



**Sorella's Monday Night Recovery Ride Cue Sheet. Start @ Avondale Pizza  
(route ~ 18 miles)**

Make your way to Clarendon Rd – a bunch of quick turns: Rt on Franklin, L on Center (road becomes Parry St at bend), Rt on Laredo & you are at Clarendon!

L on Clarendon Rd

Veer Rt onto Church St at Y (do not go across RR tracks)

Rt turn before car wash (then quick left!) follow PATH signs

Rt on Norman Rd. Route follows Thurs Night Pizza ride toward Stone Mtn Park.

L on Rays Rd

Rt on Central Ave

Rt on Goldsmith Rd

Cross 4 lane busy rd/hwy to James Rivers Dr

Rt on E Mountain St (before Park Entrance)

Continue on E Mountain St, cross Main St & over RR track. R turn at Ridge Ave (4 way stop by church)

L at Poplar Springs (next 4 way stop)

Rt at T in road at top of hill

L on James Rivers, cross 4 lane busy rd/hwy again

Continue straight on Goldsmith Rd up to Ponce. Will cross RR tracks before Ponce.

L onto PATH at Ponce

Rt on Rock Mtn at next intersection. Road becomes Lewis Rd at bend.

Rt on Roadhaven Rd at T

Quick Rt onto PATH (ride along cemetery)

Get off PATH onto Ponce before next street light (Hambrick)

L on Hambrick, over RR tracks, and quick Rt onto PATH

Veer L off PATH onto Erskine Rd

Veer L onto Church Rd

Follow route back to Avondale Pizza (Church to Clarendon).