

2018 East Bay Leg Friday, June 1

Updated 4/30

		MILES	TOTAL	TIME
<u>East Providence</u>				
	Eprov police station Waterman Ave			12:00
	Waterman Ave to Pawtucket Ave (left)			
	Pawtucket Ave to Brightbridge Ave	1.0	1.0	12:10 PM
	Pawtucket Ave to Brookfield Rd	1.0	2.0	12:20PM
	Pawtucket Ave to Bullocks Pt (straight)	0.9	2.9	12:30PM
	Bullocks Pt to Sherman St	1.0	4.0	12:40PM
	Bullocks Pt to Crescent View (left)	0.3	4.3	
	Crescent view to Willett Ave (straight)	1.0	5.0	12:50PM
	Willett (RTE 103) to Richmond	0.3	5.3	12:55 PM
<u>Barrington</u>				
	RTE 103 to RTE 114 (wamanoag trl)	0.7	6.0	1:00PM
	114 at Lincoln Ave	1.0	7.0	1:10PM
	114 at Rumstick pt	1.0	8.0	1:20PM
	114 at Water st	1.0	9.0	1:30PM
<u>Warren</u>	114 @ Water st			
	114 & Vernon St	1.0	10.0	1:40 PM
	114 @ Hanley Farm	1.0	11.0	1:50 PM
<u>Bristol</u>	Hanley Farm @ Rte. 114			
	114 & Mulberry rd	1.0	12.0	2:00 PM
	114 & Popasquash Rd	1.0	13.0	2:10 PM
	114 & Union St	1.0	14.0	2:20PM
	114 & Sidney St	1.0	15.0	2:30PM
	114 & Old Ferry Rd	0.6	15.6	2:40 PM
	* Load bikes to go over MT. hope bridge			
<u>Portsmouth</u>	Mt. Hope Animal Hospital Rest stop			3:00 PM
	Rte 114 (Bristol Ferry Rd) & Brownell	1.0	16.6	3:10PM
	Rte 114 to Turnpike Ave (straight)	0.3	16.9	
	Turnpike Ave to E.Main rd (right)	1.0	17.9	3:25PM
	E.Main Rd & Hedley St	0.7	18.6	3:30PM
	E.Main Rd & Glen Rd	2.0	20.6	3:50PM
	E.Main Rd / Middletown line	1.5	22.1	4:10PM
<u>Middletown</u>	Rte 138 & Moitoza lane			
	138 & Meadow lane	1.0	23.1	4:20PM
	138 & West Main Rd.	1.8	24.3	4:33PM
	138 & Admiral Kalbtus Rd	0.8	25.6	4:40PM
<u>Newport</u>	138/Admiral Kalbtus Rd.			
	138 & Newport Bridge on ramp	1.2	26.8	4:50PM
	* Load up bikes to go over bridge			
<u>Jamestown</u>	* unload bikes			5:00PM
	138 to Jamestown Bridge	2.0	28.8	5:20PM
	*load up bikes			
<u>North Kingstown</u>	Rest Stop NK Firestation			5:45PM
	NKFD rte 1A to Casey Farm	1.0	29.8	5:55PM
	Indian Rd			
<u>Narragansett</u>				
	Casey's Farm to Bridgetown Rd	1.6	31.4	6:10PM
	1A to Bridgetown Rd. (right)			
	Bridgetown Rd & Towerhill rd	1.4	32.8	6:25PM
	Rte 138(Mooresfield rd) to Holiday inn	0.2	33.0	6:30PM

Highlighted portion being eliminated for 2018

1. Course is calibrated at nine (10) minute miles