

Sun hours		=	Sep 19, 2009	7:09 AM	7:24 PM	12h 14m 52s
Total	Turn	Go	Road			
			0km start: 02/21 07:10			
	Start	0.0	Stallings Road Park east parking lot	Harrisburg		
0.0	Left	2.0	Stallings Rd SSR 1161			
2.0	Left	0.6	Rocky River Rd SSR 1139			
2.6	Right	0.6	Lower Rocky River Rd SSR 1136			
3.2	Left	1.5	Pine Grove Church Rd SSR 1141			
4.7	Right	3.1	Flowes Store Rd SSR 1132			
7.8	Left	12.7	Highway 24 27 E / Albemarle Rd			
20.5	Right	3.7	NC 205 Hwy	Red Cross		
24.2	Left	6.2	Aquadale Rd / NC-138	Oakboro		
30.4	Left	0.2	Plank / NC 138			
30.6	Right	5.5	S Stanly School Rd / NC-1922	Aquadale		
36.1	Right	0.5	N Main St / US-52	Norwood		
36.6	Left	0.0	Store on Left			
	into		37mi open: 02/21 08:54	Norwood		
	Control		59km close: 02/21 11:06			

36.6	Left	1.0	N Main St / US-52	
37.6	Left	1.3	Fork Rd (at Dollar General - before FoodLion)	
38.9	Left	5.7	NC 731	
44.6	Right	16.3	NC 73 / N Main St	Mt Gilead
60.9	Bear Right	1.2	Wallace Rd SSR 1313	
62.1	Right	0.6	US 220 / Main St	
62.7	Right	0.0	Store on Right	
	into	62mi	open: 02/21 10:08	Ellerbe
	Control	101km	close: 02/21 13:54	

62.7	Right	0.0	Main St
62.7	Left	1.2	Church St / Millstone
63.9	Right	3.0	Millstone Rd
63.9	Right	1.8	Sandhill Game Management Rd SSR 1424
65.7	Left	6.9	Beaverdam Church Rd SSR 1486
72.6	Left	0.9	US 1
73.5	Right	5.5	Marston Rd / Snead Grove Rd
79.0	Straight	4.9	Sneads Grove Rd
83.9	Right	4.3	Sneads Grove Rd
88.2	Continue	1.7	Sneads Grove Rd
89.9	Straight	0.7	King St
90.6	Left	0.3	Church / US 74 Bus
90.9	Right	1.2	Main St / 15-501-401 Bus
92.1	Right	0.0	Store, Hess Station Laurinburg
	into		Several food stops KFC, BK, McD, Arby's
Control		95mi	open: 02/21 11:40
		153km	close: 02/21 17:22

95.1 Left 1.4 Main St / 15-501-401 Bus
May need to detour to get to RR St

96.5 Left 0.4 Railroad St

96.9 Right 0.4 King St

97.3 Straight 3.8 Sneads Grove Rd

101.1 Straight 2.2 Snead Grove Rd (cross Old Wire)(store on Right)
Do not miss NEXT turn

103.3 Left 4.9 Sneads Grove Rd

108.2 Straight 5.5 Snead Grove Rd / Marston Rd SSR 1001

113.7 Left 0.9 US 1

114.6 Right 6.9 Beaverdam Church Rd SSR 1486

121.5 Right 1.8 Sandhill Game Management Rd SSR 1424

121.5 Continue 3.0 Millstone Rd SSR 1452
Do not miss NEXT turn Green sign says ELLERBE

124.5 Left 1.2 Millstone Rd / Church

125.7 Right 0.0 US 220 / Main St

125.7 Left 0.0 Store on Left Ellerbe
into 128mi open: 02/21 13:12
Control 205km close: 02/21 20:50

127.5	Left	0.6	Main St / 220 Bus	
128.1	Left	1.2	Wallace	
129.3	Left	16.3	NC 73	
145.6	Left	5.7	NC 731	Mt Gilead
151.3	Right	1.3	Fork Rd SSR 1766	
152.6	Right	1.0	US 52 / Main St	
153.6	Right	0.0	Store on Right	
	into	154mi	open: 02/21 14:31	Norwood
	Control	247km	close: 02/21 23:38	

153.6	Right	0.5 US 52 / Main St	
154.1	Left	5.5 S Stanly School Rd SSR 1922	
159.6	Left	0.2 NC 138 / Aquadale Rd / Plank Rd	
159.8	Right	6.2 NC 138 / Aquadale Rd	
166.0	Right	3.7 S Main St / NC 205	Oakboro
169.7	Left	4.1 NC 24 / NC 27 (busy but wide)	Red Cross
173.8	Straight	4.5 Food in Locust	Locust
178.3	Straight	4.1 Food (near crossing of 601)	Midland
182.4	Right	3.1 Flowes Store Rd SSR 1132	
185.5	Left	1.5 Pine Grove Church Rd SSR 1141	
187.0	Right	0.6 Lower Rocky River Rd SSR 1136	
187.6	Left	0.6 Rocky River Rd SSR 1139	
188.2	Right	2.1 Stallings Rd SSR 1161	
190.3	Right	Stallings Road Park	Harrisburg
190.3	Finish	190mi open: 02/21 16:10	
		306km close: 02/22 03:10	