

NC Stroke Association Cycle for Life...2010 cue sheet.xls
100 mile route
October 2,2010

Total	Distance	Directions
0.0	0.0	Hanover Park Vineyard – R turn out of vineyard – Yadkin Co.
1.0	1.0	Intersect with 601 – STOP – Be careful – go straight
1.3	0.3	L turn onto Chinquapin Rd.
2.5	1.2	Bear R onto Bell Branch Rd. – Davie County
3.9	1.4	L turn onto Liberty Church Rd.
8.1	4.2	R turn onto Bear Creek Church Rd.
13.4	5.3	Rest Stop on R at Gunter's Market – Iredell County
16.9	3.5	T-intersection with Lone Hickory Rd. – Rides split
16.9		100/65/40 mile – L turn; 25 mile R turn
18.8	1.9	L turn onto Rt. 21 – Be careful of traffic
20.5	1.7	R turn onto Barnard Mill Rd.
21.8	1.3	R turn onto Hunting Creek Rd.
23.2	1.4	L turn onto Barron Mill Rd. – note ride split for 100/65&40
23.2		Rest Stop on rt corner at turn
24.1	0.9	R turn onto Barnard Mill Rd.
24.8	0.7	R turn onto Union Grove Rd.
25.3	0.5	Cross I-77 bridge
29.3	4.0	R turn onto Rt. 901 – Very busy traffic – Be careful!!!
29.4	0.1	R turn onto Howard's Bridge Rd.
34.3	4.9	L turn onto Somers Rd.
35.3	1.0	Wilkes County Line
36.4	1.1	Rest stop- split for 100 and 65 mile
36.4		R turn onto Somers Rd
37.3	0.9	L turn onto Mitchell Circle
37.8	0.5	L turn onto Mitchell Mill Rd
39.9	2.1	Bear R onto South Windy Gap Rd at Jarvis Store Rd
46.7	6.8	Cross US 421- road changes to Old US 421/Speedway Rd
49.5	2.8	L turn onto Fishing Creek Rd
50.8	1.3	L turn onto Mt. Sinai Rd
52.4	1.6	L turn onto Little Brushy Mt Rd
55.1	2.7	L turn onto Cling Johnson Rd
55.4	0.3	Rt onto Windy Gap Rd- Steep decent
60.9	5.5	Road changes to Mitchell Mill Rd at Jarvis Store
63.0	2.1	R turn onto Mitchell Circle
63.5	0.5	R turn onto Somers Rd
64.4	0.9	L turn onto Hunting Creek- Rest Stop
64.4	0.0	L turn onto Old Rash Rd
66.1	1.7	T-intersection R turn (no street name)

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68.1	2.0	R turn onto Windsor Rd.
68.5	0.4	L turn onto Henderson Rd.
70.8	2.3	T- intersection – Stop Sign – L turn onto Buck Shoals Rd.
71.7	0.9	R turn onto Asbury Church Rd.; cross I-77
72.0	0.3	R turn onto Seagraves Rd. which becomes Sloan Mill's Rd
72.0		rough road and sharp curves ahead – be careful
75.7	3.7	L turn onto Hunting Creek Rd.
75.9	0.2	L turn onto Hamptonville Rd.; Rest Stop on L at
75.9		corner of Hunting Creek and Hamptonville Rd
79.6	3.7	R turn onto Rt. 21 – Be careful of traffic
80.0	0.4	L turn onto Arnold Rd. (some sharp turns ahead and dogs)
84.1	4.1	L turn onto Lone Hickory Rd.
89.8	5.7	Cross US 601- road changes to Old Stage
94.0	4.2	R turn onto Watkins Rd
95.6	1.6	R turn onto Courtney-Huntsville Rd
99.5	3.9	R turn into Hanover Park Vineyard