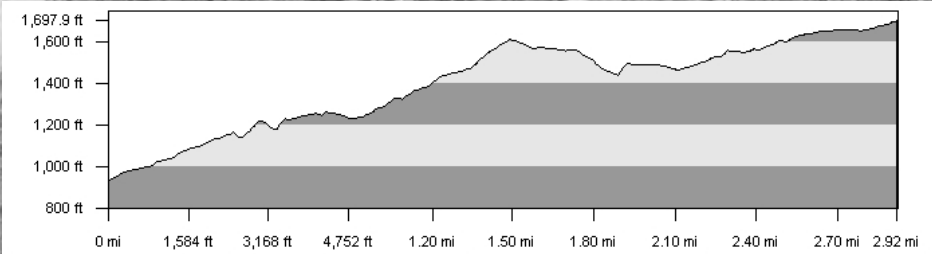


**mill mountain
 time trial**
off road version

★ Start on Belleview Ave and climb up the alleyway between Walnut Ave and Camilla Ave, make a right onto Sylvan, then a left onto Prospect. Straight ahead in the first switchback, enter the driveway and the trailhead is to your right which climbs a narrow singletrack that has rock gardens and quick uphill lifts. Continue on crossing the Star Trail, ride through a grove of pine trees, then a rocky section to the top, recover a tad with a quick decent to the monument. As you come out of the forest, cross the grassy knoll, follow signs and course marshals directing you to cross JP Fishburn Parkway to the new Ridgeline Trail. This part of the climb dumps you out along the Zoo walkway at the Discovery Center. Again, follow signs and directions from course marshals to pedal the last grunt up to the picnic pavilion to the finish. 

Descend down the Mill Mountain Greenway back to Belleview Ave (caution! fast twisty descent, keep speed slow and watch for racers towards the bottom)

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Lin Dist: 2.9 mi	Terr Dist: 2.9 mi	Elev Gain: 763.6 ft	Avg Grade: 10
Climb Elev: 1,145.3 ft	Desc Elev: 381.7 ft	Max. Elev: 1,697.9 ft	Min. Elev: 934.3 ft
Climb Dist: 2.0 mi	Desc Dist: 4,720.0 ft		