.9	R - VA 653/Cochran Mill Rd

13.9 miles. +497/-681 feet

0.6	31.0	L - Hamilton Park Rest Stop Open_7:39 to 1:00 Leave L on VA Bus 7
1.4	32.4	At the traffic circle, continue straight onto E Main St
1.3	33.8	R - N 23rd St
0.1	33.9	L - N 21st St
0.6	34.5	Becomes Hillsboro Rd
1.4	35.9	At the traffic circle, 1st exit onto VA 711/Allder School Rd
1.3	37.2	R - VA 611/Purcellville Rd
1.4	38.6	L - W&OD Trail
3.5	42.1	R - VA 704/Hamilton Station Rd
0.0	42.1	L - VA 706 / Irene Rd Old_Mill Rest Stop on L Open 9:00 to 3:30
0.8	42.9	R - VA 800/Meadowlark Dr
1.4	44.3	R - Simpson Cir
0.4	44.7	R - W&OD Trail
11.0	55.7	Ashburn Rest Stop on L Open 7:00 to 4:30
9.3	65.0	L - use Old W&OD Trail to Reston Town Center

34.6 miles. +1547/-1659 feet

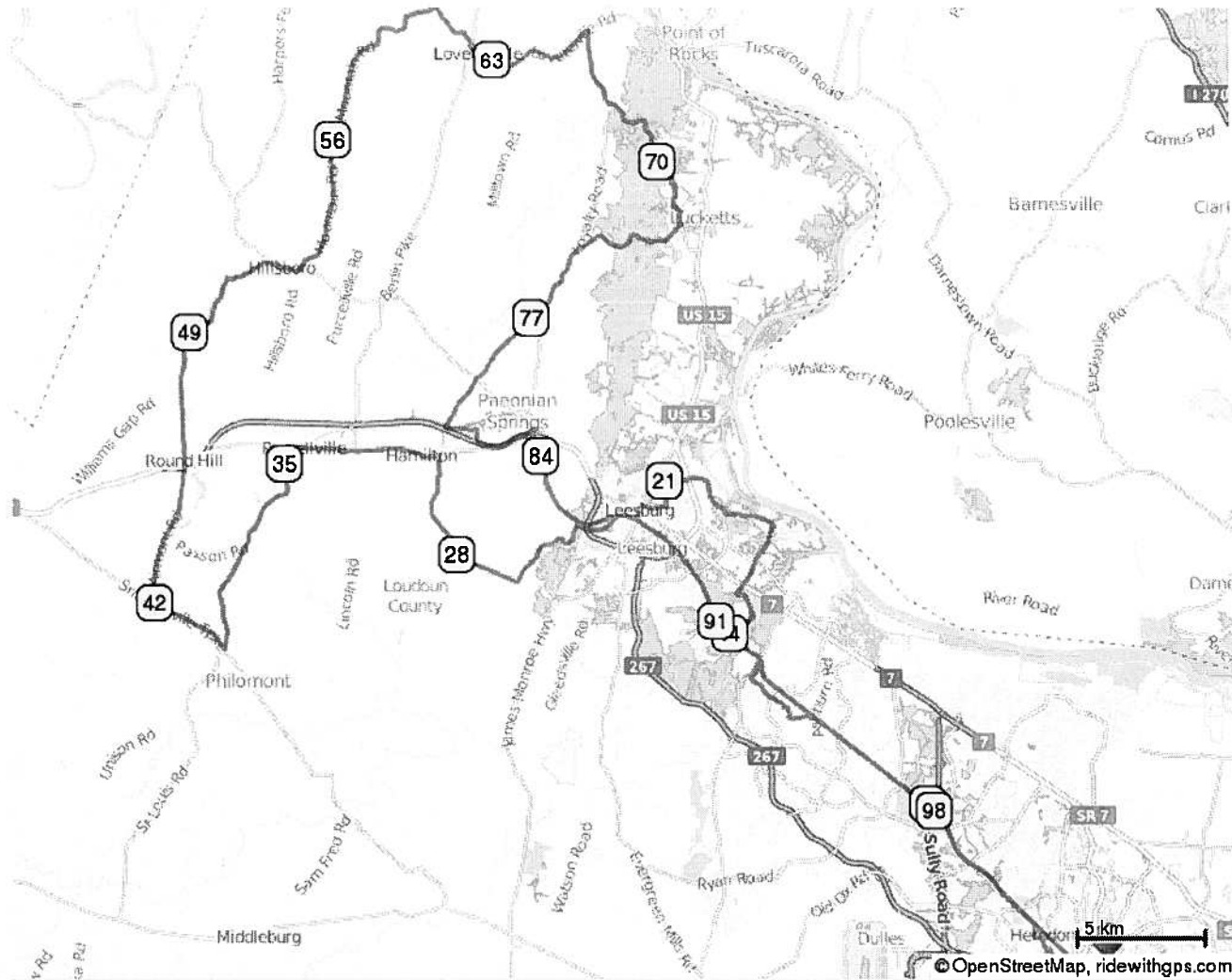
0.9	14.8	L to stay on VA_653/Cochran Mill Rd
0.5	15.3	L - Becomes Russell Branch Pkwy
0.2	15.6	R - Crosstrail Blvd
0.3	15.8	Cross Rt 7 Becomes River Creek Pkwy
1.7	17.5	Straight becomes Edwards Ferry Rd
1.1	18.6	R - Battlefield Pkwy NE
1.9	20.6	L onto Catocin Cir NE
0.4	21.0	At the traffic circle, continue straight to stay on Catocin Cir NE
0.2	21.1	At the traffic circle, 1st exit onto North St NE
0.3	21.4	L - to stay on North St NE
0.4	21.8	L - N King St
0.4	22.2	L - W&OD Trail
0.5	22.7	L - Dry Mill Rd
1.1	23.8	L - VA 769/Woodburn Rd
2.3	26.1	R - VA 704/Harmony Church Rd
4.3	30.4	L - VA-7 BUS W

16.5 miles. +1213/-919 feet

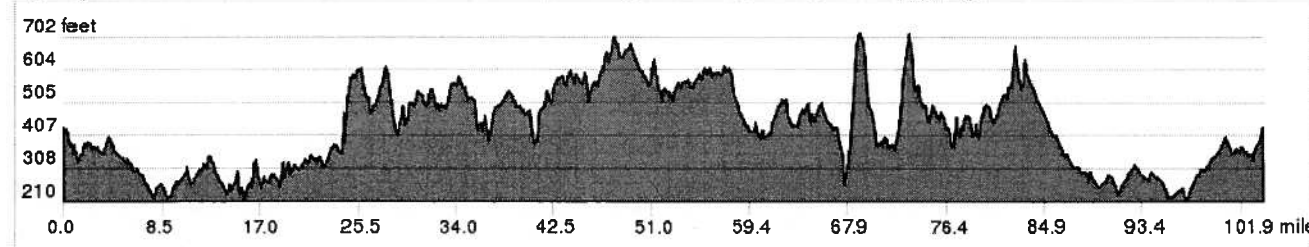
0.2	65.2	R onto Bluemont Way
0.0	65.2	L - Democracy Dr to End
0.0	65.3	End of route

0.3 miles. +6/-0 feet

RBC 2014 Century 103 no Dry Mill



Distance: 103.9 mi
 Elevation: + 6721 / - 6721 ft
 Pavement: normal pavement
 Good For: cycling



0.0	0.0	Start of route
0.0	0.0	Start of Route Straight_across bridge
0.2	0.2	R - Sunset Hills Rd
0.9	1.1	Straight - Spring St
0.8	1.9	L - Van Buren St
0.1	2.0	R - Spring St/State Rt 675
0.4	2.4	L - Locust St
0.2	2.5	R - Grace St
0.1	2.7	Straight - Cross Elden St
0.4	3.1	L - W&OD TR
7.4	10.5	Ashburn Rest Stop Open_7:00 to 4:30
0.0	10.5	L - State Rt 641/Ashburn Rd
0.0	10.5	R - State Rt 642/Hay Rd
0.6	11.2	R - Coppersmith Dr
0.3	11.5	R - Breezyhill Dr
0.4	11.9	Straight across Claiborne Pkwy to Portsmouth Blvd
0.7	12.6	R - VA-659/Belmont Ridge

12.6 miles. +450/-537 feet

4.3	30.8	L - VA-7 BUS W
0.6	31.4	L - Hamilton Park Rest Stop Open_7:30 to 1:00 Leave L on VA Bus 7
3.1	34.5	L onto 32nd St
0.5	35.1	Straight - becomes State Route 690/Silcott Springs Rd
5.0	40.0	R - VA 734/Snickersville Turnpike
2.3	42.3	R - VA 719/Airmont Rd
3.5	45.9	Cross Loudoun ST to be on Main St
0.0	45.9	L - Round Hill Fire Rest Stop Open 8:30 to 2:00
0.0	45.9	L - Main St
0.5	46.4	Becomes Woodgrove Rd
4.3	50.7	R - VA 719/Stony Point Rd
1.3	52.0	R - Charles Town Pike/ Rt 9
0.6	52.6	L - VA 690/Mountain Rd
3.3	55.9	L - to stay on State Route 690/Mountain Rd
3.8	59.7	Continue straight onto VA 673/Irish Corner Rd

33.2 miles. +1727/-1842 feet

0.5	13.1	L - W&OD Trail
1.2	14.3	R - VA 653/Cochran Mill Rd
1.4	15.7	L - Becomes Russell Branch Pkwy
0.2	16.0	R - Crosstrail Blvd
0.3	16.2	Cross Rt 7 to River Creek Pkwy
1.7	17.9	Straight Becomes Edwards Ferry Rd
1.2	19.0	R - Battlefield Pkwy NE
1.4	20.5	Cross Rt 15
0.5	21.0	L - Catocin Cir NE
0.4	21.4	At the traffic circle, continue straight to stay on Catocin Cir NE
0.2	21.5	At the traffic circle, take 1st exit onto North St NE
0.3	21.8	L - to stay on North St NE
0.4	22.2	L - N King St
0.4	22.6	R - W&OD Trail
0.5	23.1	L - Dry Lill Rd
1.1	24.2	L - Woodburn Rd
2.3	26.5	R - VA 704/Harmony Church Rd

13.9 miles. +975/-778 feet

2.4	62.1	R - and proceed around square
0.2	62.3	R - E Broad Way
0.4	62.7	L - Lovettsville Rest Stop Open 8:30 to 2:30 Leave L
0.1	62.7	L - Lovettsville Rd
3.1	65.8	R - VA 668/Taylorstown Rd
5.3	71.1	L - VA 663/Newvalley Church Rd
0.6	71.7	R - VA 662/Stumptown Rd
3.0	74.6	L - VA 665/Loyalty Rd
2.2	76.9	Straight becaumes VA_662/Clarkes Gap Rd
0.3	77.1	R - VA 704/Hamilton Station Rd
3.4	80.5	L - VA 706 / Irnen Rd Old_Mill Rest Stop on L Open 9:00 to 3:30
0.8	81.3	R - VA 800/Meadowlark Dr
1.4	82.7	R - Simpson Cir
0.4	83.1	R - W&OD Trail
11.2	94.2	Ashburn Rest Stop on L
9.3	103.6	L - Old W&OD Trail to RTC
0.3	103.9	End of route

44.2 miles. +2681/-2749 feet