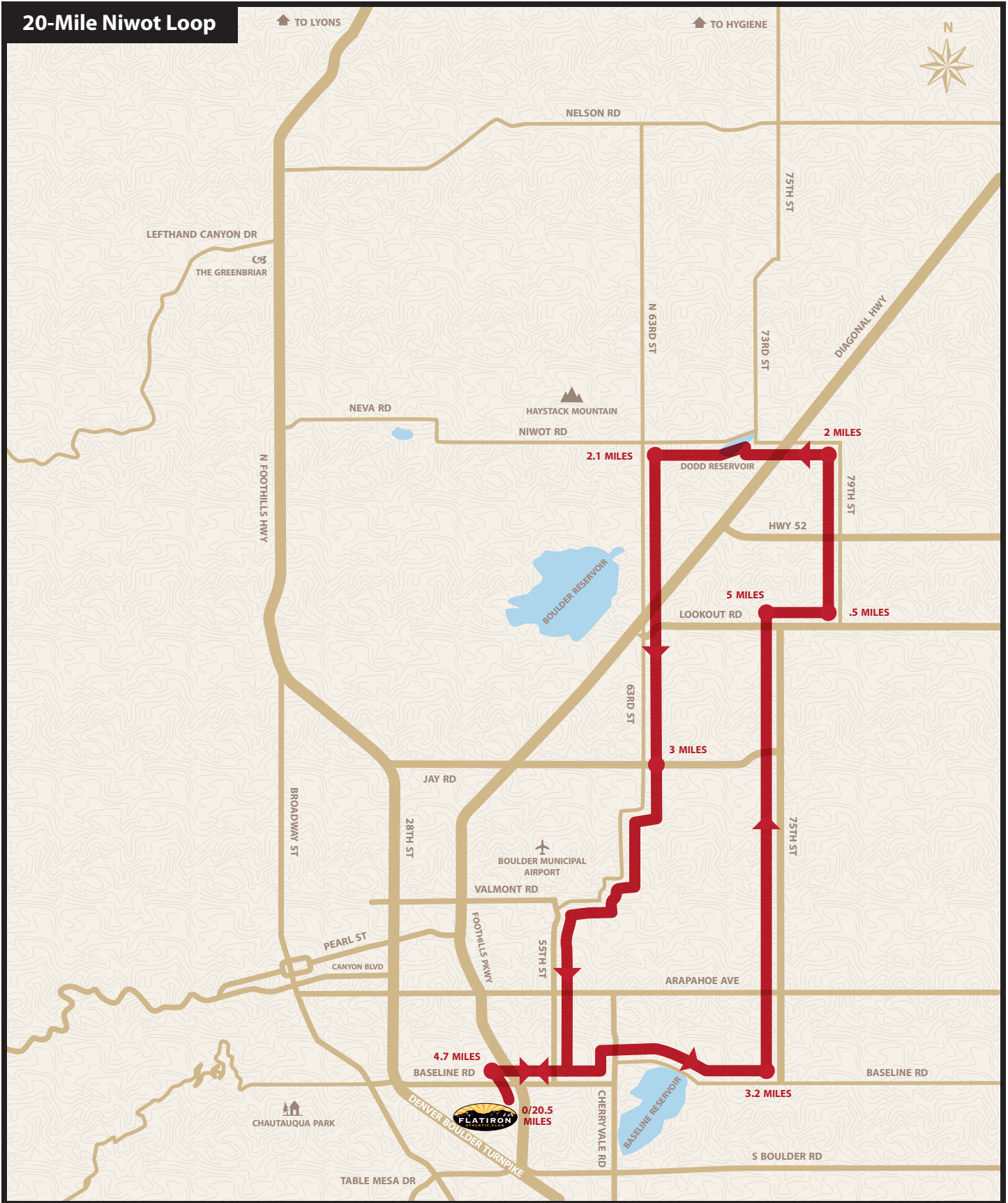


# 20-Mile Niwot Loop



This is a nice little workout with good shoulders and new paving on most of the route. You can even catch breakfast or lunch in Old Town Niwot halfway through your ride. Be sure to play by the rules at both crossings of the Diagonal Highway. The uphill stretch going north to south on 79th Street between Hwy 52 and Lookout Road is an aggressive little climb for being out in the middle of the prairie (if you are going clockwise)!

505 Thunderbird Drive • Boulder, Colorado 80303 • (303) 499-6590 • [flatironathleticclub.com](http://flatironathleticclub.com)