

## Steve's Training Ride

| Miles        | Turn         | Street                                         | Leg         |
|--------------|--------------|------------------------------------------------|-------------|
| <b>0.0</b>   |              | <b>Start Parking Lot 3434 Lauderdale Drive</b> |             |
| 0.0          | Right        | Lauderdale Drive                               | 3.85        |
| 3.85         | Right        | Claxton Road                                   | 0.25        |
| 4.10         | Right        | Patterson Avenue                               | 0.80        |
| 4.90         | Right        | West Creek Parkway                             | 3.25        |
| 8.15         | Right        | Patterson Avenue                               | 1.70        |
| 9.85         | Right        | Manakin Road                                   | 2.00        |
| 11.85        | Right        | Hermitage Road                                 | 2.90        |
| 14.75        | Left         | Manakin Road                                   | 1.75        |
| 16.50        | Right        | Miller Lane                                    | 2.60        |
| 19.10        | Right        | Shallow Well Road                              | 4.10        |
| 23.20        | Cross        | Broad Street                                   | 0.80        |
| 24.00        | Right        | Seay Road                                      | 2.70        |
| 26.70        | Right        | Manakin Road                                   | 2.75        |
| 29.45        | Left         | Broad Street                                   | 0.30        |
| <b>29.75</b> | <b>Right</b> | <b>Store Stop</b>                              | <b>0.00</b> |
| 29.75        | Left         | Broad Street                                   | 0.30        |
| 30.05        | Left         | Manakin Road                                   | 2.35        |
| 32.40        | Right        | Miller Lane                                    | 4.35        |
| 36.75        | Left         | River Road (Patterson)                         | 4.15        |
| 40.90        | Right        | River Road (Route 650)                         | 2.60        |
| 43.50        | Left         | Blair Road                                     | 1.10        |
| 44.60        | Right        | Patterson Avenue                               | 1.50        |
| 46.10        | Left         | Claxton Road(Westbriar)                        | 0.30        |
| 46.40        | Left         | Lauderdale Drive                               | 3.90        |
| <b>50.30</b> |              | <b>Finish Left into Parking Lot</b>            |             |

