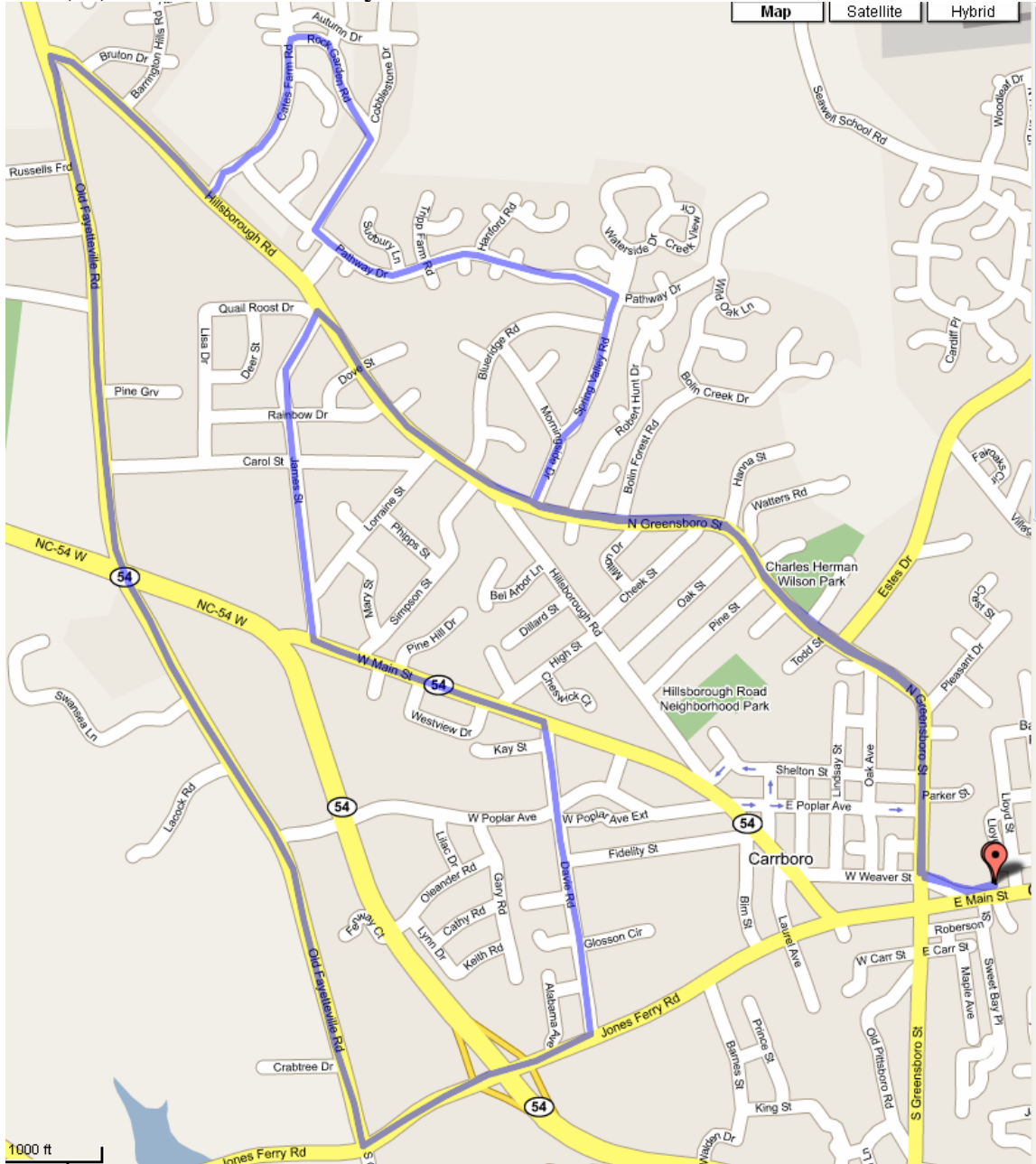


RUNNING ROUTE :
Ten (10) miles : Carrboro/Fayetteville Rd



Turn	Mileage	07:30	08:00	09:00	09:30	10:00	11:00
RIGHT Weaver	0.0	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00	0:00:00
RIGHT Greensboro	0.1	0:00:45	0:00:48	0:00:54	0:00:57	0:01:00	0:01:06
RIGHT Morningside	1.4	0:10:30	0:11:12	0:12:36	0:13:18	0:14:00	0:15:24
RIGHT Spring Valley	1.5	0:11:15	0:12:00	0:13:30	0:14:15	0:15:00	0:16:30
LEFT Pathway	1.8	0:13:30	0:14:24	0:16:12	0:17:06	0:18:00	0:19:48
RIGHT Cobblestone	2.4	0:18:00	0:19:12	0:21:36	0:22:48	0:24:00	0:26:24
LEFT Rockgarden	2.6	0:19:30	0:20:48	0:23:24	0:24:42	0:26:00	0:28:36
LEFT Gates Farm	2.9	0:21:45	0:23:12	0:26:06	0:27:33	0:29:00	0:31:54
RIGHT Hillsborough	3.3	0:24:45	0:26:24	0:29:42	0:31:21	0:33:00	0:36:18
LEFT Old Fayetteville	3.5	0:26:15	0:28:00	0:31:30	0:33:15	0:35:00	0:38:30
STRAIGHT across 54	4.6	0:34:30	0:36:48	0:41:24	0:43:42	0:46:00	0:50:36
LEFT Jones Ferry	5.8	0:43:30	0:46:24	0:52:12	0:55:06	0:58:00	1:03:48
LEFT Davie Road	6.3	0:47:15	0:50:24	0:56:42	0:59:51	1:03:00	1:09:18
LEFT Main	6.9	0:51:45	0:55:12	1:02:06	1:05:33	1:09:00	1:15:54
RIGHT James	7.3	0:54:45	0:58:24	1:05:42	1:09:21	1:13:00	1:20:18
RIGHT Greensboro	8	1:00:00	1:04:00	1:12:00	1:16:00	1:20:00	1:28:00
LEFT Weaver St	10	1:15:00	1:20:00	1:30:00	1:35:00	1:40:00	1:50:00
LEFT Fleet Feet	10.1	1:15:45	1:20:48	1:30:54	1:35:57	1:41:00	1:51:06