



American Diabetes Association®
Tour de Cure2010

Sandhills Challenge - Saturday: Cary to Southern Pines

	> 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
	Continue on Old US 1	2.5	20.6
L	Lower Moncure Rd (RR Crossing)	6.6	27.2
REST STOP 3 - Eleven Bar Ranch			27.2
	Continue on Lower Moncure Road	1.9	29.1
L	Lick Creek Rd	1.1	30.2
R	Poplar Springs Church Rd	2.9	33.1
R	Avents Ferry Rd/NC 42	0.4	33.5
R	Broadway/NC 42	1.0	34.5
R	Rice Street	0.1	34.6
REST STOP 4 - EAST LEE MIDDLE SCHOOL			34.6
R	Rice Street	0.1	34.7
L	Broadway	0.1	34.8
R	Cox Mill Rd (Caution: Rumble Strips)	5.3	40.1
R	Broadway Rd (Cross HWY 87)	1.5	41.6
LUNCH REST STOP 5 - Swann Station Church			41.6
	Continue on Broadway Rd/Swann Station Rd.	0.4	42.0

L	McDougald Rd	0.4	42.4
R	Baily Thomas Rd	2.2	44.6
L	Sheriff Watson Rd	2.7	47.3
L	Edwards Rd - becomes Claude White Rd (Caution: Blind Curve at Intersection)	2.3	49.6
REST STOP 6 - Harnett County Water Tower		0.1	49.7
R	NC 24/NC 27 (<i>Turn Left if coming from Rest Stop</i>)	1.9	51.6
L	Line Rd	0.7	52.3
L	Cypress Rd - becomes McGill Rd	5.4	57.7
R	Lobelia Rd	1.2	58.9
L	Lakebay Rd	0.2	59.1
REST STOP 7 - 228 Lakebay			59.1
	Continue on Lakebay	6.4	65.5
L	Youngs Rd	5.2	70.7
L	North Ridge (No Street Signs, same intersection as Delaware Ave)	0.4	71.1
REST STOP 8 - Corner of Ridge & Connecticut			71.1
L	Connecticut	0.4	71.5
R	Highland	0.2	71.7
L	Pine Grove Road	0.3	72.0
L	E. Indiana	0.1	72.1
R	Hill	0.9	73.0
R	Bethesda	0.1	73.1
R	Fort Bragg Road - becomes Bethesda Rd (RR Crossing)	1.8	74.9
L	Blue Street (Bethesda veres Left onto Blue)	0.1	75.0
R	East Main Street	0.3	75.3
R	Poplar	1.7	77.0
L	Johnson Street	0.5	77.5
R	South Hill Road (Hampton Inn & Suites)	0.1	77.6
FINISH LINE - OVERNIGHT			77.6

Emergency Contacts

911 if serious injury

Amanda 704-942-0500