



American Diabetes Association® TourdeCure®2010

Triangle Area Ride

	> Mileage per each leg is approximate		TOTAL
	> Start Regency Park	0.4	0.4
R	Ederlee Dr.	1.0	1.4
R	Penny Rd.	0.6	2.0
R	Ten Ten Rd	1.2	3.2
L	Schiefflen Rd	0.9	4.1
L	James St. (Cross HWY 55)	0.8	4.9
R	Tingen Rd	0.1	5.0
L	S. Salem - becomes Old US 1	2.2	7.2
	REST STOP 1 - Pleasant Plains Baptist Church		7.2
	Continue on Old US 1	10.9	18.1
	REST STOP 2 - Moncure Fire Department		18.1
*	TURN AROUND & Continue on Old US 1 back towards Cary!	10.9	29.0
	REST STOP 3 - Pleasant Plains Baptist Church		29.0
	Continue on Old US 1 - becomes S. Salem	2.2	31.2
R	Tingen Rd	0.1	31.3
L	James St. (Cross Hwy 55)	0.8	32.1
R	Schiefflen Rd	0.9	33.0
R	Center Street/Ten Ten Rd	1.2	34.2
L	Penny	0.6	34.8
L	Ederlee	1	35.8
L	Regency Parkway	0.4	36.2
	FINISH LINE		36.2

Emergency Contacts

911 *if serious injury*

Amanda 704-942-0500