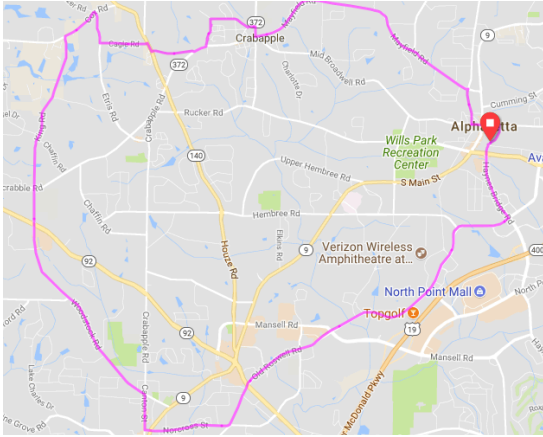


OGRE Recovery Ride- 18 miles

Monday Nights



Monday Nights @ Alpharetta City Hall Parking Deck

~18.5 miles of rolling hills through Alpharetta, Roswell and Milton.

Meet at 6:05 PM

Ride Out at 6:15 PM

This is a no drop group that will average about 14-16 mph. This is a true recovery ride. The pace will be kept steady and relatively easy. The goal is a spin, with limited climbs, no sprints and a 'conversational' pace.

	↑	Straight	At the traffic circle, continue straight to stay on Haynes Bridge Rd	0.0
0.9	→	Right	Turn right onto Morrison Pkwy	0.9
0.6	↑	Straight	Continue onto Westside Pkwy	1.6
2.1	↑	Straight	Continue onto Old Roswell Rd	3.6
1.2	↑	Straight	Continue onto Grimes Bridge Rd	4.8
0.5	↑	Straight	At the traffic circle, take the 1st exit onto Norcross St	5.3
1.0	→	Right	Turn right onto Canton St	6.3
0.4	←	Left	Turn left onto Woodstock Rd	6.7
2.4	↑	Straight	Continue onto King Rd	9.1
2.2	→	Right	Turn right onto Cox Rd	11.3
0.4	→	Right	Turn right onto Etris Rd	11.8
0.4	←	Left	Turn left onto Cagle Rd	12.1
0.5	→	Right	Turn right onto Arnold Mill Rd	12.7
0.1	←	Left	Turn left onto Green Rd	12.8
0.5	←	Left	Turn left onto Crabapple Rd	13.3
0.2	←	Left	Turn left onto Lecom Trace	13.4
0.1	↑	Straight	At the traffic circle, continue straight to stay on Lecom Trace	13.5
0.1	←	Left	Turn left onto Nakomis Pl	13.6
0.1	↑	Straight	At the traffic circle, continue straight to stay on Nakomis Pl	13.7
0.1	→	Right	Turn right to stay on Nakomis Pl	13.8
0.0	↑	Straight	Continue onto McFarlin Ln	13.8
0.4	←	Left	Turn left to stay on McFarlin Ln	14.2
0.1	→	Right	Turn right onto GA-372 S	14.3
0.1	←	Left	Turn left onto Mayfield Rd	14.4
1.8	↑	Straight	At the traffic circle, continue straight to stay on Mayfield Rd	16.2
1.2	→	Right	Turn right onto Canton St	17.4
0.4	←	Left	Turn left onto Milton Ave	17.8
0.1	↑	Straight	Continue onto Academy St	17.9
0.2	→	Right	Turn right onto Haynes Bridge Rd	18.1

Please remember, this ride is about enjoying the ride in a safe and sane group setting, and that this is a group with varying experience levels. Help out where you can, climbing is hard. Keep an eye on your stragglers.

Observe the rules of the road. Single file when advisable, no more than two abreast. Stop at stop signs and lights. Signal your turns and stops. Call out road hazards, and get to know the people riding with you.

See you on the roads.