



American Diabetes Association  
**Tour de Cure 2010**

**Sandhills Challenge - Sunday: Southern Pines to Cary**

		TOTAL
>	Mileage per each leg is approximate	
>	Start Hampton Inn - Straight out South Hill Rd	0.1 0.1
L	Johnson St (Cross over 15-501 & US 1)	0.4 0.5
R	Poplar St	1.7 2.2
L	East Main Street	0.3 2.5
L	Blue Street	0.1 2.6
R	Bethesda Rd	0.4 3
L	Bethesda Rd	1.8 4.8
	Stay Left on Bethesda Rd	0.1 4.9
L	Hill Rd	0.9 5.8
L	Indiana Ave. (Caution: Blind Curve to Right at intersection)	0.1 5.9
R	Pine Grove Rd (Caution: Gravel Patch)	0.3 6.2
R	Highland Rd	0.2 6.4
L	Connecticut Ave.	0.4 6.8
	<b>REST STOP 1 - Corner of Ridge and Connecticut Roads</b>	<b>6.8</b>
R	N Ridge St.	0.4 7.2
R	Youngs Rd	5.2 12.4
R	Lakebay Rd	6.4 18.8
	<b>REST STOP 2 - 228 Lakebay Rd</b>	<b>18.8</b>
	Continue on Lakebay Rd	0.2 19
R	Lobelia Rd	1.2 20.2
L	McGill Rd - becomes Cypress Rd	5.4 25.6
R	Line Rd	0.7 26.3
R	NC 24/ NC 27	1.9 28.2
	<b>REST STOP 3 - Harnett County Water Tower</b>	<b>28.2</b>
L	Claude White Rd - becomes Edwards Rd (Straight across from RS)	2.3 30.5
R	Sheriff Watson Rd	2.7 33.2
R	Bailey Thomas Rd	2.2 35.4

L	McDougald Rd	0.4 35.8
R	Swann Station Rd	0.4 36.2
	<b>REST STOP 4 - Swann Station Church</b>	<b>36.2</b>
	Continue on Swann Station Road - becomes Broadway Rd	1.5 37.7
L	Cox Mill Rd	5.3 43
L	Broadway Rd	0.1 43.1
R	Rice Street	0.1 43.2
	<b>LUNCH Rest Stop 5 - East Lee Middle School</b>	<b>43.2</b>
L	Broadway/NC 42	1 44.2
L	Avents Ferry Road/NC 42	0.4 44.6
L	Poplar Springs Church Rd	2.9 47.5
L	Lick Creek Rd	1.1 48.6
R	Lower Moncure Rd	1.9 50.5
	<b>REST STOP 6 - Eleven Bar Ranch</b>	<b>50.5</b>
	Continue on Lower Moncure Rd	6.6 57.1
R	Deep River Road - becomes Old US 1	2.5 59.6
	<b>REST STOP 7 - Moncure Fire Department</b>	<b>59.6</b>
	Continue on Old US 1	11 70.5
	<b>REST STOP 8 - Pleasant Plains Baptist Church</b>	<b>70.5</b>
	Continue on Old US 1 - becomes S. Salem	2.2 72.7
R	Tingen Rd	0.1 72.8
L	James St. (Cross Hwy 55)	0.8 73.6
R	Schiefflen Rd	0.9 74.5
R	Center Street/Ten Ten Rd	1.2 75.7
L	Penny	0.6 76.3
L	Ederlee	1 77.3
L	Regency Parkway	0.4 77.7
	<b>FINISH LINE</b>	<b>77.7</b>

**Emergency Contacts**

*911 if serious injury*

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