

LTF SATURDAY RIDE (43.5 MI)

Mileage	Cumulative	Direction	Road/Destination
0	0	Begin	Lifetime Fitness Parking Lot
0	0	R	Opus Woods Boulevard
.1	1	L	Morris Road
.4	5	R	Webb Bridge Road
.3	8	R	Westside Parkway
1.0	1.8	S(light)	Deerfield Parkway
1.0	2.8	S(light)	Deerfield Parkway
.8	3.6	R	Hwy 9
.7	4.3	L	Bethany Bend
.5	4.8	S(light)	Bethany Bend
1.0	5.8	R	Hopewell Road
.2	6.0	L	Bethany Way
.7	6.7	R	Hagood Road
.5	7.2	L	Redd Road
.4	7.6	R	Thompson Road
1.0	8.6	L	East Bluff Road
.9	9.5	L	North Valley Road
.3	9.8	L	Dinsmore Road
.9	10.7	R	Freemanville Road
1.7	12.4	L	Quayside Road
.1	12.5	R	Quayside Road
.8	13.3	R	Birmingham Highway
.1	13.4	L	Liberty Grove Road
2.4	15.8	L	Union Hill Road
.8	16.6	R	Antioch Road
.6	17.2	R	AJ Land Road
.8	18.0	L	Gantt Road
.9	18.9	R	Old Jones Road
1.7	20.6	R	Union Hill Road
.6	21.2	L	Arbor Hill Road
1.8	23.0	L	Gaddis Road
1.9	24.9	R	Grandmar Chase
.6	25.5	L	Curtis Road
.9	26.4	R	Owens Store Road
.4	26.8	S(light)	Trinity Church Road
3.5	30.3	R	Holbrook Campground Road
1.7	32.0	L(fork@store)	Midway Campground Road
4.0	36.0	S (light)	Francis Circle
.9	36.9	L	Windy Hill Drive
.7	37.6	R	Mullinax Road
.8	38.4	R	Union Hill Road
.3	38.7	S (light)	Union Hill Road
1.9	40.6	R	Windward Concourse
.2	40.8	S	Windward Concourse Traffic Circle
.4	41.2	R	Alderman Drive
.8	42.0	R	Windward Parkway
.8	42.8	L	North Point Parkway
.6	43.4	R	Morris Road
.1	43.5	L	Lifetime Fitness Parking Lot

