

Foothills Training Ride

Starting from

Windsong Bicycle Shop 53 miles



Total	Turn	Go	Road
0.0	Start	0.2	Cottage St
0.2	Left	4.3	SSR 1526 (Rowan Mills Rd)
4.5	Right	1.5	SSR 1724 (Hurley School Rd)
6.0	Left	0.3	US 70 (Statesville Blvd)
6.3	Right	2.2	SSR 1954 (Goodson Rd)
8.5	Left	1.0	SSR 2048 (Woodleaf Rd)
9.5	Straight	0.0	Cross Hwy 801
12.6	Bear Left	13.1	SSR 1003 (Cool Springs Rd)
22.7	Straight	0.1	SSR 2180 (Cross Hwy 64)
22.8	Right	0.1	SSR 2163 (Cool Springs Rd)
22.9	Bear Right	3.7	SSR 2145 (Garden Valley Rd)
26.5	Left	1.0	SSR 2144 (Hayes Farm Rd)
27.5	Right	1.5	SR 901 (E Memorial Hwy)
29.0	Straight	0.0	Cross US 64 (Store on Left)
29.0		5.7	SSR 1143 (Davie Academy Rd)
34.8	Straight	0.3	SSR 1142 (Ratledge Rd)
35.1	Straight	0.9	SSR 1983 (Powell Rd)
36.0	Left	1.6	SSR 1981 (Chaffin Rd South River Church Rd)
37.6	Left	0.4	SSR 1984 (Needmore Rd)
38.0	Right	1.5	SSR 1985 (Hart Rd)
39.5	Left	2.1	SSR 1003 (Cool Springs Rd / Woodleaf Rd)
41.7	Straight	2.8	SSR 2048 (Woodleaf Rd)
44.5	Right	2.3	Goodson Rd
46.8	Left	0.3	US 70 (Statesville Blvd)
47.0	Right	1.5	SSR 1724 (Hurley School Rd)
48.5	Left	4.3	SSR 1526 (Sherrills Ford Rd – Rowan Mill Rd)
52.8	Right	0.2	Cottage St
53.0	Left	0.1	Hedge St
53.1	Finish		Hedge St