

2019 RTB Training Ride 2 Turn-by-Turn

0 mi	Head west on James Jackson Ave toward NW Cary Pkwy
0.14 mi	Turn LEFT on NW Cary Pkwy
2.15 mi	Turn RIGHT on Waldo Rood
3.28 mi	Continue straight onto Jenks Carpenter Rd
4.57 mi	Turn LEFT on Holt Rd
5.53 mi	Turn LEFT on Old Jenks Rd
5.91 mi	Turn RIGHT on Davis Dr
6.14 mi	Continue onto North Salem St
6.81 mi	Turn LEFT on Apex Peakway
7.95 mi	Turn LEFT on Center St/Old Ten Ten Rd
9.05 mi	Continue onto Ten-Ten Rd
19.65 mi	Turn RIGHT on Old Stage Rd
21.13 mi	Slight RIGHT to stay on Old Stage Rd
26.81 mi	Turn RIGHT on Bud Lipscomb Rd
28.79 mi	Turn RIGHT on Kennebec Rd
29.66 mi	Turn LEFT on Maude Stewart Rd
31.33 mi	Turn LEFT on NC-55
31.57 mi	Turn RIGHT on Kennebec Church Rd
32.17 mi	Turn RIGHT on Rawls Church Rd
38.18 mi	Turn RIGHT on Christian Light Rd
38.35 mi	Turn LEFT on Oakridge Duncan Rd
40.45 mi	Turn LEFT on NC-42
40.73 mi	Turn RIGHT on Cokesbury Rd
41.24 mi	Continue onto Buckhorn Duncan Rd
44.1 mi	Turn RIGHT on Cass Holt Rd
44.26 mi	Turn LEFT on Rex Rd
46.62 mi	Continue onto New Hill Holleman Rd
51.46 mi	Continue onto New Hill Olive Chapel Rd
55.73 mi	Slight LEFT onto New Hill Rd
56 mi	Continue onto NC-751
59.29 mi	Turn RIGHT on Lewter Shop Rd
61.32 mi	Continue onto Morrisville Pkwy
63.21 mi	Turn RIGHT on Green Level Church Rd
63.61 mi	Turn LEFT on Green Hope School Rd
64.58 mi	Turn LEFT on Highcroft Dr
64.91 mi	Turn RIGHT on Morrisville Pkwy
68.47 mi	Turn RIGHT on Crabtree Crossing Pkwy
68.91 mi	Turn LEFT on Ridge Creek Dr
69.22 mi	Turn LEFT on Preston Grande Way
69.55 mi	Turn LEFT on Rainbrook Dr
69.73 mi	Continue onto James Jackson Ave
69.86 mi	Destination

Important Notes

Suggested Rest Stops:

- **Mile 17.5:** Gas station
- **Mile 31.5:** Gas station
- **Mile 47:** Harris Lake County Park (bathroom and water fountain at the back of the park)
- **Mile 64:** Thomas Brooks Park (bathroom and water fountain)

In case of Emergency:

- 911
- Jill Flanagan – 919-602-3035
- Inside-Out Sports – 919-466-0101