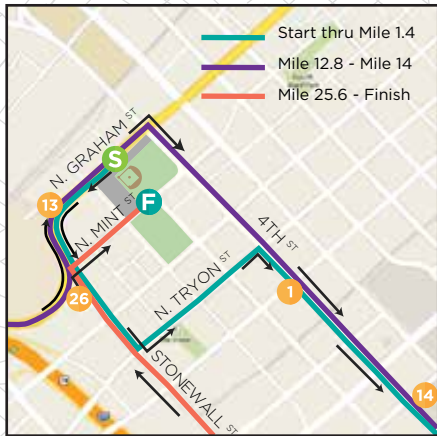




NOVANT HEALTH

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MAP KEY

- Course: Street Level
- Course: Greenway

- Mile Markers
- Water Stations & Novant Health First Aid Station

- Start Line
- Finish Line



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TURN BY TURN INSTRUCTIONS & MILEAGE TIMELINE

STREET DIRECTIONS	RESTRICTION	APPROXIMATE MILE	LEAD RUNNER	85% CLEAR (5:00:00 PACE)	TIME CLEAR
Start on Graham Street heading South	Unrestricted - All Lanes	Start	7:30 AM		7:35 AM
Graham Street turns into Stonewall Street	Unrestricted - All Lanes	0.10	7:30 AM	7:36 AM	7:36 AM
Turn Left onto S. Tryon Street	Unrestricted - All Lanes	0.50	7:32 AM	7:40 AM	7:41 AM
Turn Right onto 4th Street	Unrestricted - All Lanes until McDowell, then restricted to three left lanes until Kings, then restricted to two left lanes until crossing Charlotte- towne, then restricted to two Southbound lanes	0.80	7:34 AM	7:44 AM	7:46 AM
4th Street turns into Randolph Road at Caswell	Restricted to two Southbound lanes	2.35	7:43 AM	8:01 AM	8:07 AM
Turn Right onto Colville Road	Unrestricted - All Lanes	2.93	7:46 AM	8:08 AM	8:15 AM
Turn Left onto Providence Road	Two right-hand curb lanes	4.15	7:53 AM	8:22 AM	8:32 AM
Turn Right on S. Wendover Road	Two right-hand curb lanes	4.97	7:58 AM	8:31 AM	8:43 AM
Turn Right on Sharon Road	Two right-hand curb lanes	5.40	8:00 AM	8:36 AM	8:49 AM
Turn Left on Chilton Place	Unrestricted - All Lanes	6.07	8:04 AM	8:44 AM	8:58 AM
Turn Left on E. Queens Road	Unrestricted - All Lanes	6.32	8:06 AM	8:47 AM	9:01 AM
Straight as E Queens Road turns into W Queens Road (Clear Selwyn)	Two right-hand curb lanes	6.55	8:07 AM	8:50 AM	9:05 AM
Queens Road W. at Princeton Avenue	Two right-hand curb lanes	7.00	8:10 AM	8:55 AM	9:11 AM
Straight onto Kings Drive Crossing East Boulevard	Two right-hand lanes up to Hospital Entrance at Brunswick Ave - then Unrestricted - All Lanes to Morehead	7.63	8:13 AM	9:02 AM	9:19 AM
Turn Left onto Morehead Street	Two left-hand lanes (facing traffic)	8.32	8:17 AM	9:10 AM	9:29 AM
Turn Left on Arosa Avenue	Unrestricted - All Lanes	8.85	8:20 AM	9:16 AM	9:36 AM
Turn Left onto Dilworth Road	Unrestricted - All Lanes	9.00	8:21 AM	9:18 AM	9:38 AM
Keep Right onto Dilworth Road West	Right-hand side of road	9.20	8:22 AM	9:20 AM	9:41 AM
Turn Right onto East Park Avenue	Unrestricted	9.30	8:23 AM	9:21 AM	9:42 AM
Turn Right onto Euclid Avenue	Unrestricted - All Lanes	9.85	8:26 AM	9:27 AM	9:50 AM
Turn Left onto E. Morehead Street	Left-hand curb lane (facing traffic)	10.30	8:28 AM	9:32 AM	9:56 AM
Turn Left onto S. College Street	Unrestricted - All Lanes	10.70	8:31 AM	9:37 AM	10:02 AM
Turn Left onto S. Tryon Street	Two left-hand lanes (facing traffic)	10.75	8:31 AM	9:38 AM	10:02 AM
Turn Left onto Camden Road	Unrestricted - All Lanes	11.10	8:33 AM	9:42 AM	10:07 AM
Turn Right onto West Boulevard	Right-hand two lanes	11.40	8:35 AM	9:45 AM	10:11 AM
Turn Right onto S. Mint Street	Right-hand side of road	11.85	8:37 AM	9:50 AM	10:17 AM
Clear Morehead on Mint Street		12.70	8:42 AM	10:00 AM	10:29 AM
Turn Left on Stonewall Street	Right-hand curb lane	12.90	8:43 AM	10:02 AM	10:32 AM
Stonewall turns into Graham Street	Right-hand curb lane	12.95	8:44 AM	10:03 AM	10:32 AM
Turn Right on 4th Street	Right-hand two lanes until Mint St, then restricted to left hand curb lane runners facing traffic	13.15	8:45 AM	10:05 AM	10:35 AM
Turn Left on Caldwell Street	Right hand curb lane	13.90	8:49 AM	10:14 AM	10:46 AM
Clear Trade Street on Caldwell St.	Right-hand curb lane	14.00	8:50 AM	10:15 AM	10:47 AM
Clear 11th on Caldwell	Right-hand curb lane	14.56	8:53 AM	10:21 AM	10:55 AM
Clear 12th on Caldwell	Right-hand curb lane	14.64	8:53 AM	10:22 AM	10:56 AM
Bear Left on Parkwood Avenue	Right-hand curb lane	14.90	8:55 AM	10:25 AM	10:59 AM
Turn Left on Davidson Street	Right-hand side of road	15.50	8:58 AM	10:32 AM	11:07 AM
Clear Jordan on N. Davidson	Right-hand side of road	16.20	9:02 AM	10:40 AM	11:17 AM
Turn Right on 35th Street	Unrestricted - All Lanes	16.60	9:05 AM	10:45 AM	11:23 AM
Turn Right on The Plaza	Right-hand curb lane	17.29	9:08 AM	10:52 AM	11:32 AM
Clear Matheson on The plaza	Right-hand curb lane	17.46	9:09 AM	10:54 AM	11:34 AM
Bear Left on The Plaza at Parkwood Avenue	Right-hand curb lane	18.10	9:13 AM	11:02 AM	11:43 AM
Turn Right on Central Avenue	Right-hand curb lane	18.97	9:18 AM	11:12 AM	11:55 AM
Turn Right on Pecan Avenue	Unrestricted - All Lanes	19.10	9:19 AM	11:13 AM	11:57 AM
Turn Right on Chestnut Avenue	Unrestricted - All Lanes	19.30	9:20 AM	11:16 AM	12:00 PM
Turn Left on Thomas Avenue	Unrestricted - All Lanes	19.60	9:22 AM	11:19 AM	12:04 PM
Turn Left on Belvedere Avenue	Restricted to left hand side of road facing traffic	19.85	9:23 AM	11:22 AM	12:07 PM
Turn Left on Hawthorne Lane	Left-hand side of dbl yellow line (facing traffic)	19.95	9:24 AM	11:23 AM	12:09 PM
Turn Right on Central Ave	Far side of road curb lane - facing traffic	20.70	9:28 AM	11:32 AM	12:19 PM
Turn Left 7th Street	Unrestricted - to Charlottetowne Ave	21.30	9:31 AM	11:38 AM	12:27 PM
Clear Charlottetowne Ave on 7th Street	Restricted to right curb lane	21.50	9:33 AM	11:41 AM	12:30 PM
Turn Right on Dotger Ave	Unrestricted - All Lanes	22.60	9:39 AM	11:53 AM	12:45 PM
Turn Right on 5th Street	Unrestricted - All Lanes	22.70	9:39 AM	11:54 AM	12:46 PM
Turn Right on Caswell Avenue	Unrestricted - All Lanes	23.27	9:43 AM	12:01 PM	12:54 PM
Turn Left on Greenway Avenue	Unrestricted - All Lanes	23.34	9:43 AM	12:02 PM	12:55 PM
Turn Left on Park Drive	Unrestricted - All Lanes	23.40	9:43 AM	12:02 PM	12:56 PM
Turn Right on Park Drive	Unrestricted - All Lanes	23.80	9:46 AM	12:07 PM	1:02 PM
At Charlottetowne turn right on park sidewalk to take tunnel under Charlottetowne to Armory Drive. Once on Armory Dr. turn left and go appx. 63 feet to turn around.	Unrestricted - All Lanes	24.00	9:47 AM	12:09 PM	1:04 PM
Turn around on Armory Drive	Unrestricted - All Lanes	24.00	9:47 AM	12:09 PM	1:04 PM
Follow Armory around Memorial Stadium	Unrestricted - All Lanes	24.00	9:47 AM	12:09 PM	1:04 PM
Enter Little Sugar Creek Greenway at Armory & Kings Dr	Unrestricted - All Lanes	24.23	9:48 AM	12:12 PM	1:07 PM
After running under Kings Dr. overpass, turn left on "new" sidewalk that leads to asphalt greenway along Kings Drive. Cross Elizabeth Ave. at street level and immediately re-enter greenway going under 4th St. and 3rd. St. Begin to exit greenway at landscape circle even with front of Target store, taking sidewalk to the left. Sidewalk will take runners to Charlottetowne next to Wendy's. Turn right onto Charlottetowne Ave.					
Exit Greenway at Wendy's on Charlottetowne Ave	Right-hand curb lane	24.80	9:51 AM	12:18 PM	1:15 PM
Turn Right on Stonewall Street	Right-hand curb lane	24.90	9:52 AM	12:20 PM	1:17 PM
Turn Right on Mint Street	Unrestricted - All Lanes	26.05	9:59 AM	12:33 PM	1:32 PM
Finish on Mint at BB&T Ballpark	Unrestricted - All Lanes	26.20	10:00 AM	12:35 PM	1:35 PM

ELEVATION (FT)



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