

## Bicycle Route Thru Concord, Carlisle, Sudbury, and Lincoln

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Now that I've mapped some bicycle tours around Concord [as shown here](#), today I combined and traversed the suggested routes. Two hours, two flattened turtles, one flattened skunk, one eighteen-wheeler, and many clumsy landscape trucks later, here's the stats on this combined loop:



Time:	2:02 (2 hours, 2 minutes)
Distance:	28.47 miles or 45.5 kilometers
Average Speed:	14.0 mph or 22.4 kph
Average Pace:	4.3 min/mi or 2.7 min/km
Highest Speed:	30.7 mph or 49.1 kph (on Lincoln Rd, near Audubon Sanctuary approaching Rt 117)
Calories burned:	1,895 (estimated by Garmin's setting for body weight)

I prefer to strap the [Garmin Forerunner](#) to my [Giant Cypress DX](#) handlebar rather than my arm because it makes viewing much easier. Seeing my current speed and distance provides constant motivation. The velcro strap fits snugly around the handlebar when wrapped over the headlamp mount.