

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

<b>Total</b>	<b>Distance</b>	<b>Directions</b>
0	0	Hanover Park Vineyard – <b>R</b> turn out of vineyard – <b>Yadkin Co.</b>
1.0	1.0	Intersect with 601 – <b>STOP</b> – Be careful – go <b>straight</b>
1.3	0.3	<b>L</b> turn onto Chinquapin Rd.
2.5	1.2	Bear <b>R</b> onto Bell Branch Rd. – <b>Davie County</b>
3.9	1.4	<b>L</b> turn onto Liberty Church Rd.
8.1	4.2	<b>R</b> turn onto Bear Creek Church Rd.
13.4	5.3	<b>Rest Stop 1</b> on <b>R</b> at Gunter's Market – <b>Iredell County</b>
16.9	3.5	T-intersection with Lone Hickory Rd. – <b>Rides split</b>
16.9		100/65/40 mile – <b>L</b> turn; 25 mile <b>R</b> turn
18.8	1.9	<b>L</b> turn onto Rt. 21 – <b>Be careful of traffic</b>
20.5	1.7	<b>R</b> turn onto Barnard Mill Rd.
21.8	1.3	<b>R</b> turn onto Hunting Creek Church Rd.
23.2	1.4	<b>R</b> turn onto Hamptonville Rd. – <b>note ride split for 100/65&amp;40</b>
23.2		<b>Rest Stop 2</b> on rt corner at turn
26.9	3.7	<b>R</b> turn onto Rt. 21 – <b>Be careful of traffic</b>
27.3	0.4	<b>L</b> turn onto Arnold Rd. ( <b>some sharp turns</b> )
31.4	4.1	<b>L</b> turn onto Lone Hickory Rd.
36.7	5.3	<b>R</b> turn onto Fish Brandon Rd.
38.5	1.8	Intersect 601 – <b>STOP</b> – Be careful- <b>go straight</b>
39.5	1.0	<b>L</b> turn into Hanover Park Vineyard