

TRR
Leg 1

Total Section

0.00	0.00	Start	Orange County Southern Human Services Center
			Start in Parking Lot, Run on Right of the Drive
0.30	0.30	R	Homestead Rd
			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)
2.40	0.50	R	Riggsbee Rd (No sidewalks, run on Left)
2.60	0.20	R	Brookview Dr
3.10	0.50	L	onto Honeysuckle Rd (at North Lakeshore Dr)
3.60	0.50	L	Sedgefield Dr
3.80	0.20	L	Sidewalk before Weaver Dairy Rd (footpath between houses)
3.90	0.10	R	R at Fork in Sidewalk
4.00	0.10		At Traffic Circle, cross Weaver Dairy Rd using Crosswalk
4.00	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
4.90	0.90	R	Sunrise Rd, 1st Right Turn
			Run on Right, Use Sidewalk
5.10	0.20		When Sidewalk Ends, Run on Left Shoulder
5.80	0.70	L	Sunrise Rd
6.10	0.30	R	Whitfield Rd, Cross Road, Run on Left, Use Shoulder
6.20	0.10	SS1	New Hope Improvement Association (Do NOT Use New Hope Fire Department Parking Lot)

TRR
Leg 2

Reflective vest is required for this Leg.

Total Section

0.00	0.00	SS1	New Hope Improvement Association
			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	Jacobs Glass Co

TRR

Leg 3

Reflective vest is required for this Leg.

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

Total	Section		
0.00	0.00	SS2	Jacobs Glass Co
			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 over bridge
0.90	0.10	L	Howe St
1.00	0.10	R	Oberlin Dr
1.40	0.40	R	Neff St, gravel road
1.50	0.10	L	Sparger Rd (Run on Left, alert to traffic, alert for first Right onto Myers Park Dr.)
1.60	0.10	R	Myers Park Dr (Right Turn sign on Right side at Sparger/Myers Park)
2.00	0.40	R	Dula St
2.10	0.10	L	Yorkshire Dr (paved at first, then gravel)
2.30	0.20	S	Langley Dr
2.50	0.20	R	Sparger Rd (Run on Left, alert to traffic)
2.60	0.10	R	Cole Mill Rd (cross Cole Mill first, then Right, using Left shoulder)
2.60		L	Rivermont Rd (paved at first, turns to gravel after 1/2 mile)
3.30	0.70	L	Enter Eno River State Park, Pump Station Trail (cross over bridge on Rivermont Rd before turning Left onto trail. Follow red blaze for initial 0.2 mile.)
3.50	0.20	R/S	At fork in trail, stay Right/Straight onto Laurel Bluffs Trail (White and Yellow Blazes)
5.90	2.40	R	Guess Rd (exit the trail using the trail steps to access Guess Rd.)
6.40	0.50	SS3	Rose of Sharon Baptist Church

TRR
Leg 4

Total Section

0.00	0.00	SS3	Rose of Sharon Baptist Church
		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		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		R	Cross Washington St use Crosswalk
5.00		L	Ellerbee Creek Trail Entrance
5.60	0.60	R	West Markham Ave, Run on Left on Sidewalk
5.90	0.30	L	N Gregson, Run on Left on Sidewalk
6.20	0.30	SS4	Trinity Ave Presbyterian Church

TRR
Leg 5

Total Section

0.00	0.00	SS4	Trinity Ave Presbyterian Church
			On N Gregson, Run on Sidewalk on Left
0.40	0.40	S	Under Railroad Bridge, remain on S Gregson
0.60	0.20		Cross W Chapel Hill St using Crosswalk
0.60		S	Remain on S Gregson St, Run on Left on Sidewalk
0.70	0.10	L	Jackson St, Run on Left on Sidewalk
0.85	0.15	R	Willard St, Run on Left on Sidewalk
1.20	0.35	R	Blackwell St, Run on Right on Sidewalk
1.20	0.00	S	cross under Durham Fwy, Run on Right on Sidewalk
1.30	0.10	S	cross Morehead Ave using Crosswalk
1.30	0.00	RS	American Tobacco Trail on right (at Morehead Ave)
			Remain Straight on ATT several road crossings
5.40	4.10	R	On ATT, Cross Fayetteville St at Barbee Rd Use Crosswalk
5.40	0.00	L	Cross Barbee Rd Use Crosswalk
5.40	0.00	S	Remain Straight on ATT
6.30	0.90	R	Cross Cook Rd, Turn Right, Run on Left on Sidewalk
6.30	0.00	SS5	Southwest Elementary School

TRR

Leg 6

100% of Leg 6 is on ATT.

Total Section

0.00	0.00	SS5	Southwest Elementary School
			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	ATT Scott King Rd Parking Lot

TRR

Leg 7

100% of Leg 7 is on American Tobacco Trail

Total Section

0.00	0.00	SS6	ATT Scott King Rd Parking Lot
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	White Oak Church Rd ATT Parking

TRR

Leg 8

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

Total Section

0.00	0.00	SS7	White Oak Church Rd ATT Parking
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	Davis Dr Middle School

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Leg 9

Total Section

0.00	0.00	SS8	Davis Dr Middle School
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		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	Chapel Hill Rd, Grace Bible Fellowship

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Leg 10

Total Section

0.00	0.00	SS9	Chapel Hill Rd, Grace Bible Fellowship
			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	S	Cross W Dynasty Dr using Crosswalk, remain S on Black Creek Greenway
2.00	0.50	R	exit Black Creek Greenway when trail access ends at construction, taking spur trail to Livingstone Dr
2.80	0.80	L	N. Harrison Ave, Run on Left on Sidewalk
3.50	0.70	L	Weston Pkwy, Run on Left on Sidewalk
			Caution: the sidewalk is very rooty near the end of this Leg
4.40	0.90	SS10	5001 Weston Pkwy

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Leg 11

Total Section

0.00	0.00	SS10	5001 Weston Pkwy
			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	Steve Troxler Agricultural Sciences Center

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Leg 12

Total Section

0.00	0.00	SS11	Steve Troxler Agricultural Sciences Center
			Cross Edwards Mill Rd Use Crosswalk
		R	Edwards Mill Rd, run on Left using sidewalk
0.40	0.40	R	Cross Edwards Mill Road using Crosswalk onto Macon Pond Rd
			Run on Left of Macon Pond Rd using sidewalk
0.70	0.30	R	Lake Dr (run on Left using sidewalk)
1.00	0.30	L	Lake Boone Trail (run on Right Sidewalk)
			Cross Blue Ridge Rd, Continue on Lake Boone Trail (use sidewalk on Right)
1.10	0.10	S	
1.90	0.80	S	Run under 440 bridge
2.00	0.10	R	Horton St (run on Right sidewalk/House Creek Greenway)
2.30	0.30	S	Remain on House Creek Greenway at Parking Lot
2.70	0.40	L	Reedy Creek Trail (at intersection...DO NOT go over bridge)
2.80	0.10	L	Take the Left Fork at the Y go under Wade Ave Tunnel
			Follow Reedy Creek Trail around Meredith College
4.00	1.20	S/R	Use Crosswalk at Faircloth St to Island
		R	Cross Hillsborough St at Faircloth St using crosswalk
		S	Gorman St, run on bike / foot path on Right
4.30	0.30	L	Cross Gorman using Crosswalk at Sullivan
			Use Crosswalk onto Sullivan Drive, Run on Left on Sidewalk
5.00	0.70	S	Cross Dan Allen Dr Use Crosswalk
		L	Dan Allen Dr, run on sidewalk on Right
		R	Enter Rocky Branch Trail
5.30	0.30	S	Cross Morrill Dr, Straight/Right on Rocky Branch Tr.
5.50	0.20	L	Left Fork on Rocky Branch Trail under Pullen Rd
5.70	0.20	S/L	Remain on Rocky Branch Trail along Western Blvd
5.80	0.10	L	On Rocky Brach Trail, Left along Ashe Ave
5.90	0.10	S	Ashe Ave, Run on Left sidewalk along Ashe Ave (Pullen Park on Left)
6.40	0.50	R	Cross Ashe Ave at Hillsborough St
6.45	0.05	L	Cross Hillsborough St at traffic circle using crosswalk
		R	Right on Hillsborough St, run on the Left sidewalk.
6.90	0.45	L	Left on W Edenton St (Run on Left sidewalk) after crossing bridge
7.00	0.10	L	N West St (continue on Left sidewalk)
7.10	0.10	L	Onto access road for parking deck (Run on Right)
7.10	0.00	R	to Finish Line, Tobacco Road Brewery