



1st and 25 Route Binder

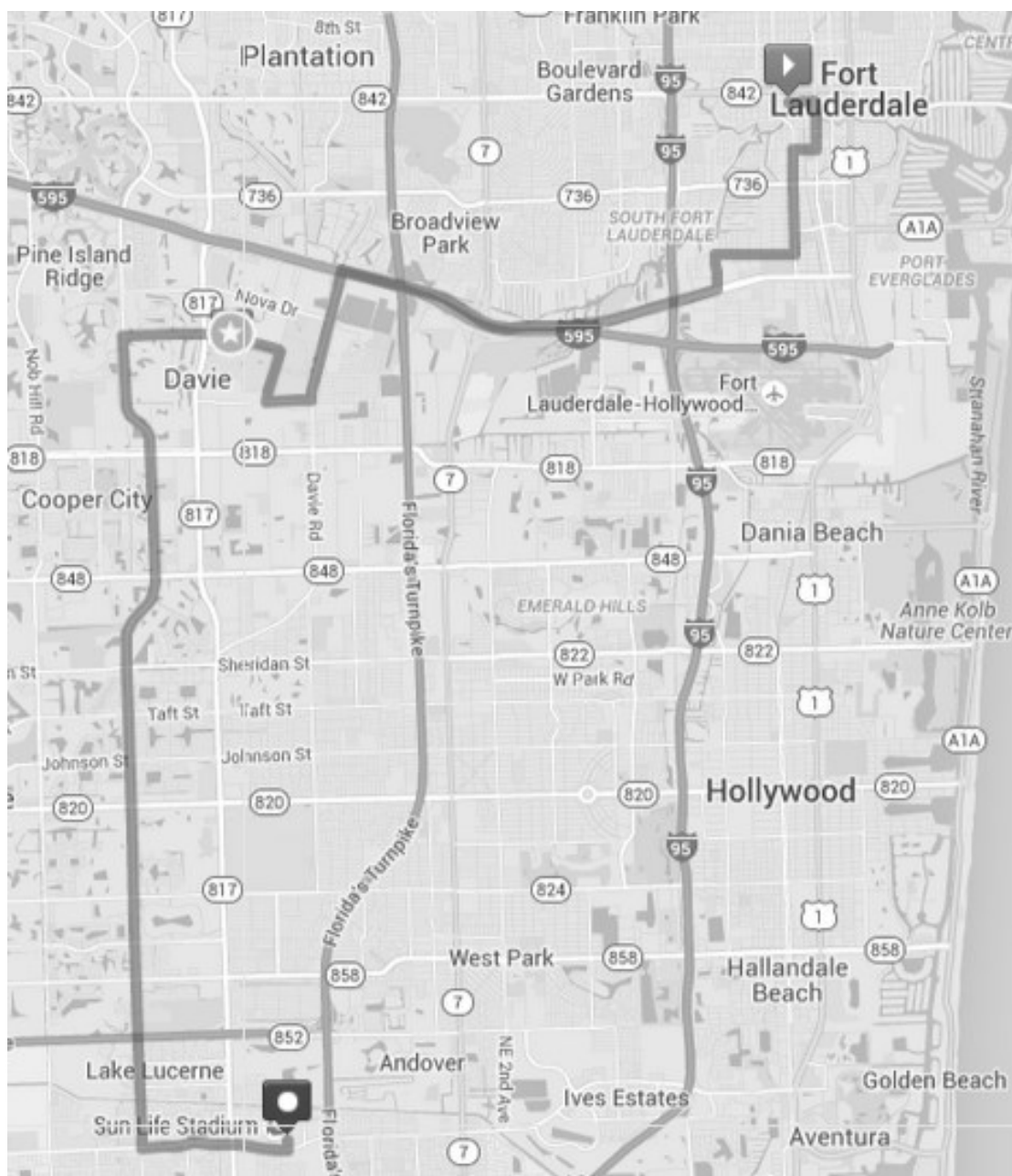
Route Map • Turn-by-Turn • Time Estimates

February 20, 2016

#CANCERFIGHTER



1st and 25
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1st and 25



1st and 25
Turn-by-Turn

<u>DCC VI Turn by Turn Directions</u>	<u>Miles in</u>	<u>Distance</u>
1 Head East on SW 2nd St / Himmarshee St to,	0	0.28
2 Right onto S Andrews Ave to,	0.28	0.52
3 Right onto SW 7th St to,	0.8	0.24
4 Left onto SW 4th Ave to,	1.04	1.15
5 Right onto SW 20th St to,	2.19	0.87
6 Left onto SW 15th Ave to,	3.06	0.38
7 Right onto Marina Mile Blvd to,	3.44	2.16
8 Continue onto SR-84 West to,	5.6	2.12
9 Left onto Davie Rd to,	7.72	1.48
10 Right onto SW 39th St to,	9.2	0.49
11 Right onto College Ave to,	9.69	0.58
12 Left onto SW 30th St to, (Approaching Water Stop)	10.27	0.54
13 Water Stop #1 - Training Camp	10.81	0
14 Continue West on SW 30th St to,	10.81	1.27
15 Left onto Pine Island Rd to,	12.08	9.11
16 Left onto NW 199th St to,	21.19	1.59
17 Left into Gate 3 to,	22.78	0.11
18 Ft. Lauderdale Ride Finish	22.89	



Dolphins CANCER CHALLENGE

1st and 25 Time Estimates

Location	Total Distance	Miles	A GROUP (18-22 MPH)				B GROUP (15-18 MPH)				C GROUP (12-15 MPH)			
			Speed	Duration	Time	Speed	Duration	Time	Speed	Duration	Time	Speed	Duration	Time
Ft. Lauderdale - Start	0.00	0.00		0:00:00	11:15 AM								0:00:00	11:15 AM
E Las Olas Blvd / S Andrew Ave	0.35	0.35	21	0:01:00	11:16 AM	17	0:01:14	11:16 AM	13	0:01:37	11:16 AM			
SW 4th Ave / Davie Blvd	1.42	1.07	21	0:03:03	11:19 AM	17	0:03:47	11:20 AM	12	0:05:21	11:21 AM			
SW 15th Ave / State Rd 84	3.44	2.02	20	0:06:04	11:25 AM	17	0:07:08	11:27 AM	12	0:10:06	11:32 AM			
State Rd 84 / Davie Rd	7.72	4.28	20	0:12:50	11:37 AM	17	0:15:06	11:42 AM	13	0:19:45	11:51 AM			
Davie Rd / SW 39th St	9.20	1.48	20	0:04:26	11:42 AM	17	0:05:13	11:47 AM	13	0:06:50	11:58 AM			
SW 30th St / Miami Dolphins Facility	10.84	1.64	20	0:04:55	11:47 AM	17	0:05:47	11:53 AM	13	0:07:34	12:06 PM			
Miami Dolphins Training Facility - Water Stop				0:05:00	11:52 AM		0:10:00	12:03 PM		0:15:00	12:21 PM			
SW 30th St / S Pine Island Road	12.08	1.24	22	0:03:23	11:55 AM	17	0:04:23	12:07 PM	12	0:06:12	12:27 PM			
S Pine Island Road / Sheridan St	15.93	3.85	20	0:11:33	12:07 PM	16	0:14:26	12:22 PM	12	0:19:15	12:46 PM			
S Pine Island Road / Pines Blvd	17.45	1.52	20	0:04:34	12:11 PM	15	0:06:05	12:28 PM	12	0:07:36	12:54 PM			
S Pine Island Road / Miramar Pkwy	19.36	1.91	20	0:05:44	12:17 PM	15	0:07:38	12:35 PM	12	0:09:33	1:03 PM			
NW 37th Ave / NW 199th St	21.19	1.83	21	0:05:14	12:22 PM	15	0:07:19	12:43 PM	12	0:09:09	1:12 PM			
NW 199th St / NW 27th Ave	22.18	0.99	20	0:02:58	12:25 PM	15	0:03:58	12:47 PM	12	0:04:57	1:17 PM			
1st & 25 Ride Finish	23.24	1.06	20	0:03:11	12:28 PM	17	0:03:44	12:50 PM	12	0:05:18	1:23 PM			
Duration & Speed w/o Water Stops			18.86	1:13:55		14.55	1:35:49		10.88	2:08:13				
			20.23	1:08:55		16.25	1:25:49			1:53:13				