

At	TURN	Go *	ON
0.0	-	0.7	Lake Wheeler Park Rd
0.7	R	1.9 T	Lake Wheeler Rd (1375)
2.6	R	1.0 S	Ten-Ten (1010)
3.6	L	4.6	Johnson Pond (merges w/Bell's Lake) (1404); cross Middle Creek & CLIMB!
8.2	R	1.2	Whitted Rd (1407)
9.4	L	1.6 T	Sunset Lake Rd (1301)
11.0	X	6.1 SX	US-401; becomes Purfoy Rd (1446); through "Holland" crossroads
17.1	L	2.6 T	Chalybeate Springs Rd (1441) becomes W. Williams St in ANGIER
19.7	R	0.2 S	S. Raleigh St (55)
19.9	L	5.4 S	Mclver St / Benson Rd. (1303) Elem Schl
25.3	BR	0.8	Johnson (County Line) Rd.
26.1			<b>Rest Stop - Brentwood BP station; (at Bethel Ch Rd)</b>
26.1	-	0.5	Johnson County Line Rd
26.6	R	4.4	Abattoir Rd (note: the 100km route goes straight) (This begins the first "optional" loop); becomes Orange St in <b>Coats</b>
31.0	R	0.3	Main St (3rd stop sign)
31.3	L	0.3	McKinley
31.6	R	3.7	Crawford Rd x 421
35.3	L	3.8 T	Old Stage Rd becomes J St in <b>Erwin</b>
39.1	R	0.5	13th St
39.6	L	0.3	Iris Bryant Rd
39.9	R	0.5	Chicora Rd
40.4	L	0.5	Norris Rd
40.9	X	2.0 X	82 becomes Antioch Ch Rd
42.9	R	0.5 T	Erwin Rd in <b>Dunn</b>
43.4	L	1.2	Powell X 55
44.6	L	1.2 T	Friendly Rd
45.8	L	5.6 T	(Old) Fairground
51.4	L	2.6 X	27 bc Bailey's X-Rds
54.0	R	1.6	Ebenezer Ch; (Rejoin the "metric" route)
55.6	L	2.0 T	Benson (Hardee) Rd (1303)
57.6	R	8.2	Elevation (note: the 100km route goes straight) X 50, X I-40 (This begins the second "optional" loop—Black Creek/Four Oaks)
65.8	L	0.9 T	Black Crk Rd
66.7	L	0.8	Lassiter Rd
67.5	L	3.5	King Mill Rd
71.0	R	1.7 T	Raleigh Rd
72.7	L	3.8	Stephenson X I-40, X 50
76.5	R	2.3	Old Fairground Rd (1309) toward 210; (Rejoin the "metric" route)
78.8			<b>Rest Stop - "Dave's Gas &amp; Grill" at NC-210</b>
78.8	North	1.3	Old Fairground Rd (1309)
80.1	L	0.7	Honeycutt Rd (1536)
80.8	R	1.4	Two Claude Rd (1534)
82.2	L	0.2 T	Mt. Pleasant Rd (1533)
82.4	R	0.8	White Memorial Church Rd (1532)
83.2	R	4.7 T	Jackson King Rd; cross Middle Creek; becomes Rock Svc Stn Rd (1531) x 42
87.9	R	1.9	Pagan
89.8	L	3.0 T	Sauls (2727) X Ten-Ten Rd
92.8	R	1.2 T	Rand Rd (2758)
94.0	L	0.5 S	Benson Rd; 50; cross Swift Creek
94.5	L	1.5	Buffaloe Rd (2711)
96.0	L	1.9 T	TRO Buffaloe Rd (2711)
97.9	R	0.2 T	Vandora Springs Rd (2711)
98.1	L	0.5	Hall Blvd
98.6	L	0.2 T	Oakwater Dr
98.8	R	0.0	Woodland Rd
98.8	L	0.6 S	Timber Dr
99.4	L	0.9 S	Grovemont Dr
100.3	L	0.4	Old Stage Rd (1006)
100.7	R	0.4	Legend Rd (2782)
101.1	L	0.4 S	Fayetteville (401)
101.5	R	1.2 S	Simpkins Rd (2nd light) (1375)
102.7	L	0.5 T	Lake Wheeler Rd (1375)
103.2	R	0.7	Lake Wheeler Park Rd
<b>103.9</b>	-		<b>Finish!</b>

\* T = "Tee" intersection (i.e. end-of-road); S = Traffic Signal

For emergencies: Call **911 FIRST!**  
Lake Wheeler Park Office: 919-**662-5704**  
Adrian's mobile: 919-**247-6754**