



# Stage 4 - Lebanon to Columbia

## Friday, September 14

Estimated Arrival				Course Directions	Point to Point	Miles Ridden	Miles to Go	Km Ridden
22 mph 35.4 kph	24 mph 38.6 kph	26 mph 41.8 kph	28 mph 45 kph					
10:30 AM	10:30 AM	10:30 AM	10:30 AM	<b>Neutral Race Start at Lebanon Civic Center</b>	0.0	0.0	133.4	0.0
10:30 AM	10:30 AM	10:30 AM	10:30 AM	Right onto Washington St. from the Civic Center	1.3 mile Neutral Section			
10:30 AM	10:30 AM	10:30 AM	10:30 AM	Left onto Elm St. from Washington St.				
10:31 AM	10:31 AM	10:30 AM	10:30 AM	Right onto Jefferson/MO 64 from Elm St.				
10:32 AM	10:31 AM	10:31 AM	10:31 AM	RR Crossing				
10:33 AM	10:33 AM	10:33 AM	10:32 AM	Right onto 7th Street/MO 5 from Jefferson St.				
10:33 AM	10:33 AM	10:33 AM	10:32 AM	<b>Race Start at 7th Street/MO 5</b>	0.1	0.0	133.4	0.0
10:51 AM	10:50 AM	10:48 AM	10:46 AM	Right onto Route BB from MO 5	6.8	6.8	126.5	11.0
10:58 AM	10:56 AM	10:54 AM	10:51 AM	Left to continue on Route BB at Route F	2.4	9.2	124.2	14.8
11:19 AM	11:16 AM	11:12 AM	11:08 AM	<b>Enter Camden County</b>	8.0	17.2	116.2	27.7
11:37 AM	11:32 AM	11:27 AM	11:22 AM	Merge left onto MO 7 from Route BB	6.5	23.7	109.7	38.1
11:38 AM	11:32 AM	11:28 AM	11:23 AM	<b>Enter Montreal</b>	0.2	23.9	109.5	38.4
11:39 AM	11:33 AM	11:28 AM	11:23 AM	cs onto onto Route E from MO 7	0.3	24.2	109.2	39.0
11:49 AM	11:43 AM	11:37 AM	11:32 AM	cs onto Route A from Route E	3.9	28.1	105.2	45.3
11:53 AM	11:46 AM	11:41 AM	11:35 AM	<b>Michelob Ultra KOM</b>	1.5	29.6	103.8	47.6
12:00 PM	11:52 AM	11:46 AM	11:40 AM	Left onto Route C from Route A	1.3	31.9	101.5	51.3
12:22 PM	12:13 PM	12:05 PM	11:57 AM	Right onto MO 42 from Route C	8.1	40.0	93.4	64.4
12:22 PM	12:13 PM	12:05 PM	11:57 AM	Left onto Route C from MO 42	0.1	40.1	93.3	64.6
12:46 PM	12:35 PM	12:26 PM	12:17 PM	Left onto MO 17 from Route C	8.9	49.0	84.4	78.9
12:58 PM	12:46 PM	12:36 PM	12:26 PM	cs onto MO 52 - now on 17/52	4.4	53.4	80.0	85.9
01:01 PM	12:48 PM	12:38 PM	12:28 PM	Right onto MO 17 - enter Tuscomb	0.9	54.3	79.1	87.4
01:01 PM	12:48 PM	12:38 PM	12:28 PM	<b>Monsanto Feed Zone #1</b>	0.05	54.3	79.1	87.4
01:24 PM	01:10 PM	12:58 PM	12:47 PM	<b>Enter Cole County</b>	8.7	63.0	70.3	101.4
01:27 PM	01:13 PM	01:01 PM	12:49 PM	<b>Enter Engene</b>	1.1	64.1	69.2	103.2
01:30 PM	01:15 PM	01:03 PM	12:51 PM	Right onto Route BB from MO 17	1.1	65.2	68.2	104.9
01:42 PM	01:27 PM	01:13 PM	01:01 PM	Left onto Route H from Route BB	4.4	69.6	63.8	112.0
01:58 PM	01:40 PM	01:26 PM	01:13 PM	Right onto Route E from Route H	5.6	75.2	58.2	121.0
02:09 PM	01:51 PM	01:35 PM	01:21 PM	Left onto Honey Creek from Route E	4.0	79.2	54.2	127.5
02:11 PM	01:53 PM	01:37 PM	01:23 PM	Right onto Tanner Bridge Rd. from Honey Creek Rd.	0.9	80.1	53.3	128.9
02:18 PM	01:59 PM	01:43 PM	01:29 PM	vLeft at Tanner Bridge Spur to stay on Tanner Br.	2.6	82.7	50.7	133.1
02:28 PM	02:08 PM	01:51 PM	01:36 PM	<b>Enter Jefferson City</b>	3.5	86.2	47.2	138.7
02:28 PM	02:09 PM	01:52 PM	01:37 PM	Right onto Tanner Bridge Rd. from Lorenzo Greene	0.2	86.4	47.0	139.1
02:33 PM	02:13 PM	01:56 PM	01:41 PM	Right onto Monroe St. from Tanner Bridge Rd.	2.0	88.4	45.0	142.2
02:34 PM	02:14 PM	01:57 PM	01:41 PM	Right onto Stadium Dr. from Monroe Dr.	0.2	88.6	44.8	142.5
02:35 PM	02:15 PM	01:58 PM	01:42 PM	Left onto Lafayette St. from Stadium Dr.	0.4	89.0	44.3	143.3
02:38 PM	02:18 PM	02:00 PM	01:44 PM	Left onto High St. from Lafayette St.	1.0	90.0	43.4	144.9
02:40 PM	02:19 PM	02:02 PM	01:46 PM	<b>Edward Jones Sprint - Jefferson City</b>	0.6	90.6	42.8	145.8
02:41 PM	02:20 PM	02:03 PM	01:47 PM	Right onto Bolivar St. from High St.	0.6	91.2	42.2	146.7
02:41 PM	02:21 PM	02:03 PM	01:47 PM	Left onto Main St. from Bolivar St.	0.05	91.2	42.1	146.8

Estimated Arrival				Course Directions	Point to Point	Miles Ridden	Miles to Go	Km Ridden
22 mph 35.4 kph	24 mph 38.6 kph	26 mph 41.8 kph	28 mph 45 kph					
02:42 PM	02:21 PM	02:03 PM	01:47 PM	Right onto US 54/63 from Main Street	0.2	91.4	42.0	147.1
02:42 PM	02:21 PM	02:04 PM	01:48 PM	<b>Cross Missouri River - Enter Callaway County</b>	0.1	91.5	41.9	147.3
02:47 PM	02:26 PM	02:08 PM	01:52 PM	vRight onto Holt Summit exit from US 54	1.9	93.4	40.0	150.2
02:48 PM	02:26 PM	02:08 PM	01:52 PM	Left onto Holt Summit Drive from exit ramp	0.1	93.5	39.8	150.5
02:53 PM	02:31 PM	02:13 PM	01:56 PM	<b>Enter Holt Summit</b>	1.8	95.3	38.0	153.4
02:57 PM	02:35 PM	02:17 PM	02:00 PM	<b>Edward Jones Sprint - Holts Summit</b>	1.8	97.1	36.2	156.3
03:00 PM	02:38 PM	02:19 PM	02:02 PM	<b>Monsanto Feed Zone #2</b>	1.1	98.2	35.2	158.0
03:11 PM	02:47 PM	02:28 PM	02:10 PM	<b>Enter New Bloomfield</b>	3.8	102.0	31.4	164.1
03:12 PM	02:49 PM	02:29 PM	02:11 PM	Left onto Route J from Route AE	0.5	102.5	30.9	164.9
03:15 PM	02:52 PM	02:32 PM	02:14 PM	Right onto Route J at Route MM	1.1	103.6	29.8	166.7
03:22 PM	02:58 PM	02:38 PM	02:19 PM	Left onto Route Y from Route J	2.7	106.3	27.1	171.1
03:34 PM	03:09 PM	02:48 PM	02:29 PM	<b>Enter Boone County</b>	4.3	110.6	22.7	178.0
03:42 PM	03:16 PM	02:54 PM	02:35 PM	Right onto Rangeline Rd. from Route Y	2.9	113.5	19.9	182.6
03:52 PM	03:26 PM	03:03 PM	02:43 PM	Left onto Route H from Rangeline Rd.	3.7	117.2	16.1	188.7
03:54 PM	03:27 PM	03:05 PM	02:44 PM	Right onto Rangeline Rd. from Route H	0.7	117.9	15.5	189.7
04:04 PM	03:36 PM	03:13 PM	02:52 PM	vLeft to continue on Rangeline at David Allen	3.5	121.6	11.8	195.7
04:11 PM	03:43 PM	03:19 PM	02:57 PM	Left onto New Haven Rd. from Rangeline Rd.	2.4	124.0	9.3	199.6
04:27 PM	03:58 PM	03:33 PM	03:10 PM	Right onto Rock Quarry Rd. from Grindstone Pkwy.	6.1	130.1	3.3	209.4
04:35 PM	04:05 PM	03:39 PM	03:17 PM	Left onto Walnut St. from College Ave.	2.9	133.0	0.4	214.0
04:36 PM	04:06 PM	03:40 PM	03:17 PM	<b>Race Finish at 8th St. and Walnut St.</b>	0.4	133.4	0.0	214.6