


NCBC 2010 Spring Rally 100k					
Seq	At	Go	For	On	Comments
1	Start			Life Time Fitness	
2	0.0	Left	0.4	Regency Pkwy	
3	0.4	Straight	1.2	Ederlee Dr	
4	1.6	Left	2.2	Penny Rd (SR1379)	
5	3.8	Straight	2.3	Penny Rd (SR1379)	Cross Holly Springs Road
6	6.1	Right	1.7	Blaney Franks Rd (SR 1377)	
7	7.8	Left	1.0	Ten Ten Rd (SR 1010)	
8	8.8	Right	3.4	Lake Wheeler Rd	
9	12.2	Right	2.9	Hilltop-Needmore (SR 1393)	
10	15.1			Sunset Lake Rd/Bass Lake Rd	SAG - Citgo station
11	15.1	Left	0.5	Sunset Lake Rd (SR 1301)	
12	15.6	Left	1.2	Whitted Rd (SR 1407)	
13	16.8	Right	1.0	Johnson Pond Rd	
14	17.8	Left	0.1	Mill Creek Dr	
15	17.9	Left	1.3	Hwy 401 (N Main St) heading east	Caution - Cross Hwy 401
16	19.2	Right	2.2	Dwight Rowland Rd (SR 2753)	
17	21.4	Straight	2.7	Panther Lake Rd	Cross Hwy 42
18	24.1	Right	3.5	Old Stage Rd (SR 1006)	
19	27.6	Right	2.8	Hwy 210 (E Depot St)	
20	30.4	Right	0.1	N Willow St	
21	30.5	Right	0.0	E Williams St (Jack Marley Park)	SAG - Angier Park
22	30.5	Right	0.1	N Willow St	
23	30.6	Left	0.2	E Cutts St	
24	30.8	Right	0.3	Hwy 55	
25	31.1	Left	5.3	Rawls Church Rd (SR 1415)	
26	36.4	Straight	2.5	Rawls Church Rd (SR 1415)	Caution - Cross Hwy 401
27	38.9	Right	2.1	Christian Light Rd	
28	41.0	Straight	0.2	Barefoot Rd	Cross Wagstaff/Betts
29	41.2	Straight	0.3	Barefoot Rd	Cross Hwy 42 (W Academy St)
30	41.5	Right	0.4	O C Hester Rd	
31	41.9	Left	1.7	Piny Grove-Wilborn Rd	
32	43.6	Right	2.0	Wilborn Rd (SR 1110)	
33	45.6	Left	0.2	Hwy 55 (Broad St)	
34	45.8	Right	2.0	James Slaughter Rd (SR 1399)	
35	47.8	Right	0.3	Bass Lake Rd	
36	48.1		0.0	Sunset Lake Rd (SR 1301)/Bass Lake Rd	SAG - Citgo station
37	48.1	Straight	2.1	Hilltop-Needmore (SR 1393)	
38	50.2	Left	1.0	Johnson Pond	
39	51.2	Bear RT	1.2	Johnson Pond	
40	52.4	Left	3.9	Optimist Farm	Caution - Narrow w/ traffic
41	56.3	Right	0.5	Sunset Lake Rd	
42	56.8	Right	0.5	Holly Springs Rd (SR 1152)	
43	57.3	Left	2.0	Kildare Farm Rd (SR 1300)	
44	59.3	Straight	1.1	Kildare Farm Rd (SR 1300)	Traffic Light - Cross Ten Ten
45	60.4	Left	0.6	Penny Rd (SR1379)	
46	61.0	Right	1.1	Ederlee Dr	
47	62.1	Bear RT	0.4	Regency Pkwy	
48	62.5			Life Time Fitness	Climb=3,153'
<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>					
For 175 lb rider at 17 mph = 3 hr/40 min at 3,517 Kcal (16 Kcal/min)					
Emergency:		911		 Yellow	
Rider Assistance:		LTF: 717-377-4840			
		On course: 919-971-7345, 919-793-8110 & 919-604-1744			