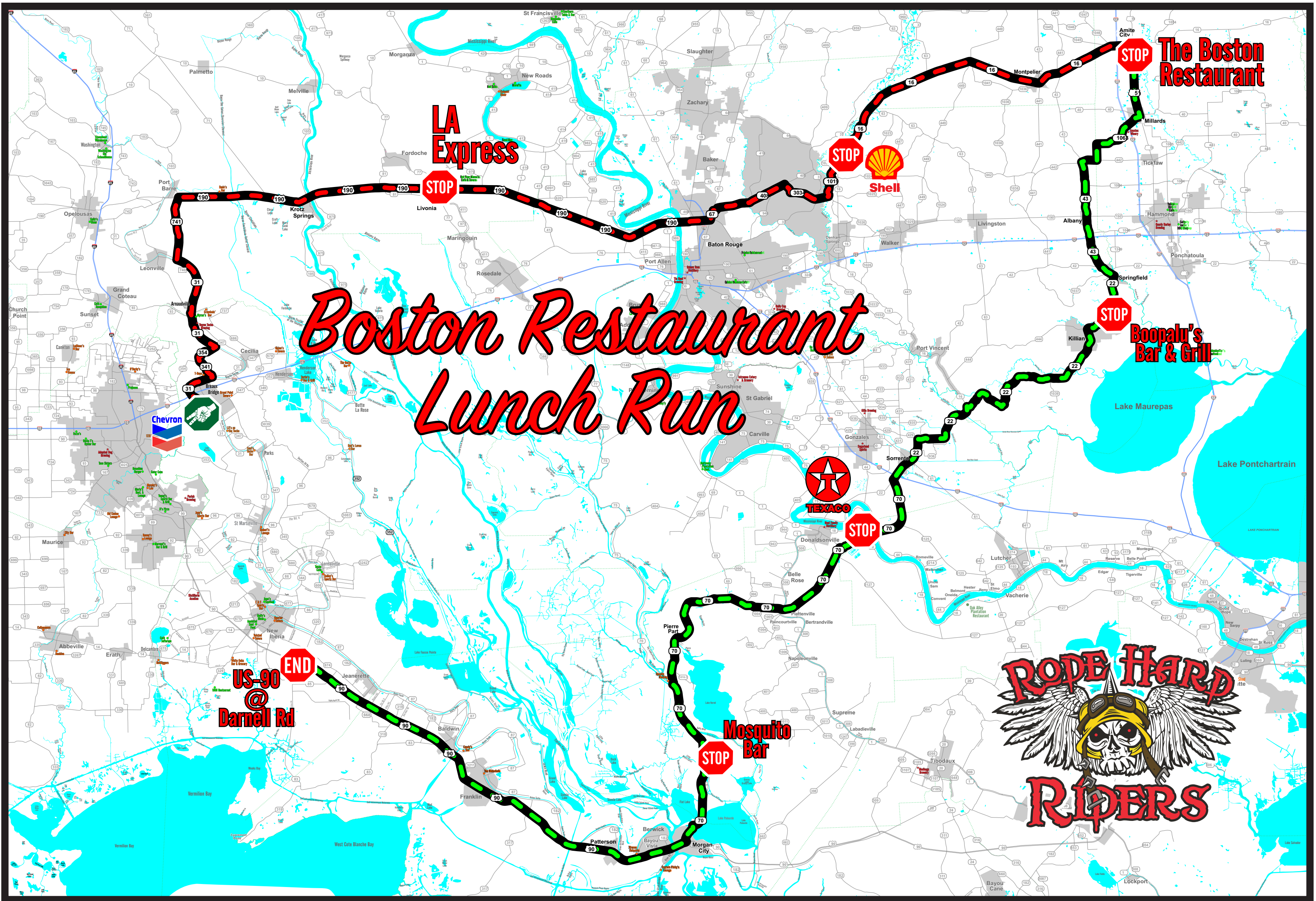




Boston Rest Lunch Run

Dist	Turn	Road	Clock	Total Dist
	Start	at Chevron 156 W Mills Ave, Breau Bridge		
	Go West	on Berard St / LA-31	7:45 AM	0.00 mi.
in 4.50 miles	Turn left	on to Declouet Hwy / LA-341	7:51 AM	4.50 mi.
in 1.90 miles	Go straight	on to Declouet Hwy / LA-354	7:53 AM	6.40 mi.
in 2.30 miles	Turn left	on to Main Hwy / LA-31	7:56 AM	8.70 mi.
in 3.90 miles	Turn right	on to Faculty St (Arnaudville)	8:01 AM	12.60 mi.
in 0.05 miles	Turn right	on to Fuselier St	8:02 AM	12.65 mi.
in 0.10 miles	Turn left	on to Market St / LA-31	8:03 AM	12.75 mi.
in 5.70 miles	Turn right	on to LA-741	8:10 AM	18.45 mi.
in 5.70 miles	Turn right	on to US-190	8:17 AM	24.15 mi.
in 24.00 miles	STOP	at LA Express (Livonia)	8:41 AM	48.15 mi.
	Continue East	on US-190	9:01 AM	48.15 mi.
in 26.00 miles	Exit right	on to LA-67 N ramp (Baton Rouge)	9:28 AM	74.15 mi.
in 1.00 miles	Turn right	on to Hooper Rd / LA-408	9:30 AM	75.15 mi.
in 7.00 miles	Turn right	on to Sullivan Rd / LA-3034 (Central)	9:41 AM	82.15 mi.
in 1.00 miles	Turn left	on to Wax Rd / LA-3034	9:44 AM	83.15 mi.
in 3.60 miles	Turn left	on to LA-1019	9:51 AM	86.75 mi.
in 3.00 miles	Turn left	on to LA-16 (Watson)	9:56 AM	89.75 mi.
in 0.90 miles	STOP	at Shell	9:58 AM	90.65 mi.
	Continue NE	on LA-16	10:18 AM	90.65 mi.
in 31.00 miles	STOP	at The Boston Restaurant (Amite City)	10:55 AM	121.65 mi.
	Go South	on SE Central Ave	12:40 PM	121.65 mi.
in 0.10 miles	Turn right	on to E Chestnut	12:41 PM	121.75 mi.
in 0.10 miles	Turn left	on to S 1st Street / US-51	12:42 PM	121.85 mi.
in 6.40 miles	Turn right	on to W 5th St / LA-1063	12:53 PM	128.25 mi.
in 6.60 miles	Turn right	on to LA-442	1:02 PM	134.85 mi.
in 1.30 miles	Turn left	on to LA-43	1:04 PM	136.15 mi.
in 9.80 miles	Turn left	on to LA-42	1:18 PM	145.95 mi.
in 1.00 miles	Go straight	on to Main St / LA-22 (Springfield)	1:20 PM	146.95 mi.
in 0.40 miles	Turn right	on LA-22	1:21 PM	147.35 mi.
in 3.60 miles	STOP	at Boopalu's Bar & Grill	1:25 PM	150.95 mi.
	Continue South	on LA-22	2:10 PM	150.95 mi.
in 20.00 miles	2nd exit on circle	to Stay on LA-22	2:34 PM	170.95 mi.
in 6.40 miles	Turn left	on LA-22	2:42 PM	177.35 mi.
in 4.50 miles	2nd exit on circle	on to Crawford Leblanc Blvd / LA-70	2:49 PM	181.85 mi.
in 7.60 miles	STOP	at Texaco	2:59 PM	189.45 mi.
	Continue West	on LA-70	3:19 PM	189.45 mi.
in 1.90 miles	Keep left	on LA-70	3:22 PM	191.35 mi.
in 25.00 miles	Turn left	on LA-70	3:52 PM	216.35 mi.
in 11.00 miles	Turn left	on to Stephenville Rd (Stephenville)	4:03 PM	227.35 mi.
in 1.40 miles	Turn right	on to Par Rd 906	4:06 PM	228.75 mi.
in 0.05 miles	Turn left	on to E Stephenville Rd	4:07 PM	228.80 mi.
in 2.40 miles	STOP	at Mosquito Bar	4:12 PM	231.20 mi.

Boston Rest Lunch Run

Dist	Turn	Road	Clock	Total Dist
	Go South	on E Stephenville Rd	4:57 PM	231.20 mi.
in 2.40 miles	Turn right	on to Par Rd 906	5:02 PM	233.60 mi.
in 0.05 miles	Turn left	on to Stephenville Rd	5:03 PM	233.65 mi.
in 1.40 miles	Turn left	on to LA-70	5:06 PM	235.05 mi.
in 4.80 miles	Turn left	on to 9th St / LA-70 (Morgan City)	5:12 PM	239.85 mi.
in 0.40 miles	Turn right	on to US-90W on ramp	5:13 PM	240.25 mi.
in 0.30 miles	Merge	on to US-90W	5:14 PM	240.55 mi.
in 40.00 miles	END	at US-90 & Darnell Road	5:51 PM	280.55 mi.
		TOTAL TIME / DISTANCE	10:06:00	280.55 mi.