


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

	> Mileage per each leg is approximate	TOTAL
	> Start Hampton Inn - Straight out South Hill Rd	0.1
L	Johnson St (Cross over 15-501 & US 1)	0.4
R	Poplar St	1.7
L	East Main Street	0.3
L	Blue Street	0.1
R	Bethesda Rd	0.4
L	Bethesda Rd	1.8
	Stay Left on Bethesda Rd	0.1
L	Hill Rd	0.9
L	Indiana Ave (Caution: Blind Curve to Right at Intersection)	0.1
R	Pine Grove Rd (Caution: Gravel Patch)	0.3
R	Highland Rd	0.2
L	Connecticut Ave	0.4
	<b>REST STOP 1 - Corner of Ridge &amp; Connecticut Roads</b>	<b>6.8</b>
R	Ridge Rd	0.4
R	Youngs St	5.2
R	Lakebay Rd	2.8
L	Aiken Rd.	1.5
	<b>REST STOP 2 - Aiken Road (just before Long Point Intersection)</b>	<b>16.7</b>
	Continue on Aiken Rd	0.2
R	Long Point Road - becomes James St	1.9
	<b>Cut through school parking lot - Right of Bus entry</b>	<b>18.8</b>
L	Holly St.	1.1
R	Camp Easter Rd - becomes Fairway Rd	6.5
L	Midland Rd - becomes Broad St	2.1
L	Connecticut	0.3
	<b>REST STOP 3 - Corner of Connecticut &amp; Ridge Roads</b>	<b>28.8</b>
L	Ridge Rd	0.4
R	Youngs St	5.2
R	Lakebay Rd	6.6
R	Lobelia Rd	1.2
L	McGill Rd - becomes Cypress Rd	5.4

R	Line Rd	0.7
R	NC 24/ NC 27	1.9
	<b>REST STOP 4- Harnett County Water Tower</b>	<b>50.2</b>
L	Claude White Rd - becomes Edwards Rd (Straight across from RS)	2.3
R	Sheriff Watson Rd	2.7
R	Bailey Thomas Rd	2.2
L	McDougald Rd	0.4
R	Swann Station Rd	0.4
	<b>REST STOP 5 - Swann Station Church</b>	<b>58.2</b>
	Continue on Swann Station Road - becomes Broadway Rd	1.5
L	Cox Mill Rd	5.3
L	Broadway	0.1
R	Rice Street	0.1
	<b>LUNCH REST STOP 6 - East Lee Middle School</b>	<b>65.2</b>
L	Broadway Rd/NC 42	0.1
L	Avents Ferry Road/NC 42	0.4
L	Poplar Springs Church Rd	2.9
L	Lick Creek Rd	1.1
R	Lower Moncure Rd	1.9
	<b>REST STOP 7 - Eleven Bar Ranch</b>	<b>71.6</b>
	Continue on Lower Moncure Rd	6.6
R	Deep River Road - becomes Old US 1	2.5
	<b>REST STOP 8 - Moncure Fire Department</b>	<b>80.7</b>
	Continue on Old US 1	10.9
	<b>REST STOP 9 - Pleasant Plains Baptist Church</b>	<b>91.6</b>
	Continue on Old US 1 Becomes S. Salem	2.2
R	Tingen Rd	0.1
L	James St. (Cross Hwy 55)	0.8
R	Schiefflen Rd	0.9
R	Center Street/Ten Ten Rd	1.2
L	Penny	0.6
L	Ederlee	1
L	Regency Parkway	0.4
	<b>FINISH LINE</b>	<b>98.8</b>

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