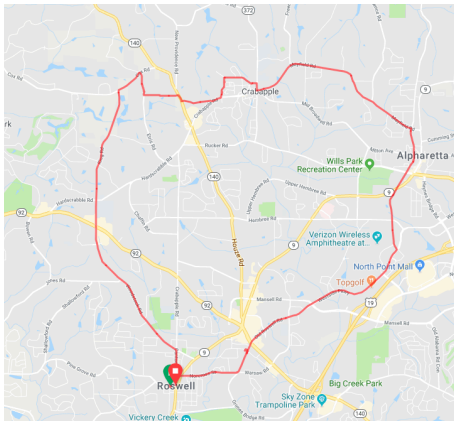


# Recovery Ride - 18.5 miles

## Monday Nights



Monday Nights from Gate City Brewing in Roswell, GA

18.5 miles of relatively flat, light to moderate pace road riding.

Meet at 6:35 PM - Year Round - Bring your lights.

Ride Out at 6:45 PM

This is generally a small group, however, if there are more than 8 riders, the group will be split into groups of no more than 8 riders each, 3 minutes apart.

<http://weareogre.com/main/rides/monday/cycling-monday-recovery-gate-city-brewing-roswell-ga/>

	→	Right	Turn right onto Mimosa Blvd	0.0
0.1	→	Right	Turn right onto Webb St	0.1
0.1	←	Left	Turn left onto Canton St	0.2
0.5	←	Left	Turn left onto Woodstock Rd	0.7
2.4	↑	Straight	Continue onto King Rd	3.1
2.2	→	Right	Turn right onto Cox Rd	5.3
0.4	→	Right	Turn right onto Etris Rd	5.7
0.4	←	Left	Turn left onto Cagle Rd	6.1
0.5	→	Right	Turn right onto Arnold Mill Rd	6.7
0.1	←	Left	Turn left onto Green Rd	6.8
0.5	←	Left	Turn left onto Crabapple Rd	7.3
0.2	←	Left	Turn left onto Lecoma Trace	7.4
0.1	↑	Straight	At the traffic circle, continue straight to stay on Lecoma Trace	7.5
0.1	←	Left	Turn left onto Nakomis Pl	7.6
0.1	↑	Straight	At the traffic circle, continue straight to stay on Nakomis Pl	7.7
0.1	→	Right	Turn right to stay on Nakomis Pl	7.8
0.5	←	Left	Turn left to stay on McFarlin Ln	8.2
0.1	→	Right	Turn right onto GA-372 S	8.3
0.1	←	Left	Turn left onto Mayfield Rd	8.4
1.8	↑	Straight	At the traffic circle, continue straight to stay on Mayfield Rd	10.2
1.2	→	Right	Turn right onto Canton St	11.4
0.4	↑	Straight	Continue onto Roswell St	11.8
0.6	↑	Straight	Continue onto Maxwell Rd	12.4
1.0	→	Right	Turn right onto Westside Pkwy	13.4
1.8	↑	Straight	Continue onto Old Roswell Rd	15.2
1.2	↑	Straight	Continue onto Grimes Bridge Rd	16.3
0.1	←	Left	Keep left to stay on Grimes Bridge Rd	16.4
0.1	←	Left	Turn left toward Grimes Bridge Rd	16.5
0.1	↑	Straight	Make a U-turn	16.6
0.1	→	Right	Turn right onto Grimes Bridge Rd	16.7
0.4	↑	Straight	At the traffic circle, take the 1st exit onto Norcross St	17.0
1.0	←	Left	Turn left onto Canton St	18.0

There are no pace groups as this is a recovery event. It won't hurt anyone to go slow, so the pace is on the slow end. On occasion the group makeup will mean 13 mph while others it will be 17 mph. Relax, spin and recover and do not let an advertised pace dictate the evening.

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 fitness and experience. Help out where you can. 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.

Post ride libations are at Gate City Brewing. Light snacks only onsite, but several area businesses deliver if desired.

<https://www.gatecitybrewingcompany.com>  
43 Magnolia St. Roswell, GA 30075

See you on the roads.