

<i>Interval</i>	<i>Cumulative</i>	<i>Directions</i>
		Head east on Lake Lowell Ave
1.2 mi	1.2 mi	Turn right at S Powerline Rd
4.0 mi	5.3 mi	Turn left at Deer Flat Rd
0.5 mi	5.8 mi	Turn right at Track Rd
6.0 mi	11.8 mi	Turn right at Melmont Rd
6.6 mi	18.4 mi	Turn left at Pump Rd
1.4 mi	19.8 mi	Sharp right at Map Rock Rd
MAP ROCK REST STOP by STATE FARM		
9.6 mi	29.4 mi	Turn left at Deer Flat Rd
0.2 mi	29.6 mi	Turn right at Chicken Dinner Rd
2.5 mi	32.1 mi	Turn left at Lloyd Ln
1.2 mi	33.4 mi	Turn left at Marsing Rd
0.2 mi	33.6 mi	Continue on Sunnyslope Rd
0.3 mi	33.9 mi	Slight left at Marsing Rd
0.1 mi	34.0 mi	Slight left at ID-55
0.6 mi	34.6 mi	MARSING CLINIC REST STOP by ZAMZOW'S
141 ft	34.8 mi	Turn right at ID-55/W Main St
335 ft	34.8 mi	Turn left at N Bruneau Hwy
1.5 mi	36.3 mi	Turn left to stay on N Bruneau Hwy
1.0 mi	37.3 mi	Turn right at N Edison Rd
0.5 mi	37.8 mi	Turn left at Dunlap Ln
0.5 mi	38.3 mi	Turn right at Phipps Ln
0.4 mi	38.8 mi	Turn left at Titus Rd
1.5 mi	40.2 mi	Turn right at Gem Rd
0.4 mi	40.7 mi	Gem turns left and becomes E Market Rd
2.0 mi	42.7 mi	Turn right at N Jump Creek Rd
0.9 mi	43.6 mi	Jump Creek Rd becomes Pioneer Rd
0.3 mi	43.9 mi	Turn left to stay on Pioneer Rd
0.3 mi	44.1 mi	Turn right at Industrial Rd
0.9 mi	45.0 mi	Continue straight across Hwy 95 on Industrial Rd
0.3 mi	45.3 mi	Turn left at ID-19/E Idaho Ave

<i>Interval</i>	<i>Cumulative</i>	<i>Directions</i>
2 blocks	45.4 mi	HOMEDALE CLINIC REST STOP by EMERGENCY PHYSICIANS OF IDAHO
		Continue west on ID-19 / OR-201
14.9 mi	60.3 mi	ADRIAN REST STOP
		Head east on Roswell Rd
0.5 mi	60.8 mi	Turn left to stay on Roswell Rd
2.2 mi	63.0 mi	Turn left at ID-18/OR-18/State Line Rd
0.5 mi	63.5 mi	Turn right at Opal Rd
1 mi	64.4 mi	Opal Rd turns right and becomes Labin Ln
0.3 mi	64.7 mi	Turn left at Matthews Rd
3 mi	67.7 mi	Turn right at Rodeo Ln
3.1 mi	70.8 mi	Turn left at Red Top Rd
1.5 mi	72.3 mi	Go straight across Hwy 95
1 mi	73.3 mi	Turn right at Travis Rd
0.3 mi	73.6 mi	CLAYTON TREE FARM REST STOP
0.7 mi	74.3 mi	Turn left at Peckham Rd
1 mi	75.3 mi	Turn right at Allendale Rd
3 mi	78.3 mi	Turn left at Ustick Rd
4.5 mi	82.8 mi	Turn right at Pride Ln
3.1 mi	85.9 mi	Turn left at Apricot Ln
0.7 mi	86.6 mi	Turn right at Chicken Dinner Rd
1 mi	87.6 mi	Sharp left at Lowell Rd
1.2 mi	88.8 mi	Slight left at Riverside Rd
1.4 mi	90.2 mi	LOWER DAM REST STOP by R E I
0.6 mi	90.8 mi	Turn right at Orchard Ave
3.6 mi	94.4 mi	Turn right at Lake Ave
1.5 mi	95.9 mi	Turn left at Roosevelt Ave
1 mi	96.9 mi	Turn right at Midway Rd
0.5 mi	97.4 mi	Turn left at Lake Lowell Ave
2.6 mi	100 mi	Return to NAMPA HIGH