



American Diabetes Association®
Tour de Cure 2010

Sandhills Area Ride - Sunday (48 miles)

	> Mileage per each leg is approximate	TOTAL
	> Start Hampton Inn - Left onto Columbus Drive - follow Police Escort	0.2
L	Highway 15-501	3.8
	You will come to a traffic circle, take the first right (Midland Road)	0.1
R	Midland Road	0.2
L	Airport Road	5.6
	REST STOP 1 - Corner of Airport/Niagra Carthage Roads	9.9
L	Niagra Carthage Rd.	2.6
L	Vass Carthage Rd.	4.8
R	Niagra Carthage Rd.	2.3
L	Joel Rd	1.5
L	Farm Life School Rd	1.4
R	Union Church Rd.	0.1
	REST STOP 2 - Union Church High School Parking Lot (on left)	22.6
	Continue on Union Church Road - turns into Main St.	5.9
R	Seaboard St.	0.6
L	James St. - becomes Long Point Rd.	1.7
L	Aiken Rd.	1.7
	REST STOP 3 - Aiken Rd just after intersection	32.5
R	Lakebay	2.8
L	Youngs Rd	5.2
L	North Ridge (Not Marked, same intersection as Delaware Ave)	0.5
	REST STOP 4 - Intersection of Ridge Rd. and Connecticut Ave.	41.0
L	Connecticut Ave	0.4
R	Highland Rd	0.2
L	Pine Grove Rd (Caution: Gravel Patch)	0.3
L	Indiana Ave	0.1
R	Hill Rd	0.9
R	Bethesda Rd	0.1
R	Fort Bragg Rd - becomes Bethesda Rd (RR Crossing)	1.8
L	Blue St (Bethesda veres left onto Blue)	0.1
R	E. Main St	0.3
R	Poplar St	1.7
L	Johnson St	0.5
R	South Hill Rd	0.1
	FINISH LINE - HAMPTON INN	47.5

Emergency Contacts: Amanda 704-942-0500

911 if serious injury

Follow GREEN Arrows & Signs