



TURN BY TURN DIRECTIONS

Street Directions		Approx Mile	Lead Runner	85% Clear (5:00:00 Pace)	Time Clear
Start on Graham Street heading South	Unrestricted	Start	7:20		7:25
Graham Street turns into Brooklyn Village Ave	Unrestricted	0.10	7:20	7:26	7:26
Left on Tryon St.	Unrestricted	0.40	7:22	7:29	7:30
Turn Right onto 4th Street	Unrestricted to McDowell, then left three lanes to Charlottetowne, both lanes b/t Charlottetowne and Kings, 2 lanes from Kings to Torrence, then both outbound lanes	0.70	7:24	7:33	7:34
4th Street turns into Randolph Road at Caswell	Both outbound lanes	2.10	7:32	7:49	7:53
Turn Right onto Colville Road	Unrestricted	2.80	7:36	7:57	8:03
Turn Left on Scotland Ave.	Unrestricted	3.90	7:42	8:09	8:18
Turn Left onto Providence Road	Unrestricted	4.30	7:44	8:14	8:24
Turn Right on Hanson Dr.	Unrestricted but leave one lane for in / out for Myers Park Drive Residents to get to Day Care parking lot to exit	4.33	7:44	8:14	8:24
Turn Right on Hampton Ave.	Unrestricted	4.40	7:45	8:15	8:25
RELAY EXCHANGE #1					
Turn Left on Oxford	Unrestricted	5.10	7:49	8:23	8:35
Turn Left on Beverly Dr.	Unrestricted	5.15	7:49	8:23	8:35
Turn Right on Rensford Ave.	Unrestricted	5.50	7:51	8:27	8:40
Turn Right on Sharon Road	Restricted to right side of road	5.60	7:52	8:29	8:41
Turn Left on E. Queens Road	Restricted to right side of road	5.60	7:52	8:29	8:41
Straight as E Queens Road turns into W Queens Road (Clear Selwyn)	Restricted to right two lanes on right side of median	6.25	7:55	8:36	8:50

Queens Road W. at Princeton Avenue	Restricted to right two lanes on right side of median	6.70	7:58	8:41	8:57
Straight onto Kings Drive Crossing East Boulevard	Restricted to right two lanes on right side of median	7.35	8:02	8:49	9:06
Cross Brunswick / Atrium Entrance	Unrestricted as Runners transition from right side of road to left.	7.90	8:05	8:55	9:13
Turn Left onto Morehead Street	Restricted to left two lanes. Runners face traffic.	8.00	8:05	8:56	9:14
Cross Kenilworth Ave.	Restricted to left two lanes. Runners face traffic.	8.35	8:07	9:00	9:19
Turn Left on Arosa Avenue	Unrestricted	8.55	8:08	9:02	9:22
Turn Left onto Dilworth Road	Restricted to left side of road to Berkeley then right side of road	8.60	8:09	9:03	9:23
Turn Right onto Berkeley Ave.	Unrestricted	8.75	8:10	9:05	9:25
Turn Left onto Lexington Ave.	Unrestricted	8.85	8:10	9:06	9:26
Turn Right on Romany Rd.	Unrestricted	8.95	8:11	9:07	9:27
Turn Right on Myrtle Ave.	Unrestricted	9.30	8:13	9:11	9:32
Turn Right on Lexington Ave.	Unrestricted	9.65	8:15	9:15	9:37
Turn Left onto Mt. Vernon Ave.	Unrestricted	9.80	8:16	9:17	9:39
Turn Left onto Dilworth Road	Restricted to left half of road, facing traffic.	9.90	8:16	9:18	9:41
Stay Left onto E. Morehead Street	Restricted to left curb lane. Runners face traffic.	10.05	8:17	9:20	9:43
Cross Euclid Ave.	Restricted to left curb lane. Runners face traffic.	10.05	8:17	9:20	9:43
RELAY EXCHANGE #2					
Turn Left onto S. College Street	Unrestricted	10.65	8:20	9:26	9:51
Turn Left onto S. Tryon Street	Restricted to left two lanes. Runners face traffic.	10.70	8:21	9:27	9:52
Turn Left onto Camden Road	Unrestricted	11.10	8:23	9:32	9:57
Turn Right onto Kingston Ave.	Unrestricted	11.25	8:24	9:33	9:59
Turn Right onto S. Mint Street	Restricted to right half of road	11.70	8:26	9:38	10:05
Cross Summit Ave.	Restricted to right half of road	12.00	8:28	9:42	10:09
Clear Morehead on Mint Street	Restricted to right 2 lanes (not center lane)	12.45	8:31	9:47	10:16
Turn Right on Brooklyn Village Ave. @ Graham St.	Cross traffic and use curb lane facing traffic	12.70	8:32	9:50	10:19

Turn Left on Brevard St.	Restricted to left side of road to Parking Garage entrance / exit, then unrestricted	13.15	8:35	9:55	10:25
Turn Right on MLK	Restricted to right side of road	13.30	8:36	9:57	10:27
Turn Left on Caldwell St.	Cross street and use right hand curb lane	13.37	8:36	9:58	10:28
Cross 3rd St.	Right hand curb lane	13.46	8:37	9:59	10:29
Cross Trade St.	Right hand curb lane	13.63	8:38	10:01	10:32
Cross 7th St.	Right hand curb lane	13.88	8:39	10:03	10:35
Cross 11th St.	Right hand curb lane	14.20	8:41	10:07	10:40
Cross 12th St.	Right hand curb lane	14.28	8:41	10:08	10:41
Turn Right on Belmont St.	Restricted to right side of road	14.50	8:43	10:11	10:44
RELAY EXCHANGE #3					
Turn Left on N. Myers St.	Restricted to right side of road	14.75	8:44	10:13	10:47
Turn Left on 15th St.	Restricted to right side of road	14.85	8:45	10:15	10:49
Turn Right on N. Alexander St.	Restricted to right side of road	14.90	8:45	10:15	10:49
Straight onto Greenway	Use left side of greenway	15.00	8:45	10:16	10:51
Cross 18th St.	Use leftt side of greenway	15.13	8:46	10:18	10:52
Exit Greenway onto N. Davidson St. @ 24th St.	Use left side of greenway	15.60	8:49	10:23	10:59
Cross Jordan Pl.	Restricted to left half of right side of road	16.00	8:51	10:28	11:04
Turn Right on 36th St.	Restricted to right side of road	16.50	8:54	10:33	11:11
Turn Right on The Plaza	Restricted to Lane 2 Inbound, Right side of road	17.15	8:58	10:41	11:20
Cross Matheson on The Plaza	Restricted to Lane 2 Inbound, Right side of road	17.40	8:59	10:44	11:24
Bear Left on The Plaza at Parkwood Avenue	Restricted to Lane 2 until Belvedere	18.00	9:03	10:51	11:32
Cross Belvedere	Restricted to bike lane	18.20	9:04	10:53	11:35
Turn Right on Central Ave.	Restricted to right curb lane	18.90	9:08	11:01	11:44
Turn Right on Pecan Ave.	Restricted to right side of road, unless runners need to avoid residential traffic.	19.00	9:08	11:02	11:46
Turn Right on Chestnut Ave.	Unrestricted	19.45	9:11	11:07	11:52
RELAY EXCHANGE #4					
Turn Left on Thomas St.	Unrestricted	19.50	9:11	11:08	11:52

Turn Right on Belvedere Ave.	Unrestricted	19.80	9:13	11:11	11:57
Turn Left on The Plaza	Restricted to Bike Lane b/t Belvedere and Parkwood	19.85	9:13	11:12	11:57
Bear Right on The Plaza at Parkwood Avenue	Restricted to left curb lane facing traffic	20.00	9:14	11:14	11:59
Clear Matheson Ave.	Restricted to left curb lane facing traffic	20.65	9:18	11:21	12:08
Turn Left on 35th St.	Unrestricted	20.80	9:19	11:23	12:10
Turn Left on N. Davidson St.	Restricted to left hand side (curb side) of left hand (northbound) side of road.	21.45	9:22	11:30	12:19
Clear Jordan Place	Restricted to left hand side (curb side) of left hand (northbound) side of road.	21.95	9:25	11:36	12:26
Re-enter Greenway at 24th St. from D. Davidson	Use left side of Greenway	22.35	9:27	11:40	12:32
Cross 18th St.	Use left side of Greenway	22.80	9:30	11:46	12:38
Exit Greenway on to Alexander Northbound	Restricted to Left side of road	22.95	9:31	11:47	12:40
Turn around at approximately E. 17th St.	Left side of road	23.00	9:31	11:48	12:41
Re-enter greenway and continue inbound	Use left side of greenway	23.05	9:31	11:48	12:41
Cross Belmont Ave.	Use left side of greenway	23.30	9:33	11:51	12:45
Exit Greenway onto Greenway Crescent at 12th St.	Cross and use right side of road	23.75	9:35	11:56	12:51
Turn Right on Seigel Ave.	Restricted to right side of road	23.90	9:36	11:58	12:53
Turn Right onto 10th St.	Restricted to right side of road to 12th, then inside bike lane	23.95	9:37	11:59	12:54
Straight into Bike Lane on 10th at 12th	Bike Lane	24.05	9:37	12:00	12:55
Turn Left on McDowell Ave.	Restricted to Right hand curb lane	24.10	9:37	12:00	12:56
Clear 7th St.	Restricted to Right hand curb lane	24.30	9:39	12:03	12:58
Clear Trade St.	Restricted to Right hand curb lane	24.55	9:40	12:06	13:02
Clear 3rd St	Restricted to Right hand curb lane	24.72	9:41	12:08	13:04
Turn Right on MLK	Restricted to Right hand side of road	24.85	9:42	12:09	13:06
Clear Caldwell Ave.	Runners move to left hand side of road, curb lane	25.17	9:44	12:13	13:10

Turn Left on Brevard St.	Unrestricted to parking garage entrance, then right half of road to Brooklyn Village Ave	25.25	9:44	12:14	13:11
Turn Right on Brooklyn Village Ave.	Restricted to Right hand curb lane	25.40	9:45	12:15	13:14
Clear Tryon St.	Restricted to Right hand curb lane	25.65	9:46	12:18	13:17
Clear Mint St as Brooklyn Village Ave turns into Graham St.	Restricted to Right hand curb lane	25.85	9:48	12:21	13:20
Turn Right on Fourth Street	Unrestricted to finish line	26.19	9:49	12:24	13:24
Finish on Fourth St mid block b/t Graham and Mint.		26.20	9:50	12:25	13:25