


NCBC 2010 Spring Rally 100 mile					
Seq	At	Go	For	On	Comments
	Start			<b>Loop 1 - 21.4 miles</b>	
1	0.0			Angier Park	
2	0.0	Left	0.1	N Willow St	
3	0.1	Left	0.3	Hwy 210 (E Depot St)	
4	0.4	Right	0.2	S Pleasant St	
5	0.6	Left	4.7	E Mciver St	Turns into Benson Rd
6	5.3	Right	0.8	Johnson County Rd	Also called County Line Rd
7	6.1	Right	1.5	Langdon Rd/Oak Grove Church	
8	7.6	Left	0.6	Carson Gregory Rd	
9	8.2	Right	0.8	Maple	
10	9.0	Right	0.2	Hwy 55	
11	9.2	Left	3.2	Old Stage Rd	
12	12.4	Right	3.1	Sheriff Johnson Rd	
13	15.5	Right	4.7	Old Buis Creek	
14	20.2	Left	0.9	Hwy 55	
15	21.1	Right	0.2	Hwy 210 (E Depot St)	Caution - Traffic light Hwy 55/Hwy 210
16	21.3	Left	0.1	N Willow St	
17	21.4	Right		N Williams St (Angier Park entrance)	
				<b>Loop 2 - 19.6</b>	
14	21.4	Left	0.1	N Willow St	
15	21.5	Right	4.7	Hwy 210 (Depot St)	
16	21.7	Straight	6.7	Hwy 210 (Depot St)	Traffic light - cross Hwy 55
17	26.2	Right	2.3	Harnet Center	Caution - Hwy 410
18	28.4	Right	-0.4	Hwy 401	
19	28.5	Left	2.2	Kipling Rd	
20	28.0	Straight	4.4	Kipling	
21	30.7	Right	2.3	Hardee Rd	
22	32.4	Right	3.8	Christian Light Rd	
23	33.0	Right	3.4	Baptist Grove Rd	
24	36.2	Left	0.5	Chalybeate Rd	1515
25	36.4	Left	4.5	Hwy 401	
26	36.7	Right	4.4	Chalybeate Springs Rd	
27	40.9	Straight	0.2	E Williams St	Caution - cross Hwy 55
28	41.1			Angier Park	<b>Climb=1775'</b>
<p>This ride supports <b>The Peloton Project</b> group ride protocol</p> <p><b>Stop at red</b> (Obey traffic lights and stop signs)</p> <p><b>Share the road</b> (Ride two abreast and let cars pass quickly)</p> <p><b>Signal your moves</b> (Behave predictably and responsibly)</p> <p><b>Show the way</b> (Be responsible in leading the pack)</p> <p><b>Speak up</b> (Communicate hazards in group)</p> <p><b>Slide left</b> (Anticipate Left turns)</p>					
For 175 lb rider at 17 mph = 2 hr/25 min at 2,300 Kcal					
Emergency:			911		<b>Red</b>
Rider Assistance:			LTF: 717-377-4840		
			On course: 919-971-7345, 919-793-8110 & 919-604-1744		