

TRR  
Leg 1

Total Section

0.00	0.00	Start	<b>Orange County Southern Human Services Center</b>
			Start in Parking Lot, Run on Left of the Drive (use bike lane)
0.30	0.30	R	Homestead Rd using crosswalk
			Use Sidewalk, Run on Right
0.60	0.30	S / L	Use Crosswalk to cross MLK Jr Pkwy, Turn Left
			On MLK Jr Pkwy, Use Sidewalk, Run on Right
0.90	0.30	R	Dixie Lane (Run on Left, Residential Streets)
1.00	0.10	R	Dixie Drive
1.50	0.50	S	Seminole Dr
1.70	0.20	R	Forest Hills Rd
1.80	0.10	L	Lake Ellen Dr
1.90	0.10	L	Piney Mountain Rd (Run on sidewalk on Right)
2.30	0.40	R	Riggsbee Rd (No sidewalks, run on Left)
2.50	0.20	R	Brookview Dr
3.00	0.50	L	onto Honeysuckle Rd (at North Lakeshore Dr)
3.50	0.50	L	Sedgefield Dr
3.70	0.20	L	Sidewalk before Weaver Dairy Rd (footpath between houses)
3.80	0.10	R	R at Fork in Sidewalk
3.90	0.10		At Traffic Circle, cross Weaver Dairy Rd using Crosswalk
3.90	0.00	L	Weaver Dairy Rd/Sage Rd (L at Traffic Circle)
			At Traffic Circle, cross Weaver Dairy Rd using Crosswalk
			Running uphill, Run on the Right, Use Sidewalk
4.80	0.90	R	Sunrise Rd, 1st Right Turn
			Run on Right, Use Sidewalk
5.00	0.20		When Sidewalk Ends, Run on Left Shoulder
5.80	0.80	L	Sunrise Rd
6.10	0.30	R	Whitfield Rd, Cross Road, Run on Left, Use Shoulder
6.20	0.10	SS1	<b>New Hope Improvement Association (Do NOT Use New Hope Fire Department Parking Lot)</b>

TRR

Leg 2

Reflective vest is required for this Leg.

Total Section

0.00	0.00	SS1	<b>New Hope Improvement Association</b>
			Use CAUTION when crossing Whitfield Rd
			Cross Whitfield Rd and turn Right
			Run on Left Shoulder
1.30	1.30	R	Turkey Farm Rd, Run on Left, Use Shoulder
3.30	2.00	R	Mt Sinai Rd, Run on Left
4.10	0.80	L	Murphy School Rd (gravel road at beginning)
6.60	2.50	R	Couch Mountain Rd
6.70	0.10	L	Dove Creek Rd
7.10	0.40	R	Old NC 10 (Heavier Traffic, Run Alert on Left)
8.30	1.20	S	Run over little dirt hill onto old road
8.40	0.10	S	First parking lot on the Right (gravel lot)
8.40		SS2	<b>Jacobs Glass Co</b>

TRR

Leg 3

Trails in Eno River State Park are Single Track. Expect roots, rocks, creek crossings, etc..

Emergency Contacts for Eno River State Park: (919) 616-2959 and (919) 616-1832. In addition to 911, park rangers must be contacted for emergencies within the Park.

Total Section

0.00	0.00	SS2	<b>Jacobs Glass Co</b>
			Cross Hillsborough Rd when traffic allows
0.10	0.10	L	Orangewood Dr
0.40	0.30	R	Byrd Rd, gravel road
0.70	0.30	L	Sparger Rd, Run on Left Shoulder
0.80	0.10	S	cross I-85
0.90	0.10	L	Howe St
1.40	0.50	R	Enter Eno River State Park (Cabe Lands)
			Pick up trail straight from entrance
1.70	0.30	R	Right on Laurel Bluffs Trail at cluster of signs
			Follow Laurel Bluffs Trail (Yellow Blaze) and Mountain to Sea Trail (White Blaze)
1.90	0.20		Sharp Right Turn away from river, look for White and Yellow Blazes.
2.30	0.40		Old Chimney, keep chimney on your left, look for White and Yellow Blazes.
3.80	1.50		Run under concrete bridge (Cole Mill Rd)
4.40	0.60		At Pump Station Trail Intersection. Follow White and Red Blazes.
4.90	0.50		Trail turns Right away from river. At the old pump station. Lots of old stonework. Follow White and Red Blazes.
5.00	0.10		Trail returns to Laurel Bluff Trail (Yellow and White Blazes).
5.50	0.50		Cross 2 big metal culverts (pipes) and turn Left (Yellow and White Blazes).
7.30	1.80	R	Up Stairs to Guess Rd
7.30	0.00	R	Guess Rd (stay on Right of Guess Rd)
			Run on Right Sidewalk
7.80	0.50	SS3	<b>Rose of Sharon Baptist Church</b>

TRR  
Leg 4

Total Section

0.00	0.00	SS3	<b>Rose of Sharon Baptist Church</b>
		S	Cross Rose of Sharon Rd at Crosswalk
		L	Cross Guess Rd at Crosswalk
		R	Guess Rd, Run on Sidewalk on Left
0.70	0.70	S	Cross Horton Rd at Crosswalk, Remain on Guess Rd
1.70	1.00	L	Kirkwood Dr, Run on Left
2.30	0.60	R	Stadium Dr, Run on Right on Sidewalk
3.30	1.00	S	Cross N Duke St, use Crosswalk
0.00	0.00	S	Remain on Stadium Dr, Run on Right Sidewalk
3.50	0.20	R	Ellerbee Creek Trail
			Stay Straight & Right on Ellerbee Cr. Tr.
4.70	1.20	R	W Club Blvd, Run on Right on Sidewalk
4.90	0.20	S	Under I-85 Overpass
5.00	0.10	L	At Washington St, Cross West Club Blvd use Crosswalk
5.00	0.00	R	Cross Washington St use Crosswalk
5.00	0.00	L	Ellerbee Creek Trail Entrance
5.90	0.90	R	West Trinity Ave, Run on Right on Sidewalk
6.20	0.30	L	At N Gregson, Cross W Trinity use Crosswalk
			On N Gregson, Run on Left on Sidewalk
6.30	0.10	SS4	<b>Trinity Ave Presbyterian Church</b>

TRR  
Leg 5

Total Section

0.00	0.00	SS4	<b>Trinity Ave Presbyterian Church</b>
			On N Gregson, Run on Sidewalk on Left
0.40	0.40	S	Under Railroad Bridge
0.60	0.20		Cross W Chapel Hill St using Crosswalk
0.60	0.00	L	W Chapel Hill St, Run on Right on Sidewalk
0.80	0.20	R	W Pettigrew St, Run on Right on Sidewalk
1.00	0.20	R	Blackwell St, Run on Right on Sidewalk
			Sidewalks on Blackwell may be crowded
1.30	0.30	S	cross under Durham Fwy, Run on Right on Sidewalk
1.40	0.10	S	cross Morehead Ave using Crosswalk
1.40	0.00	RS	American Tobacco Trail on right (at Morehead Ave)
			Remain Straight on ATT several road crossings
5.50	4.10	R	On ATT, Cross Fayetteville St at Barbee Rd Use Crosswalk
5.50	0.00	L	Cross Barbee Rd Use Crosswalk
5.50	0.00	S	Remain Straight on ATT
6.40	0.90	R	Cross Cook Rd, Turn Right, Run on Left on Sidewalk
6.40	0.00	SS5	<b>Southwest Elementary School</b>

TRR

Leg 6

100% of Leg 6 is on ATT.

Total Section

0.00	0.00	SS5	<b>Southwest Elementary School</b>
			Run on Right on Sidewalk on Cook Rd
0.00	0.00	R	American Tobacco Trail
			Follow ATT behind shopping centers
1.80	1.80	R	Rte 54, Run on ATT on Right
1.90	0.10	L	Cross 54 at Crosswalk onto Highgate Dr, Run on ATT on Left side of Highgate Dr.
2.00	0.10	L	ATT
2.80	0.80	S	Cross Renaissance Pkwy Use Crosswalk
0.00	0.00	LS	Remain on ATT, DO NOT follow Renaissance Pkwy
3.40	0.60	R	Massey Chapel Rd, Remain on ATT
3.50	0.10	L	Cross Massey Chapel Rd at Crosswalk, remain on ATT
			Remain on ATT
5.40	2.00	SS6	<b>ATT Scott King Rd Parking Lot</b>

TRR

Leg 7

100% of Leg 7 is on American Tobacco Trail

Total Section

0.00	0.00	SS6	<b>ATT Scott King Rd Parking Lot</b>
2.00	2.00	S	Cross O'Kelly Chapel Rd, Remain on ATT
4.10	2.10	S	Cross New Hope Church Rd, Remain on ATT, ATT changes to gravel surface
5.80	1.70	S	Cross Morrisville Pkwy, Remain on ATT
6.40	0.60	SS7	<b>White Oak Church Rd ATT Parking</b>

TRR

Leg 8

100% of Leg 9 is on ATT and White Oak Creek Greenway

Total Section

0.00	0.00	SS7	<b>White Oak Church Rd ATT Parking</b>
0.20	0.20	S	Cross White Oak Church Rd
1.00	0.80	S	Cross Green Level West Rd
1.60	0.60	L	White Oak Creek Greenway
3.40	1.80	S	WOCG under Green Level Church Rd
3.50	0.10	R	WOCG on boardwalk
4.50	1.00	S	WOCG under Triangle Expressway
5.40	0.90	R/S	WOCG under Route 55 (Right Fork)
5.70	0.30	S	WOCG cross Parkscene Ln
6.20	0.50	S	WOCG cross Jenks Carpenter Rd
6.50	0.30	S	WOCG cross Castle Hayne Dr
6.80	0.30	L	WOCG connector to Davis Dr Middle School
6.90	0.10	SS8	<b>Davis Dr Middle School</b>



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Leg 9

Total Section

0.00	0.00	SS8	<b>Davis Dr Middle School</b>
0.00	0.00	R	Davis Dr, Run on Right on Sidewalk
0.30	0.30	L	Cross Davis Dr at Crosswalk
		S	Follow White Oak Creek Greenway encircling parking lot and through tunnel.
0.70	0.40	S	Remain on WOCCG, cross MacArthur Dr
1.00	0.30	S	Left at Y, Run Under SW Cary Pkwy
1.10	0.10	L	(up steps) to SW Cary Pkwy
		R	SW Cary Pkwy, Run on Right on Sidewalk
2.10	1.00	S	High House Rd (onto NW Cary Pkwy)
			NW Cary Pkwy, Run on Right on Sidewalk
2.90	0.80	S	Cross Olde Weatherstone Way at Crosswalk
0.00	0.00	R	Olde Weatherstone Way
			Run on Left on Sidewalk on Old Weatherstone
3.60	0.70	S	Cross NW Maynard Rd at Crosswalk
		L	Maynard Rd, Run on Right on Sidewalk
4.20	0.60	S	Join Black Creek Greenway at Carrousel Ln
4.50	0.30	R	Chapel Hill Rd, Run on Right on Sidewalk
4.60	0.10	SS9	<b>Chapel Hill Rd, Grace Bible Fellowship</b>

TRR  
Leg 10

Total Section

0.00	0.00	SS9	<b>Chapel Hill Rd, Grace Bible Fellowship</b>
			Run on Sidewalk on Left along Chapel Hill Rd
0.10	0.10	R	Cross Chapel Hill Rd at Crosswalk at NW Maynard
		S	NW Maynard Rd, follow Black Creek Greenway
0.30	0.20	L	At Fork on Greenway at Skateboard Park
0.40	0.10	L	Cross NW Maynard Rd on Black Creek Greenway
		R	Follow Black Creek Greenway
0.50	0.10	L	Enter Black Creek Greenway Trailhead, Run on Sidewalk on Left
0.70	0.20	R	At Fork on Greenway, Run Below Track/Football Field
1.50	0.80		Cross W Dynasty Dr using Crosswalk
		R	W Dynasty Dr, Run on Left use Sidewalk
1.80	0.30	L	Black Creek Greenway
			Remain on Black Creek Greenway, Under tall bridge (NW Cary Pkwy, only bridge you will run under)
2.70	0.90		
3.30	0.60		Exit Black Creek Greenway to Weston Pkwy
3.40	0.10		Weston Pkwy, Run on Right on Sidewalk
3.50	0.10	SS10	<b>5001 Weston Pkwy</b>

TRR  
Leg 11

Total Section

0.00	0.00	SS10	<b>5001 Weston Pkwy</b>
			Run on Right on Sidewalk on Weston Pkwy
0.10	0.10	L	Use Crosswalk to cross Weston Pkwy
		S	Winstead Dr, Run on Left Use Sidewalk
		S	Winstead Dr turns into Old Reedy Creek Rd
0.30	0.20	S	Sidewalk ends, Run on Left on Old Reedy Cr Rd
0.70	0.40	S	Remain on Old Reedy Creek Rd at Lake Crabtree
0.80	0.10	S	Cross over I-40 on Bridge
		S	Wide Gravel Road of Umstead State Park
			Old Reedy Creek Rd becomes Reedy Creek Park Rd
			Remain Straight on Gravel Road through Park
5.10	4.30	S	Remain Straight, Keep Reedy Creek Lake on Right.
6.00	0.90	S	Exit Umstead State Park
			Run on Left on Reedy Creek Rd Greenway
7.60	1.60	S	Cross Edwards Mill Rd Use Crosswalk
7.60	0.00	SS11	<b>Steve Troxler Agricultural Sciences Center</b>

TRR  
Leg 12

Total Section

0.00	0.00	SS11	<b>Steve Troxler Agricultural Sciences Center</b>
			Cross Reedy Creek Rd Use Crosswalk
0.00	0.00	L	Reedy Creek Rd
			Remain on Right of Reedy Creek Rd using Sidewalk
0.70	0.70	S	Cross Blue Ridge Road using Crosswalk
		R	Blue Ridge Rd (use wide concrete Sidewalk)
			Pass 2 Museum parking lots on your left
0.90	0.20	L	Foot Path (Reedy Creek Trail) near old smokestack
			Stay to the Right or remain Straight on RC Trail
1.70	0.80	S	Cross over I-440 on foot bridge of Reedy Creek Trail
1.90	0.20	R	Reedy Creek Trail, after crossing the bridge
2.00	0.10	L	Take the Left Fork at the Y go under Wade Ave Tunnel
			Follow Reedy Creek Trail around Meredith College
3.10	1.10	S/R	Use Crosswalk at Faircloth St to Island
3.10	0.00	R	Cross Hillsborough St at Faircloth St using crosswalk
		S	Gorman St, run on bike / foot path on Right
3.50	0.40	L	Cross Gorman using Crosswalk at Sullivan
3.50	0.00		Use Crosswalk onto Sullivan Drive, Run on Left on Sidewalk
4.20	0.70	S	Cross Dan Allen Dr Use Crosswalk
4.20	0.00	L	Dan Allen Dr, run on sidewalk on Right
4.20	0.00	R	Enter Rocky Branch Trail
4.50	0.30	S	Cross Morrill Dr, Straight/Right on Rocky Branch Tr.
4.70	0.20	L	Left Fork on Rocky Branch Trail under Pullen Rd
4.90	0.20	S/L	Remain on Rocky Branch Trail along Western Blvd
5.10	0.10	S	Remain on Left sidewalk along Ashe Ave (Pullen Park on Left)
5.60	0.50		Cross Hillsborough St using crosswalk
5.60	0.00	R	Right on Hillsborough St, run on the Left sidewalk.
6.10	0.50	L	Left on W Edenton St (Run on Left sidewalk) after crossing bridge
6.20	0.10	L	N West St (continue on Left sidewalk)
6.30	0.10	L	Onto access road for parking deck (Run on Right)
6.30	0.00	R	to Finish Line
6.30	0.00	Finish	<b>Tobacco Road Brewery Finish Line</b>