

## One lap of Memphis 2015 100.00 Miles

[Head south on Oak Crest Cove toward Whiteoaks Ln 453 ft](#)

Turn left onto Whiteoaks Ln 0.6 mi

Turn left onto Craven Rd 0.3 mi

Turn right onto Brunswick Rd 0.7 mi

Turn left onto Memphis Arlington Rd 1.8 mi

Turn right onto Canada Rd

Destination will be on the right 0.2 mi

IH Managerial Park **3.73 miles**

### [Ride CCW at Lakeland](#)

[Head north on Canada Rd toward Memphis Arlington Rd 0.2 mi](#)

Turn left onto Memphis Arlington Rd 1.8 mi

Turn left to stay on Memphis Arlington Rd 1.3 mi

Turn left onto Germantown Rd 0.1 mi

Turn right onto Memphis Arlington Rd 0.5 mi

Continue onto Memphis Arlington Rd 1.0 mi

Continue onto Centralia Rd 0.2 mi

Turn left onto Ethel Rd 0.2 mi

Slight left onto Oak Rd 144 ft

Turn right onto Dawnhill Rd 1.1 mi

Turn left onto Altruria Rd 0.4 mi

Continue onto Memphis Arlington Rd 1.5 mi

Turn right onto Yale Rd

Stanky Creek will be on the right **8.67 miles**

Take beer handup

[Ride Stanky Creek CW \(Blue, Yellow and White\) 10.5 M](#)

[Turn right onto Yale 2.0 mi 4.5 Miles](#)

Turn left onto Scheibler Rd 1.2 mi

Turn right onto Stage Rd 0.1 mi

Turn left on Coleman

Turn right on Raleigh Lagrange ,5 mi

Turn left onto Old Austin Peay Hwy 0.2 mi

**Turn left onto Palm St 0.6 mi enter Epic 5 Miles**

Continue on gravel road, stick to billboard road if you are smart

Continue under railroad tracks

Continue under Covington Pike

Emerge back into civilization at the revolving Beetle at Summer Twin

Cross the Wolf River on Summer Ave making a left by the cyclone fence

Head under Summer Ave (watch for shopping carts)

**33 miles of trail ahead**

[Ride the yellow WRT to Walnut Grove Aid Station under WG](#)

Turn left on gravel road after riding the WRT Yellow

Continue to Shelby Farms to the Tour de Wolf

[Ride Tour de Wolf taking sustainable reroutes](#)

Reverse route to Gravel Rd back to WRT yellow trail

[Head to Germantown Rd on WRT Yellow trail](#)

Take beer Handup

Head east from Gtown WRT trailhead, cross slick concrete drainage ditch

Ride under Gtown Rd, taking trail to the right

Continue on Gray's Creek trail (**app 4 miles**)

**Ride to "No Trespassing sign"**

Turn around

Ride to back to Gtown Rd

Take beer handup

[Ride WRT Blue trail to Summer Ave](#)

Continue under Summer Ave straight on 4 wheeler trails

**Emerge at Bartlett Rd adjacent to Putt Putt**

[Head northwest on Bartlett Rd toward Crestview Dr 1.3 mi](#)

**5 Miles**

Turn right onto Raleigh Lagrange Rd 0.5 mi

Turn left onto Sycamore View Rd 0.5 mi

Continue onto Bartlett Blvd 1.2 mi

Turn left onto Stage Rd 0.2 mi (Bartlett Rd Closed)

Turn right onto Sycamore View Rd 1.0 mi

Turn left onto Yale Rd

**Stanky Creek will be on the left**

Take beer handup

**Ride Stanky CCW (White, Yellow and Blue) 10.5 M**

Take beer handup

**Head East on Yale Rd 0.2 mi**

Turn left onto Memphis Arlington Rd 1.5 mi

Slight right onto Memphis Arlington Rd/St Elmo Rd

Continue to follow St Elmo Rd 1.1 mi

Continue onto Cedar Rd 0.2 mi

Turn left onto Greenleaf Cove

Take bike path through Ellendale park

Take ditch left to Greenleaf deadend

Turn right onto 3rd Rd 0.6 mi

Turn left onto Appling Rd 0.1 mi

Turn right onto Memphis Arlington Rd 0.5 mi

Continue straight onto Memphis Arlington Rd 0.5 mi

Turn left onto Germantown Rd N 0.1 mi

Turn right onto Memphis Arlington Rd 1.3 mi

Turn right to stay on Memphis Arlington Rd 1.8 mi

Turn right onto Canada Rd. 0.2 mi

**Lakeland will be on the right 8.67 Miles**

**Ride Lakeland CW (down the fireroad first, little hills last)**

Kiss the parking lot

Take beer handup

**Head north on Canada Rd toward Memphis Arlington Rd 0.2 mi 3.75 Miles**

Turn left onto Memphis Arlington Rd 1.8 mi

Turn right onto Brunswick Rd 0.7 mi

Turn left onto Craven Rd 0.3 mi

Turn right onto Whiteoaks Ln 0.6 mi

Turn right onto Oak Crest Cove (3.73 miles)

Congrats, arrive at finish