

Natty Green's 200k RUSA event Greensboro NC			
Nov 21, 2009 Sunrise-6:57 AM Sunset-5:04 PM Total hours 10h 07m 07s			
			Natty Green's
Total	Turn	Go	On
		0.0	0km start: 11/21 07:00
0.0	Right	0.9	S Elm St
0.9	Left	0.1	Fisher Park Cir/Florence St
1.0	Right	0.2	Fisher Park Cir
1.2	Left	0.2	Parkway Ave
1.4	Right	0.3	Cridland Rd
1.7	Left	0.2	Latham Rd
1.9	Right	0.7	Nottingham Rd
2.6	Left	0.1	Sunset Dr
2.7	Right	0.8	Lafayette Ave
3.5	Left	0.6	Colonial Ave
4.1	Right	3.6	Lawndale Dr
7.7	Continue	8.3	Lake Brandt Rd
16.0	Left	0.2	US-158 W
16.2	Right	2.0	Haynes Rd
18.2	Left	2.7	NC 65
20.9	Right	0.9	Sylvania Rd
	Lemons is just after crossing NC 68		
21.8	Left	2.0	Lemons Rd
23.8	Right	4.1	Gideon Grove Church Rd
27.9	Left		Store on Left
	into		45km open: 11/21 08:19
	Control		(28mi) close: 11/21 10:00

Total	Turn	Go	On
27.9	Right	0.6	Ellisboro Rd
28.5	Left	2.3	Rierson Rd
30.8	Right	0.7	Lindsey Bridge Rd
31.5	Left	0.7	W Gibson Dr
32.2	Straight	1.5	K Fork Rd (cross 311)
33.7	Right	1.3	Cardinal Rd
35.0	Left	6.9	NC 704 W
41.9			Store on right
41.9	Right	11.2	NC 704 W
53.1	Right	4.9	NC 8 N - Salem Hwy - VA-8 N
54.0			Store on Right
58.0	Left	0.1	Creasy Chapel Rd
58.1	Straight	3.2	cross Five Forks
61.3	Left	1.8	Dry Pond Hwy - VA103 S
63.1	Left		Dry Pond Store
	into		102km open: 11/21 10:00
	Control		(63mi) close: 11/21 13:48
Total	Turn	Go	On
63.1	Left	0.1	VA-103 S
63.2	Left	3.0	Collins - Collinstown
66.2	Left	3.1	Puckett Rd
69.3	Right	0.2	Aarons Corner Church Rd
69.5	Right	2.5	NC 704 W
72.0	Left	11.4	NC 89 S
83.4	Left		Danbury General Store
	into		134km open: 11/21 10:56
	Control		(83mi) close: 11/21 15:56

Total	Turn	Go	On
83.4	Left	0.1	Main St - NC8 - NC89
83.5	Left	2.2	Shepherd Mill Rd
85.7	Right	2.7	Pitzer Rd
88.4	Left	1.6	Dodgetown Rd
90.0	Right	1.3	Dillard Rd
91.3	Right	3.1	NC 772
94.4	BearRight	2.4	State Road 772
96.8	Straight	1.8	Pine Hall Rd
	Caution RR tracks		
98.6	Left	2.5	River Rd - Lindsey Bridge Rd
101.1	Right	1.9	Eden Church Rd
103.0	Right	1.2	Ellisboro Rd
104.2	Left	1.6	Simpson Rd
105.8	Right	1.5	Gideon Grove Church Rd
107.3	Left	2.0	Lemons Rd
109.3	Right	0.1	Lemons Loop - Sylvania Rd
109.4	Straight	0.8	Sylvania Rd (cross NC 68)
110.2	Left	0.1	NC 65 E
110.3	Straight	2.6	NC 65 (cross US 220)
112.9	Right	2.0	Haynes Rd
114.9	Left	0.2	US-158 E
115.1	Right	8.0	Lake Brandt Rd
123.1	Left	0.5	Air Harbor Rd
123.6	Right	1.3	Bass Chapel Rd
124.9	Right	6.1	N Elm St (traffic Circle)
131.0	Left		Natty Green's
	into		210km open: 11/21 12:53
	Control		(131mi) close: 11/21 20:30