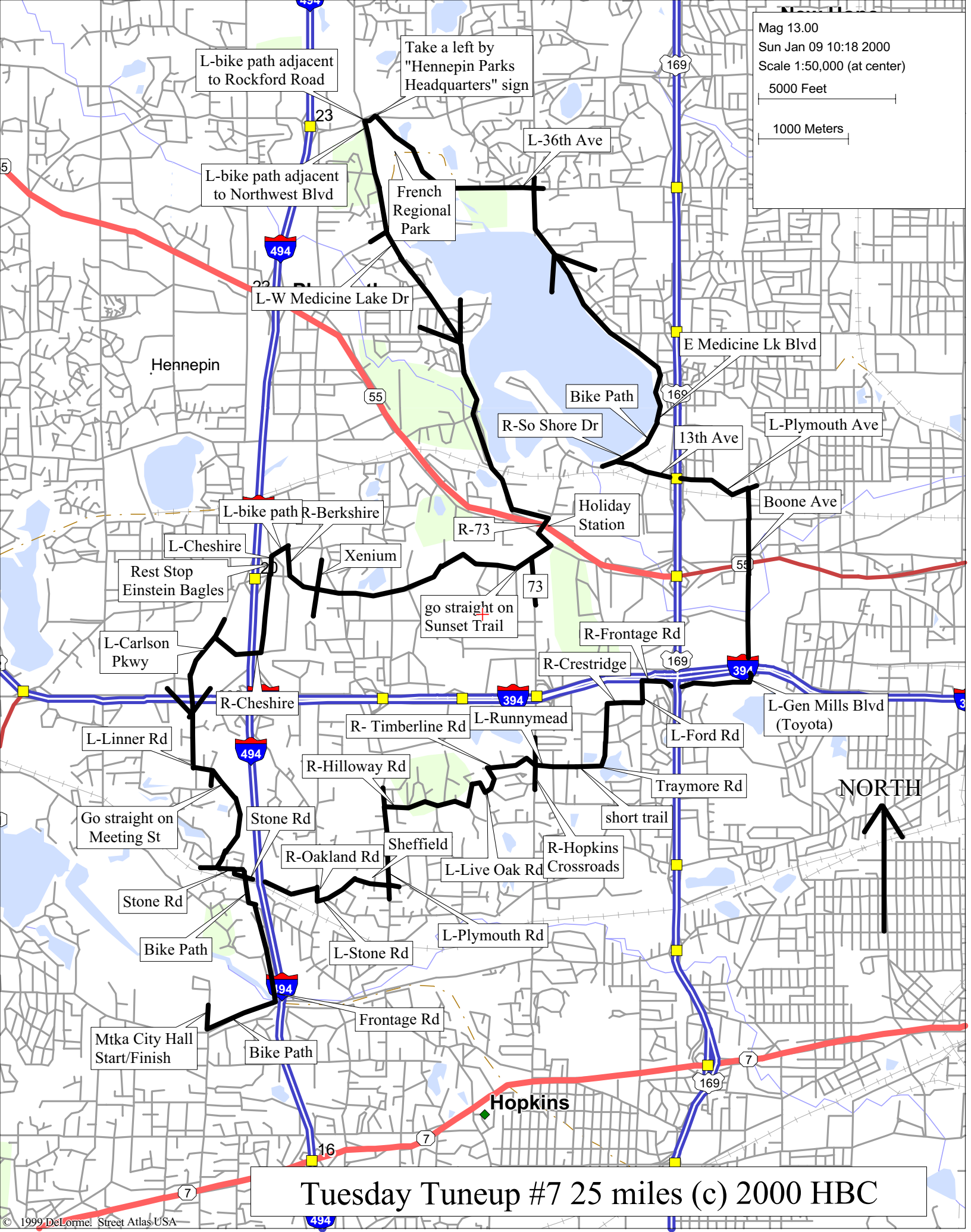


Mag 13.00
 Sun Jan 09 10:18 2000
 Scale 1:50,000 (at center)
 5000 Feet
 1000 Meters



L-bike path adjacent to Rockford Road

Take a left by "Hennepin Parks Headquarters" sign

L-bike path adjacent to Northwest Blvd

French Regional Park

L-36th Ave

L-W Medicine Lake Dr

Bike Path

Hennepin

R-So Shore Dr

13th Ave

L-Plymouth Ave

L-bike path R-Berkshire

Holiday Station

Boone Ave

L-Cheshire

Xenium

R-73

Rest Stop Einstein Bagles

go straight on Sunset Trail

R-Frontage Rd

L-Carlson Pkwy

R-Cheshire

R-Crestridge

L-Gen Mills Blvd (Toyota)

L-Linner Rd

R-Timberline Rd

L-Runnymead

L-Ford Rd

NORTH

Go straight on Meeting St

Stone Rd

R-Hillway Rd

short trail

Stone Rd

R-Oakland Rd

L-Live Oak Rd

R-Hopkins Crossroads

Bike Path

L-Stone Rd

L-Plymouth Rd

Mtka City Hall Start/Finish

Bike Path

Frontage Rd

Hopkins

Tuesday Tuneup #7 25 miles (c) 2000 HBC