Pirate Nurse 5K Directions:

Start on road in front of Health Sciences Building

Right on MacGregor Downs Road.

Right on West 5th Street

Right on Memorial Drive (sidewalk)

Right on O'Hagan Place

Bear Left on O'Hagan Place

Bear Right on O'Hagan Place (by loading dock)

Left on Hospital Drive

Right on Moye Blvd

Left on Cancer Center Access Road

Right on East Campus Loop

Left on North Campus Loop

Left on Emergency Drive

Right on Family Medicine Access Road

Left on Service Road

Right on MacGregor Downs Road

Right on road in front of Health Sciences

Building

Right through Traffic Circle

Right on Emergency Drive

Left onto Lake Laupus Trail Access

Right on Lake Laupus Trail

Follow trail around Lake Laupus

Right onto Lake Laupus Trail Access

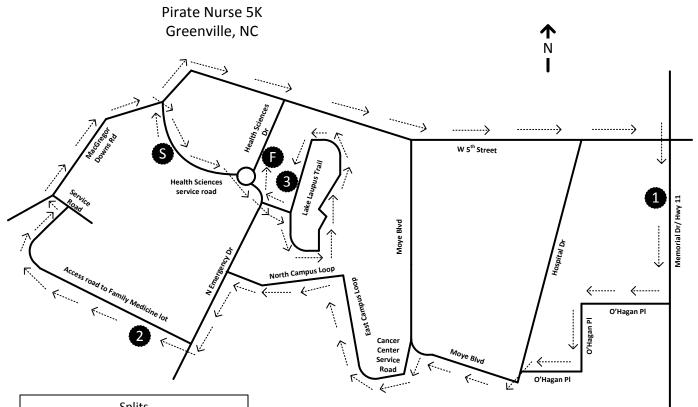
Right onto Emergency Drive

Right through Traffic Circle

Right onto Health Sciences Drive

Finish on Health Sciences Drive

Map is not to scale - Not all intersection street are shown -Runners may use total road except restricted to sidewalk on Memorial Drive.



Splits

Start: Unnamed service road in front of Health Sciences Building (see detail)

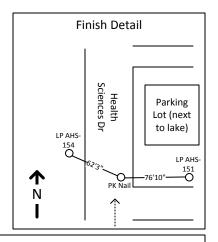
1 Mile: 56' past UP #4293 on Memorial Drive

2 Mile: Front entrance to East Carolina Heart Institute

3 Mile: Lake Laupus Trail, 20' before turn onto access road

Finish: Health Sciences Drive (see detail)

Start Detail **€** z -AHS-Health Sciences _{Nail} Q Bldg LP (no number)



LP= light pole; SD= storm drain; SL= street light; UP= utility pole

Measurement by James Orr, Run the East LLC, RunTheEast.com