

Natty Greene's 100k RUSA event Greensboro NC

Nov 21, 2009 Sunrise-6:57 AM Sunset-5:04 PM Total hours 10h 07m 07s

	Start		Natty Green's
			0km start: 11/21 07:00
Total	Turn	Go	On
0.0	Right	0.9	S Elm St going North
0.9	Left	0.1	Fisher Park Cir/Florence St
1.0	Right	0.2	Fisher Park Cir
1.2	Left	0.2	Parkway Ave
1.4	Right	0.3	Cridland Rd
1.7	Left	0.2	Latham Rd
1.9	Right	0.7	Nottingham Rd
2.6	Left	0.1	Sunset Dr
2.7	Right	0.8	Lafayette Ave
3.5	Left	0.6	Colonial Ave
4.1	Right	3.6	Lawndale Dr
7.7	Continue	8.3	Lake Brandt Rd
16.0	Left	0.2	US-158 W
16.2	Right	2.0	Haynes Rd
18.2	Left	2.7	NC 65
20.9	Right	0.9	Sylvania Rd
	Lemons is just after crossing NC 68		
21.8	Left	2.0	Lemons Rd
23.8	Right	4.1	Gideon Grove Church Rd
27.9	Left		Store on Left at intersection
	into		45km open: 11/21 08:19
	Control		(28mi) close: 11/21 10:00

Total	Turn	Go	On
27.9	Right	1.4	Ellisboro Rd
29.3	Left	3.3	Mineral Springs Rd
32.6	Left	0.4	N Carolina 704 W/US-220 BUS
33.0	Right	0.1	Market St
33.1	Left	0.1	W Murphy St
33.2	Right		Dan River Coffee House
	into		53km open: 11/21 08:34
	Control		(33mi) close: 11/21 10:32
Total	Turn	Go	On
33.2	Left	0.1	W Murphy St
33.3	Right	0.1	Market St
33.4	Left	1.5	E Academy St - NC 704 E
34.9	Right	1.9	Bald Hill Loop
36.8	Right	0.7	Baggage Rd
37.5	Left	2.4	Washburn Rd
39.9	Continue	3.2	Griffin Rd
43.1	Left	0.8	N Carolina 65 E
43.9	Right	2.0	Haynes Rd
45.9	Left	0.2	US-158 E
46.1	Right	8.0	Lake Brandt Rd
54.1	Left	0.5	Air Harbor Rd
54.6	Right	1.3	Bass Chapel Rd
55.9	Right	6.1	N Elm St (traffic Circle)
62.0	Left		Natty Green's
	into		100km open: 11/21 09:56
	Control		(62mi) close: 11/21 13:40