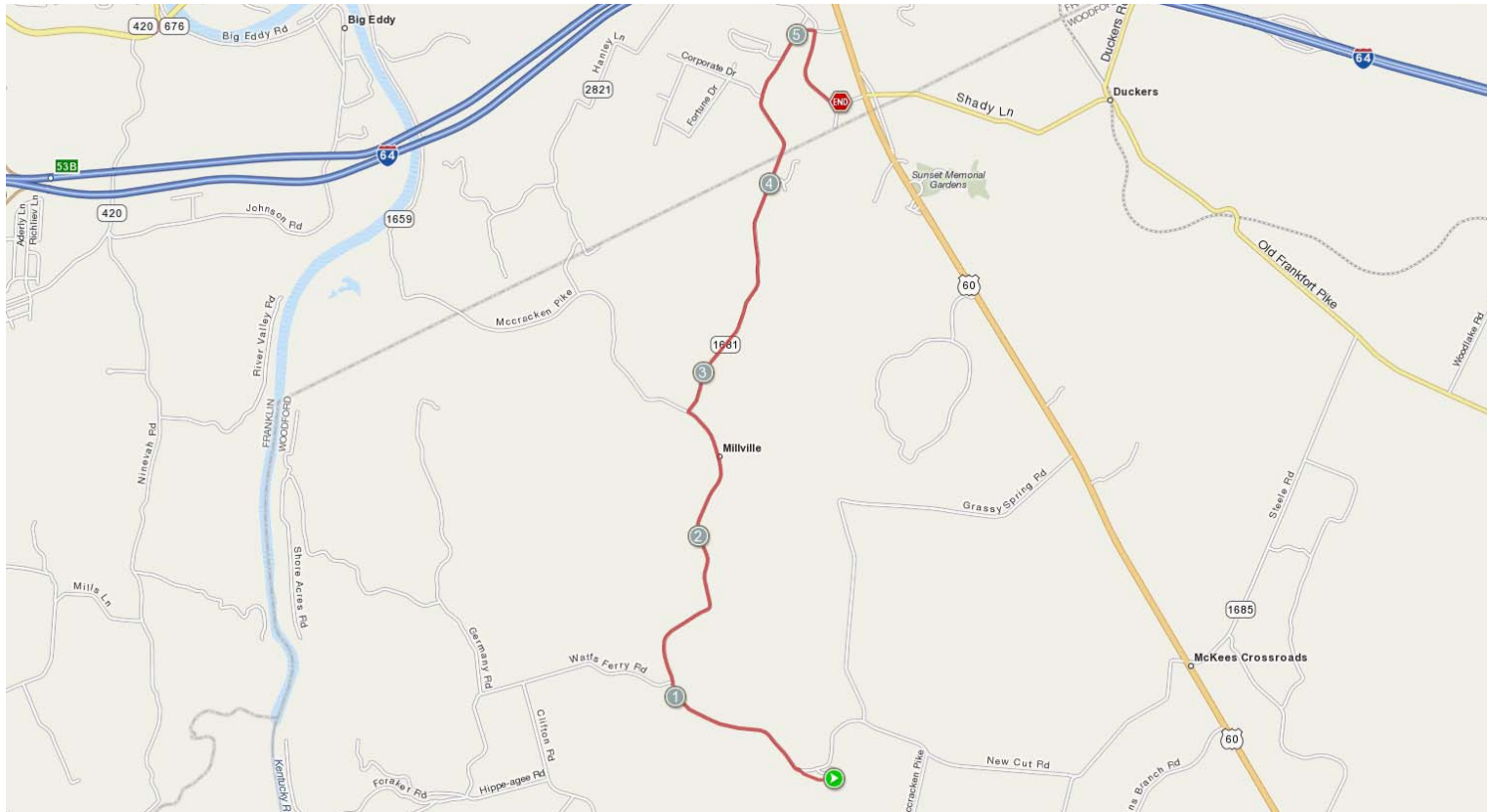


5.6 Miles - In Like a Lamb, Out Like a Lion



Leg 31 (D)

Description: Enjoy a wonderful start, but don't let the beginning lull you into a false sense of security. When you make the turn onto Duncan Road, prepare to suffer. As Mr. T says, "I pity the fool!"

0.0 mi. - Leg begins along Glenn's Creek before turning left on McCracken Pike / KY 1659

1.0 mi. - Continue straight on KY 1659 past Watts Ferry Rd on left

2.6 mi. - In the small community of Millville, turn right on KY 1681 / Duncan Road and prepare for a long, steep and certainly painful climb

5.1 mi. - Take a right on Hoover Blvd.

5.6 mi. - Exchange is just shy of intersection of Hoover and US 60

