



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	UPTOWN	
Graham Street turns into Brooklyn Village Ave	Unrestricted	0.10	7:20	7:26	7:26		
Left on Tryon St.	Unrestricted	0.37	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	0.67	7:23	7:32	7:34		
4th Street turns into Randolph Road at Caswell	Both outbound lanes	2.07	7:31	7:48	7:53	EAST OVER	
Turn Right onto Colville Road	Unrestricted	2.77	7:35	7:56	8:03		
Turn Left on Scotland Ave.	Unrestricted	3.87	7:42	8:09	8:18		
Turn Left onto Providence Road	Unrestricted	4.27	7:44	8:13	8:23	MYERS PARK	
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	4.30	7:44	8:14	8:24		
Turn Right on Hampton Ave.	Unrestricted	4.37	7:45	8:15	8:25		
RELAY EXCHANGE #1							
Turn Left on Oxford	Unrestricted	5.07	7:49	8:23	8:34		
Turn Left on Beverly Dr.	Unrestricted	5.12	7:49	8:23	8:35		
Turn Right on Rensford Ave.	Unrestricted	5.47	7:51	8:27	8:40		
Turn Right on Sharon Road	Restricted to right side of road	5.57	7:51	8:28	8:41		
Turn Left on E. Queens Road	Restricted to right side of road	5.58	7:51	8:28	8:41		

Straight as E Queens Road turns into W Queens Road (Clear Selwyn)	Restricted to right two lanes on right side of median	6.22	7:55	8:36	8:50	MYERS PARK	
Queens Road W. at Princeton Ave.	Restricted to right two lanes on right side of median	6.67	7:58	8:41	8:56		
Straight onto Kings Drive Crossing East Boulevard	Restricted to right two lanes on right side of median	7.32	8:01	8:48	9:05		
Cross Brunswick / Atrium Entrance	Unrestricted as Runners transition from right side of road to left.	7.87	8:05	8:55	9:13		
Turn Left onto Morehead Street	Restricted to left two lanes. Runners face traffic.	8.97	8:11	9:07	9:28	DILWORTH	
Cross Kenilworth Ave.	Restricted to left two lanes. Runners face traffic.	8.32	8:07	9:00	9:19		
Turn Left on Arosa Avenue	Unrestricted	8.52	8:08	9:02	9:22		
Turn Left onto Dilworth Road	Restricted to left side of road to Berkeley then right side of road	8.57	8:09	9:03	9:22		
Turn Right onto E. Park Ave.	Unrestricted	8.97	8:11	9:07	9:28		
Turn Right onto Winthrop / Myrtle Ave.	Restricted to right side of road	9.32	8:13	9:11	9:33		
Turn Right onto Mt. Vernon Ave.	Unrestricted	9.57	8:14	9:14	9:36		
Turn Left onto Dilworth Road	Restricted to left half of road, facing traffic.	9.77	8:15	9:16	9:39		
Stay Left onto E. Morehead Street	Restricted to left curb lane. Runners face traffic.	10.02	8:17	9:19	9:42		
Cross Euclid Ave.	Restricted to left curb lane. Runners face traffic.	10.25	8:18	9:22	9:45	SOUTHEND / WILMORE	
RELAY EXCHANGE #2							
Turn Left onto S. Tryon Street	Restricted to left two lanes. Runners face traffic.	10.67	8:21	9:27	9:51		
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	UPTOWN	
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	Restricted to left of road to Parking Garage entrance / exit, then unrestricted	13.15	8:35	9:55	10:25	UPTOWN
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	GREEN-WAY
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 left 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	NODA
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	PLAZA MIDWOOD
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	PL. MDWD
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	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	NODA
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	GREENWAY
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	UPTOWN
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	1:02	
Clear 3rd St	Restricted to Right hand curb lane	24.72	9:41	12:08	1:04	
Turn Right on MLK	Restricted to Right hand side of road	24.85	9:42	12:09	1:06	
Clear Caldwell Ave.	Runners move to left hand side of road, curb lane	25.17	9:44	12:13	1:10	

Turn Left on Brevard St.	Unrestricted to parking garage entrance, then right half of road to Stonewall	25.25	9:44	12:14	1:11	UPTOWN
Turn Right on Brooklyn Village Ave. Clear Tryon St.	Restricted to Right hand curb lane Restricted to Right hand curb lane	25.40 25.65	9:45 9:46	12:15 12:18	1:14 1:17	
Clear Mint St as Brooklyn Village Ave turns into Graham St.	Restricted to Right hand curb lane	25.85	9:48	12:21	1:20	UPTOWN/ FINISH
Turn Right on Fourth Street	Unrestricted to finish line	26.19	9:49	12:24	1:24	
Finish on Fourth St mid block b/t Graham and Mint.		26.20	9:50	12:25	1:25	