

<u>Interval</u>	<u>Cumulative</u>	<u>Directions</u>
		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
279 ft	11.9 mi	Turn left at Track Rd
1.0 mi	12.9 mi	Turn left at McElroy Rd
0.5 mi	13.4 mi	Turn right at Southside Blvd
1.8 mi	15.2 mi	Southside curves left into Murphy Rd
374 ft	15.2 mi	Turn right at Broadway Ave
0.1 mi	15.4 mi	MELBA CLINIC REST STOP
		Head east on 2nd St
308 ft	15.4 mi	Turn right at S Carrie Rex Ave
0.1 mi	15.6 mi	Sharp right at Base Line Rd
1.1 mi	16.7 mi	Turn left at S Powerline Rd S
1.0 mi	17.7 mi	Turn left at Butte Rd
1.1 mi	18.7 mi	Turn right at Canyon Rd S
2.0 mi	20.8 mi	Turn right at Warren Spur Rd
2.8 mi	23.5 mi	Turn left at Ferry Rd
2.0 mi	25.6 mi	Turn right at Hwy-45
0.6 mi	26.2 mi	Turn left at Map Rock Rd

<u>Interval</u>	<u>Cumulative</u>	<u>Directions</u>
4.9 mi	31.1 mi	MAP ROCK REST STOP by STATE FARM
9.6 mi	40.7 mi	Turn left at Deer Flat Rd
0.2 mi	40.9 mi	Turn right at Chicken Dinner Rd
2.5 mi	43.4 mi	Turn left at Lloyd Ln
1.2 mi	44.7 mi	Turn left at Marsing Rd
0.2 mi	44.9 mi	Continue on Sunnyslope Rd
0.3 mi	45.2 mi	Slight left at Marsing Rd
0.1 mi	45.3 mi	Slight left at ID-55 & cross Snake River
0.6 mi	45.9 mi	MARSING CLINIC REST STOP by ZAMZOW'S
		Head east on ID-55/W Main St
0.7 mi	46.0 mi	Slight right at Marsing Rd
0.1 mi	46.8 mi	Slight right at Sunnyslope Rd
0.3 mi	47.1 mi	Continue on Marsing Rd
1.7 mi	48.8 mi	Turn left at Riverside Rd
3.6 mi	52.4 mi	LOWER DAM REST STOP by R E I
0.6 mi	53.0 mi	Turn right at Orchard Ave
3.6 mi	56.6 mi	Turn right at Lake Ave
1.5 mi	58.1 mi	Turn left at Roosevelt Ave
1.0 mi	59.1 mi	Turn right at S Midway Rd
0.5 mi	59.6 mi	Turn left at Lake Lowell Ave
2.6 mi	62.2 mi	Return to NAMPA HIGH

