

## WEBSITE DESCRIPTION FOR AABR

The purpose of the AABR is to introduce cyclists to the beautiful rolling countryside of Parker County. Notice I did not say flat countryside. This is a challenging course so be prepared for some tough hills and constantly changing terrain. That being said, I think it is a fantastic ride and it contains some of my favorite roads to train on. Enjoy!

Robert Moss  
Ride Director

For Support CALL 817-896-1643 or 817-994-5775—please store these numbers in your phone just in case. “It is better to have it and not need it than need it and not have it.”

Remember you are traveling on open roads, follow all laws and use common sense.

1. Obey all traffic laws.
2. Call out your position when passing riders
3. Slower riders stay to the right
4. Look before changing positions
5. Don't ride aero in the pack

NEW for 2017---Slight route change. In an attempt to provide you with a safe, yet challenging ride, we have modified our prior route. The change affects the route distance by reducing it 4 miles for the prior 28 mile course and 2 miles for the 54 and 74 but we believe the increased safety and elevation gain will more than make up for the slight reduction in distance. ---Enjoy.

To see a complete description of the course, please visit [www.springtownchamber.org](http://www.springtownchamber.org)

6 Mile Route- Elevation gain according to Strava 196ft—0 REST STOPS Available

This is a fairly flat out and back route consisting of 3 miles out on Goshen road then return. The hills are short and not steep and we have dubbed this as a family ride. A few years ago my out of shape, new to cycling dad did this ride without trouble. We

took it slow and it took about 50 minutes. This included a 5 minute rest at the turn around point.

**ALL RIDERS FOR THE 24, 52 AND 72 MILE ROUTE WILL EXPERIENCE THE FOLLOWING:**

Now we are getting to the good stuff. Once the rider makes the first turn off of Goshen Road (the main road out and back in to the start/finish line) they will encounter Prather Hill. (1.4 miles 1.8% grade) This climb will definitely get the lungs and legs burning right off the bat. It is not long or super steep but you will know things are going up.

Once you get to the top of Prather Hill you will have a fairly flat section prior to flying downhill on JE Woody before turning right and encountering Hutcheson Hill. This is steeper than Prather (4.6% < 1 mile) but you should be warmed up by now.

Remember slower traffic keep right and get your gears set prior to the climb.

This is by far the hardest part of the course so once you get over Hutcheson Hill it will be smooth sailing...NOT but at least you have the hardest part behind you. The first rest stop is about 6 miles from the climb and the rest of the route is rolling terrain for all distances so be ready.

The routes split after the first stop. See below for descriptions.

**24 Mile Route - Elevation gain according to Strava 1063ft—2 REST STOPS Available**

After leaving the first rest stop you will head north on Old Agnes Road. The second rest stop is located 5 miles up the road at the historic Agnes School. From rest stop #7 you only have 6.5 miles of rollers to the finish line, so plan accordingly.

**52 Mile Route - Elevation gain according to Strava 2252ft—5 REST STOPS Available**

This route continues past the first rest stop along with 72-mile course across gently rolling terrain. Make sure you keep your fluids and energy stores topped off because the heat, rolling hills and distance will take their toll on you.

The next rest stop is located 5 miles after the first. Great time to top off your fluids or take a “nature break.” Enjoy the countryside as you continue on to rest stop #3, which is another 6 miles down the road. Yes I know they are kinda close together but make sure your bottles are full because the next one is 13 miles away.

**After the 3<sup>rd</sup> rest stop the 52 and 72 mile routes will split.**

The 52-milers will turn right on Sandy lane and continue on...guess what? More rolling hills. You will hit "Solid Agony 5.6 miles at 1.0%" before you come to rest stop #6. From here you will travel 6 miles to rest stop #7 at the historic Agnes School. Once you leave stop #7 you only have 6.5 miles of rollers to the finish line, so plan accordingly.

**72 Mile Route - Elevation gain according to Strava 2851ft—7 REST STOPS Available**

After you split from the guys taking the "easy 52 mile route" you have 13 miles to rest stop #4. Again rolling terrain but nothing too crazy.

The next section is probably the easiest of the entire route, "fairly flat" but don't let your guard down. While this is "fairly flat" there are some rollers as you get closer to rest stop #5.

**Warning:** The section from stop #4 to #5 does contain chip seal that was installed several years ago. It is not bad. Consider it a trade off from the relentless hills. Just pretend you are a pro-cyclist and you are racing in Paris-Roubaix or one of the other famous spring classics.

You have 10 miles to go until stop #5 followed by another 10.5 to rest stop #6. From here you will travel 6 miles to rest stop #7 at the historic Agnes School. Once you leave stop #7 you only have 6.5 miles of rollers to the finish line, so plan accordingly.

Well, there you have it. The route description for the All American Bicycle Rally 2017.

Enjoy

Robert  
Ride Director