



# RIDE MAP



Team Revolution is a group of St. Louis women cyclists promoting every levels of women's cycling in the Midwest. We hope to inspire women of all ages to ride for competition, recreation, health and fitness.

**RR**  
16 miles

## TEAM REV WEDNESDAY NIGHT RIDE

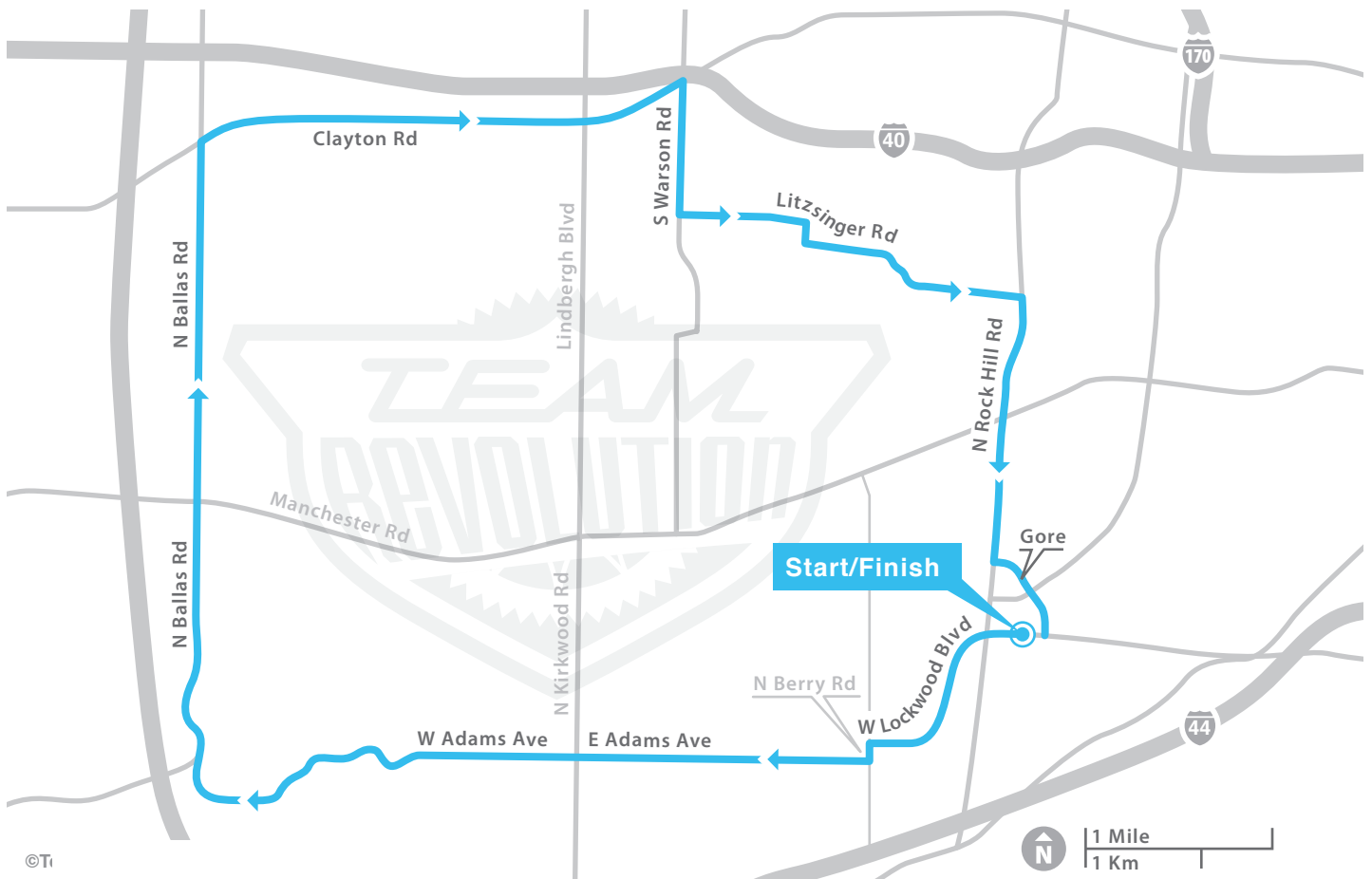
**DESCRIPTION:** Easy to moderate, (just under) 16 Miles, some good (i.e. moderate) hills with wide roads (and some bike lanes) good for beginners to get comfortable riding with traffic

### KEY

- easy and breezy ride
- moderate or hilly ride
- difficult or technical ride
- team revolution recommended
- requires bike with off-road capabilities
- mountain bike trail
- route all on paved roads
- recreational ride, varied terrain

### ROUTE

Start at Lockwood and Allen (St. Louis Bread Co.), head West (R) on Lockwood + Continue on Lockwood until it turns into E Adams (there's a quick Left then immediate Right on and off N Berry Road) + Continue on W Adams and merge Right onto N Ballas Road + Head east (R) on Clayton + Turn Right on Warson + Left on Litzsinger + Turn Right on McKnight/N Rockhill Road + Left on Gore and over the train tracks and make a finishing Right onto Lockwood



©Ti

## CONTACTS [www.teamrevcycling.org](http://www.teamrevcycling.org)

STEPH NADEAU  
president + cyclist  
steph@teamrevcycling.org

CARRIE CASH  
founder + cyclist  
carrie@strevolution.com  
314.608.5226

CHRIS ROETTGER  
designer + cyclist  
chris@strevolution.com  
314.488.5854

©Team Revolution 2009  
We've worked hard to design and organize maps for ALL riders to use and enjoy. Pass it along to every cyclist you know and tell them Team Revolution always welcomes financial contributions.

