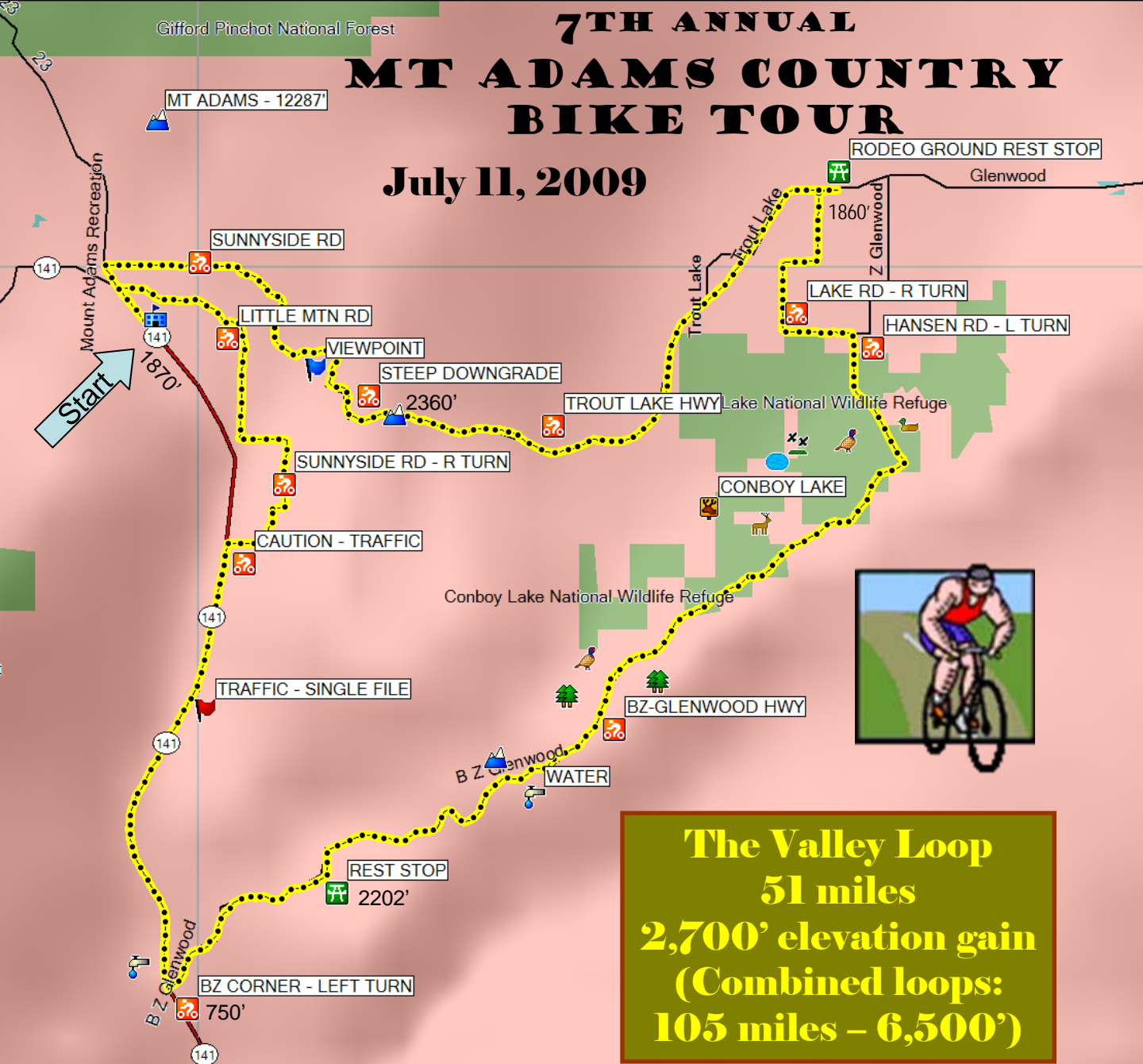
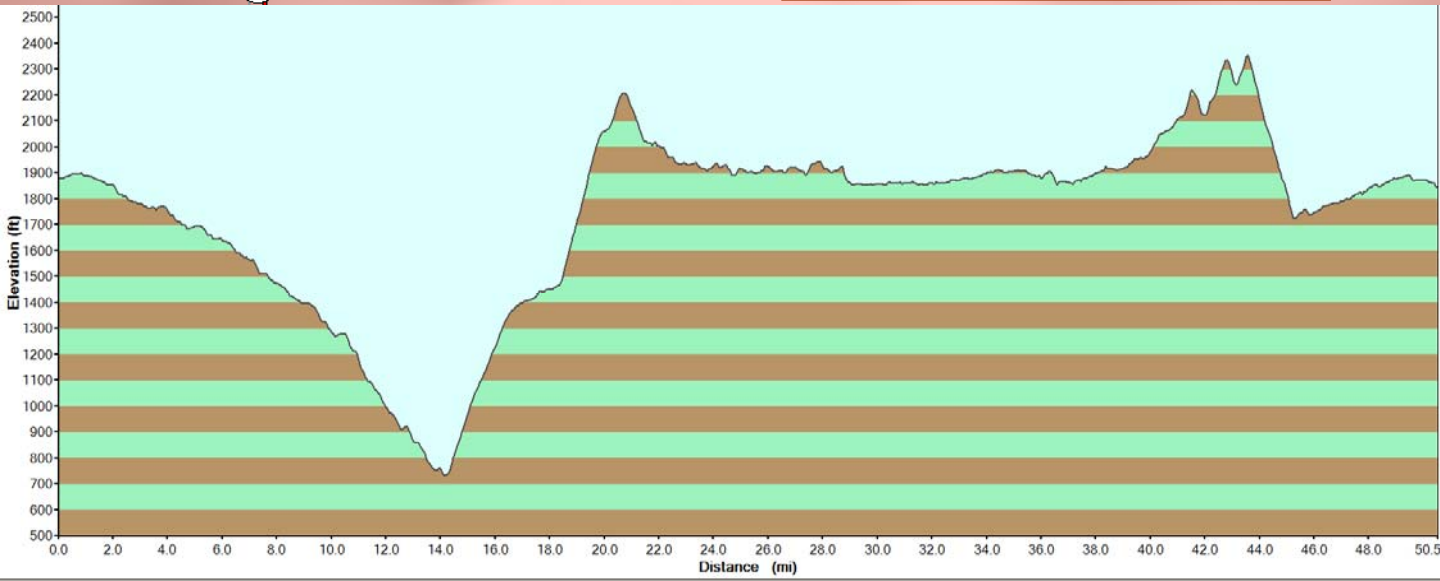


MT ADAMS COUNTRY BIKE TOUR

July 11, 2009



The Valley Loop
51 miles
2,700' elevation gain
(Combined loops: 105 miles - 6,500')



!!! ATTENTION !!!

VALLEY LOOP RIDERS

ROUTE CHANGES

1. The first and second stops on Gilmer and Kreps Grades (the two long grades immediately after the left turn at BZ Corners) are now reversed: The water stop is now at the turn out at the top of the first grade, and the rest stop with snacks is now at the top of the second grade. This is at the top of the hill, 6.6mi from the BZ Corner turn.

2. Follow the main road into the town of Glenwood as you reach the end of Conboy Wildlife Refuge at Hansen Road.