

Mile	Cue	For	Instruction
0.0			CONTROL 1: Circle K (32nd St & Union Hills)
0.0	L	1.0	Union Hills Dr
1.0	R	4.0	40th St
5.0	L	8.9	Cactus Rd
13.9	R	1.2	Frank Lloyd Wright Blvd
15.1	L	7.2	Shea Blvd
22.3	L	0.0	CONTROL 2: McDonalds (get water!) Open: Start + 1:12; Close: Start + 2:24
22.3	L	0.6	back onto Shea Blvd
22.9	L	28.6	SR-87 [N Beeline Hwy]
51.5	R	0.1	Sunflower (get water!)
51.6	R	33.2	back onto SR-87 [Beeline Hwy]
84.8	R	0.1	CONTROL 3: McDonalds Open: Start + 4:32; Close: Start + 9:04
84.9	R	17.8	back onto SR-87 North
102.7	R	0.1	Convenience store on right, Strawberry Lodge on left (get water!)
102.8	C	19.6	continue on SR-87 North
122.4	L	0.6	Lake Mary Rd [CR-209]
123.0	C	0.0	CONTROL 4: Clints Well Open: Start + 6:36; Close: Start + 13:12
123.0	C	28.1	continue on Lake Mary Rd
151.1	BL	24.7	Bear LEFT (North) onto Lake Mary Rd
175.8	C	0.1	Cross under I-17 freeway
175.9	R	0.3	Alt-87 North toward Flagstaff
176.2	U	0.0	CONTROL 5: Fazoli's (Numerous motels in this area) Open: Start + 9:28; Close: Start + 18:56
176.2	C	11.6	South on Alt-87 toward Sedona
187.8	C	15.6	CAUTION Switchbacks - CONTROL YOUR SPEED!!!!
203.4	C	19.5	Downtown Sedona (many motels, get water if needed)
222.9	L	4.1	Turn LEFT (West) onto SR-89 Alt (in Cottonwood)
227.0	L	0.0	CONTROL 6: convenience store Open: Start + 12:10; Close: Start + 1:00:20
227.0	L	4.7	LEFT to stay on SR-89 Alt toward Jerome (UP hill!)
231.7	C	20.8	Firestation on RIGHT (Get water! Long climb ahead)
252.5	L	0.0	CONTROL 7: Roberts Market Open: Start + 13:32; Close: Start + 1:03:04
252.5	L	5.6	Continue West on SR-89 Alt toward Prescott
258.1	C	1.3	Cross SR-89
259.4	L	5.6	Willow Creek Rd
265.0	C	0.7	Road name changes to Miller Valley Rd
265.7	C	0.4	Road name changes to Grove Ave
266.1	L	0.4	Gurley St (Lots of lodging in the area)
266.5	R	34.0	SR-89 [S Montezuma St]
300.5	R	0.0	CONTROL 8: Grocery store in Yarnell Open: Start + 16:08; Close: Start + 1:08:16
300.5	R	9.0	Continue up the hill
309.5	C	9.7	Congress AZ. (get water if necessary)
319.2	L	6.2	US-93 / US-89 (CAUTION: Cross traffic does not stop)
325.4	L	0.5	US-60
325.9	L	0.0	CONTROL 9: Subway (or McDonalds) Open: Start + 17:28; Close: Start + 1:10:56
325.9	L	9.3	Continue East on US-60
335.2	L	30.4	SR-74 (CAUTION: Cross traffic does not stop)
365.6	L	0.0	CONTROL 10: McDonalds just past the I-17 overpass Open: Start + 19:36; Close: Start + 1:15:12

365.6	L	9.7	Continue East on SR-74 (Carefree Hwy)
375.3	R	9.4	Cave Creek Rd
384.7	L	1.0	Rose Garden Ln
385.7	R	1.4	32nd St
387.1	R		CONTROL 11: Circle K (32nd St & Union Hills) Open: Start + 20:00; Close: Start + 1:16:00