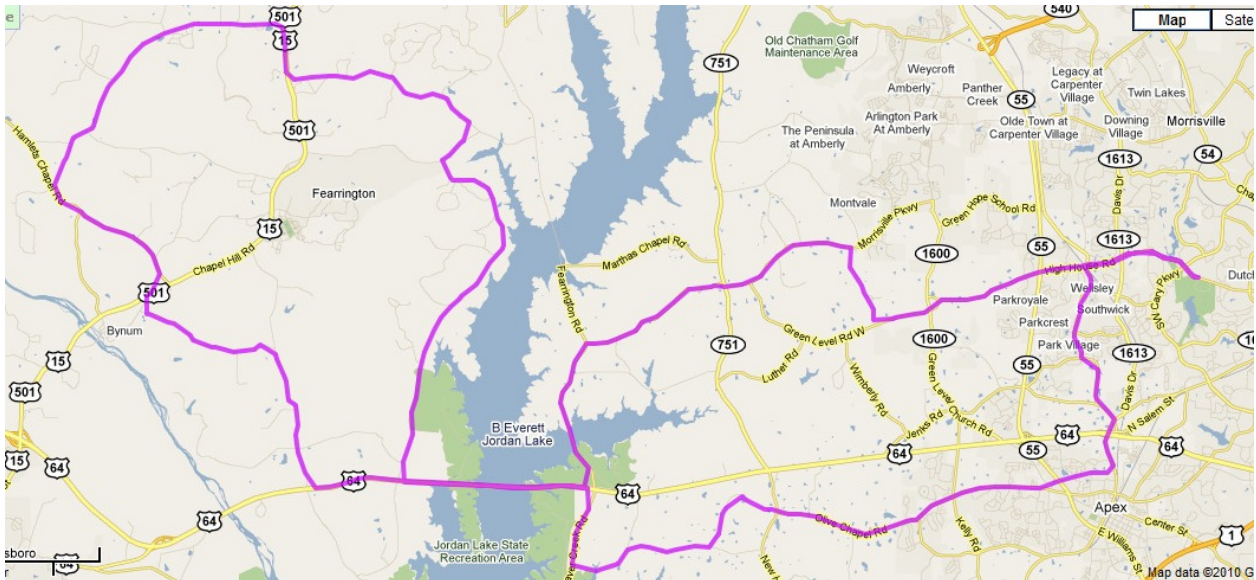


NCBC Summer Rally

July 11, 2010

100k



Start/Finish Bond Park
Leave 0830

“Celebration of Life for Bruce” in memory of cycling advocate Bruce Rosar. Plan to share memories at the Buehler Shelter in Bond Park from 1300 to 1500.

NCBC 2010 Summer Rally 100k					
Seq	At	Go	For	On	Comments
1	Start			Bond Park - Cary, NC	
2	0.0	Left	0.3	High House	Caution turning left out of Bond
3	0.3	Straight	1.8	Cross Cary Parkway	Traffic light - Right lane only
4	2.1	Left	0.3	Jenks Carpenter Rd	
5	2.4	Right	1.3	Jenks Carpenter Rd (SR 3011)	
6	3.7	Left	1.0	Holt Rd	
7	4.7	Left	0.4	Old Jenks Rd	
8	5.1	Right	0.9	Davis Dr/Salem Street	Traffic lights crossing under Hwy 64
9	6.0	Right	0.9	Apex Peakway	
10	6.9	Straight	0.2	Cross Hwy 55	Traffic light
11	7.1	Right	4.7	Olive Chapel Rd	Traffic light
12	11.8	Right	0.1	New Hill/Olive Chapel Rd	Caution intersection by church
13	11.9	Left	1.7	Olive Chapel Rd Exd	
14	13.6	Right	2.5	Tody Goodwin	
15	16.1	Right	1.3	Beaver Creek Rd	
16	17.4		33.0	SAG - Wilsonville Gas Station	short Traffic light crossing Hwy 64
17	17.4	Left	4.7	Hwy 64	Single file on shoulder only
18	22.1	Right	2.5	Mt Gilead Church Rd	
19	24.6	Left	2.4	Bynum Ridge Rd	
20	27.0	Right	0.3	Bynum Rd	
21	27.3	Right	0.4	Hwy 15/501	Caution - Single file
22	27.7	Left	2.6	Hamlets Chapel Rd	Caution - left turn
23	30.3	Right	5.2	Manns Chapel Rd	
24	35.5			SAG - Kangaroo Station	
25	35.5	Right	0.9	Hwy 15/501	
26	36.4	Left	3.6	Lystra Rd	Caution - left at traffic light
27	40.0	Right	0.8	Jack Bennett Rd	
28	40.8	Right	6.4	Big Woods Rd	
29	47.2	Left	3.2	Hwy 64	Caution - left turn - no traffic light
30	50.4			SAG - Wilsonville Gas Station	
31	50.4	Straight	2.6	Farrington Rd	
32	53.0	Right	2.6	Holland Chapel	
33	55.6	Right	0.1	Hwy 751	Single file - caution left turn
34	55.7	Left	2.3	Lewter Shop Rd	
35	58.0	Right	1.4	White Oak Church Rd	
36	59.4	Left	3.0	Green Level West	
37	62.4	Straight	1.3	High House	Cross Hwy 55 - Traffic light
38	63.7	Straight	1.1	Cross Davis Drive	Traffic light
39	64.8	Straight	0.4	Cross Cary Parkway	Traffic light
40	65.2	Right		Bond Park - Cary, NC	Climb = 3,358'
<p>This ride supports The Peloton Project group ride protocol</p> <p>Stop at red (Obey traffic lights and stop signs)</p> <p>Share the road (Ride two abreast and let cars pass quickly)</p> <p>Signal your moves (Behave predictably and responsibly)</p> <p>Show the way (Be responsible in leading the pack)</p> <p>Speak up (Communicate hazards in group)</p> <p>Slide left (Anticipate Left turns)</p>					
Emergency:			911		Yellow
Rider Assistance:			Race Director: 919-924-3039		