


**American Diabetes Association®**  
**TourdeCure<sup>®</sup>2010**
**Sandhills Extreme - Saturday: Cary to Southern Pines**

|   | > Mileage per each leg is approximate  | TOTAL       |
|---|--|-------------|
|   | > Start Regency Park   | 0.4         |
| R   | Ederlee Dr.  | 1.0         |
| R   | Penny Rd.  | 0.6         |
| R   | Ten Ten Rd   | 1.2         |
| L   | Schiefflen Rd  | 0.9         |
| L   | James St. (Cross HWY 55)   | 0.8         |
| R   | Tingen Rd (RR Crossing)  | 0.1         |
| L   | S. Salem - becomes Old US 1  | 2.2         |
| <b>REST STOP 1 - Pleasant Plains Baptist Church</b> |  | <b>7.2</b>  |
|   | Continue on Old US 1   | 10.9        |
| <b>REST STOP 2 - Moncure Fire Department</b>        |  | <b>18.1</b> |
|   | Continue on Old US 1   | 2.5         |
| L   | Lower Moncure Rd (RR Crossing)   | 6.6         |
| <b>REST STOP 3 - Eleven Bar Ranch</b>               |  | <b>27.2</b> |
|   | Continue on Lower Moncure Road   | 1.9         |
| L   | Lick Creek Rd  | 1.1         |
| R   | Poplar Springs Church Rd   | 2.9         |
| R   | Avents Ferry Rd/NC 42  | 0.4         |
| R   | Broadway/NC 42   | 1.0         |
| R   | Rice Street  | 0.1         |
| <b>REST STOP 4 - EAST LEE MIDDLE SCHOOL</b>         |  | <b>34.6</b> |
| R   | Rice Street  | 0.1         |
| L   | Broadway   | 0.1         |
| R   | Cox Mill Rd (Caution: Rumble Strips)   | 5.3         |
| R   | Broadway Rd (Cross HWY 87)   | 1.5         |
| <b>LUNCH REST STOP 5 - Swann Station Church</b>     |  | <b>41.6</b> |
|   | Continue on Broadway Rd/Swann Station Rd.                                      | 0.4         |
| L   | McDougald Rd   | 0.4         |
| R   | Baily Thomas Rd  | 2.2         |
| L   | Sheriff Watson Rd  | 2.7         |
| L   | Edwards Rd - becomes Claude White Rd<br>(Caution: Blind Curve at Intersection) | 2.3         |
| <b>REST STOP 6 - Harnett County Water Tower</b>     |  | <b>0.1</b>  |
| R   | NC 24/NC 27 ( <b>Turn Left if coming from Rest Stop</b> )                      | 1.9         |
| L   | Line Rd  | 0.7         |

|   |  |             |
|---|--|-------------|
| L   | Cypress Rd - becomes McGill Rd                                   | 5.4         |
| R   | Lobelia Rd   | 1.2         |
| L   | Lakebay Rd   | 0.2         |
| <b>REST STOP 7 - 228 Lakebay Rd</b>                                   |  | <b>59.1</b> |
|   | Continue on Lakebay  | 6.4         |
| L   | Youngs Rd  | 5.2         |
| L   | North Ridge (No Street Signs, same intersection as Delaware Ave) | 0.4         |
| <b>REST STOP 8 - Corner of Ridge &amp; Connecticut Roads</b>          |  | <b>71.1</b> |
| R   | Connecticut Ave.   | 0.4         |
| R   | Broad St - becomes Midland Road                                  | 2.1         |
| R   | Grove Rd - stay straight onto Becky Branch Road                  | 0.2         |
| R   | Fairway Road - becomes Camp Easter Rd                            | 6.5         |
| L   | Holly Rd   | 1.1         |
| R   | James St. at Vass-Lakeview School - cut through parking lot      | 1.9         |
|   | James St. - becomes Long Point Rd - stay straight                | 83.3        |
| L   | Aiken Rd   | 0.2         |
| <b>REST STOP 9 - Aiken Road (just before Long Point Intersection)</b> |  | <b>83.5</b> |
|   | Continue on Aiken Rd   | 1.5         |
| R   | Lakebay Rd   | 2.8         |
| L   | Youngs Rd  | 5.2         |
| L   | Ridge Rd   | 0.4         |
| <b>REST STOP 10 - Corner of Ridge &amp; Connecticut Roads</b>         |  | <b>93.4</b> |
| L   | Connecticut  | 0.4         |
| R   | Highland   | 0.2         |
| L   | Pine Grove Road (Caution: Gravel Patch)                          | 0.3         |
| L   | E. Indiana   | 0.1         |
| R   | Hill   | 0.9         |
| R   | Bethesda   | 0.1         |
| R   | Fort Bragg Road - becomes Bethesda Rd (RR Crossing)              | 1.8         |
| L   | Blue Street (Bethesda veres left onto Blue)                      | 0.1         |
| R   | E. Main Street   | 0.3         |
| R   | Poplar Rd  | 1.7         |
| L   | Johnson  | 0.4         |
| R   | South Hill Road (Hampton Inn & Suites)                           | 0.1         |
| <b>FINISH LINE - OVERNIGHT</b>  |  | <b>99.8</b> |

**Emergency Contacts:**
**911 if serious injury**
**Amanda 704-942-0500**