

Street / Lane	Lanes	Approx Mile	Lead Runner	85% Clear (5:00:00 pace)	Time Clear (6:00:00 Hour)	Neighborhood
PACE		7:20 AM	0:05:43	0:11:27	0:13:45	
Start on Tryon St. at Levine Avenue; head South toward Good Samaritan Way	Unrestricted	Start	7:20 AM	7:30 AM	7:45:00 AM	UPTOWN
Turn Left onto Good Samaritan Way	Unrestricted	0.23	7:21 AM	7:22 AM	7:48 AM	
Turn Left onto College Street	Unrestricted	0.43	7:22 AM	7:24 AM	7:50 AM	
Turn Right onto 4th Street	Unrestricted to McDowell, then three righthand East bound lanes to Charlottetowne, both lanes b/t Charlottetowne and Caswell	0.72	7:24 AM	7:28 AM	7:54 AM	
4th Street becomes Randolph Road at Caswell	Both eastbound lanes	2	7:31 AM	7:42 AM	8:12 AM	EAST OVER
Turn Right onto Colville Road	Unrestricted	2.8	7:36 AM	7:52 AM	8:23 AM	
Turn Left onto Scotland Avenue	Unrestricted	3.7	7:41 AM	8:02 AM	8:35 AM	
Turn Left onto Providence Road	Unrestricted	4.1	7:43 AM	8:06 AM	8:41 AM	
Turn Right onto Hanson Drive	Unrestricted	4.1	7:43 AM	8:06 AM	8:41 AM	MYERS PARK
Turn Right onto Hampton Avenue	Unrestricted	4.2	7:44 AM	8:08 AM	8:42 AM	
Turn Left onto Oxford Road	Unrestricted	4.9	7:48 AM	8:16 AM	8:52 AM	
Turn Left onto E. Queens Road (East)	Restricted to southbound traffic / northbound traffic closed	5	7:48 AM	8:17 AM	8:53 AM	
Continue down Queens Road East past Sharon	Restricted to right side of road	5.2	7:49 AM	8:19 AM	8:56 AM	MYERS PARK
Queens Road W. at Roswell (turns to Queens Road West)	Restricted to right two lanes on right side of median	6	7:54 AM	8:28 AM	9:07 AM	
Continue on Queens Road West to East Boulevard	Restricted to right two lanes on right side of median	7.15	8:00 AM	8:41 AM	9:23 AM	
Turn Left onto East Boulevard; travel east in the westbound lane	Restricted to westbound lane; runners travel east	7.2	8:01 AM	8:42 AM	9:24 AM	
Turn Right onto Kenilworth Avenue	Southbound lane / one-way; runners travel north	7.8	8:04 AM	8:49 AM	9:32 AM	DILWORTH
Turn Left onto East Morehead Street	Restricted to left two lanes; runners face traffic	8.3	8:07 AM	8:55 AM	9:39 AM	
Turn Left onto Arosa Avenue	Unrestricted	8.5	8:08 AM	8:57 AM	9:41 AM	
Turn Left onto Dilworth Road	Restricted to right side of road, with traffic	8.6	8:09 AM	8:58 AM	9:43 AM	
Turn Right onto E. Park Avenue	Unrestricted	9	8:11 AM	9:03 AM	9:48 AM	DILWORTH
Turn Right onto Winthrop	Restricted to right side of road	9.3	8:13 AM	9:06 AM	9:52 AM	
Turn Right onto Myrtle Avenue	Restricted to right side of road	9.4	8:13 AM	9:07 AM	9:54 AM	
Turn Right onto Mt. Vernon Avenue	Unrestricted	9.6	8:14 AM	9:09 AM	9:57 AM	
Turn Left onto Dilworth Road	Restricted to left half of road, facing traffic	9.8	8:16 AM	9:12 AM	9:59 AM	DILWORTH
Stay Left onto E. Morehead Street	Restricted to two lanes; runners face traffic	10.05	8:17 AM	9:15 AM	10:03 AM	
Turn Left on Morehead Square Drive	Unrestricted	10.6	8:20 AM	9:21 AM	10:10 AM	
Turn Right on E. Carson Blvd	Unrestricted	10.6	8:20 AM	9:21 AM	10:10 AM	
Turn Left onto S. Tryon Street	Restricted to left two lanes; runners face traffic	10.7	8:21 AM	9:22 AM	10:12 AM	South End Wilmore
Turn Left onto Camden Road	Unrestricted	11.1	8:23 AM	9:27 AM	10:17 AM	
Turn Right onto Kingston Avenue	Restricted to righthand lanes, westbound with traffic	11.3	8:24 AM	9:29 AM	10:20 AM	
Turn Right onto S. Mint Street	Restricted to righthand lanes, northbound with traffic	11.75	8:27 AM	9:34 AM	10:26 AM	
Cross Summit Avenue	Restricted to right half of road	12	8:28 AM	9:37 AM	10:30 AM	UPTOWN
Cross Morehead on Mint Street	Restricted to right half of road	12.5	8:31 AM	9:43 AM	10:36 AM	
Turn Right onto Brooklyn Village Avenue	Runners restricted to left side of yellow median lane (Lane 1 & 2)	12.7	8:32 AM	9:45 AM	10:39 AM	
Turn Left onto Brevard Street	Restricted to left side of road	13.1	8:34 AM	9:50 AM	10:45 AM	
	(Transition Area- Runners Return)	13.2	8:35 AM	9:51 AM	10:46 AM	UPTOWN
Turn Right onto MLK Boulevard	Restricted to right side of road	13.3	8:36 AM	9:52 AM	10:47 AM	
Turn Left onto Caldwell Street	Cross street and use right-hand two lanes (NB with traffic)	13.37	8:36 AM	9:53 AM	10:48 AM	
Turn Right onto Belmont Street	Restricted to right side of road	14.5	8:42 AM	10:06 AM	11:04 AM	
Turn Left onto N. Myers Street	Restricted to right side of road	14.7	8:44 AM	10:08 AM	11:07 AM	UPTOWN
Turn Left onto 15th Street	Restricted to right side of road	14.8	8:44 AM	10:09 AM	11:08 AM	
Turn Right onto N. Davidson Street	Restricted to right side of road	15	8:45 AM	10:11 AM	11:11 AM	

2026 TURN-BY-TURN DIRECTIONS

Davidson & 24th Street (<i>Return Runners</i>)	Runners move to left-hand side of road facing traffic	15.5	8:48 AM	10:17 AM	11:18 AM	NODA
Cross Jordan Place	Restricted to left side of road facing traffic	16	8:51 AM	10:23 AM	11:25 AM	
Turn Right on 36th Street	Restricted to right side of road	16.6	8:54 AM	10:30 AM	11:33 AM	
Turn Right on The Plaza	Restricted to Lane 2 inbound, right side of road	17.2	8:58 AM	10:36 AM	11:41 AM	
Plaza & 35th (<i>Return Runners</i>)	Move to Lane 1, next to Median		7:20 AM	7:20 AM	7:45 AM	
Cross Matheson Avenue on The Plaza	Restricted to Lane 1, right side of road with traffic	17.4	8:59 AM	10:39 AM	11:44 AM	
Turn Left on The Plaza at Parkwood Avenue	Restricted to Lane 1 facing traffic (<i>Return runners in bike lane</i>)	18	9:02 AM	10:46 AM	11:52 AM	Plaza / Midwood
Cross Belvedere Avenue	Unrestricted	18.2	9:04 AM	10:48 AM	11:55 AM	
Turn Right onto Central Avenue	Restricted to right curb lane	18.9	9:08 AM	10:56 AM	12:04 PM	
Turn Right onto Pecan Avenue	Restricted to right side of road unless runners need to avoid resident traffic	19.1	9:09 AM	10:58 AM	12:07 PM	
Turn Right onto Chestnut Avenue	Unrestricted	19.5	9:11 AM	11:03 AM	12:13 PM	
Turn Left onto Thomas Street	Unrestricted	19.5	9:11 AM	11:03 AM	12:13 PM	
Turn Right onto Belvedere Avenue	Unrestricted	19.8	9:13 AM	11:06 AM	12:17 PM	
Turn Left onto The Plaza	Restricted to bike lane b/t Belvedere & Parkwood	19.9	9:13 AM	11:07 AM	12:18 PM	
Turn Right on The Plaza @ Parkwood Avenue	Restricted to left curb lane facing traffic (<i>Runner Traffic</i>)	20	9:14 AM	11:09 AM	12:20 PM	
Clear Matheson Avenue	Restricted to left curb (Lane 2) facing traffic	20.7	9:18 AM	11:17 AM	12:29 PM	NODA
Turn Left on 35th Street	Unrestricted	20.8	9:18 AM	11:18 AM	12:31 PM	
Turn Left on Yadkin Avenue	Unrestricted	21.4	9:22 AM	11:25 AM	12:39 PM	
Turn Right on Charles Avenue	Unrestricted	21.7	9:24 AM	11:28 AM	12:43 PM	
Turn Left on N. Davidson Street	Restricted to left-hand side / curb side facing traffic	21.8	9:24 AM	11:29 AM	12:44 PM	
Clear Jordan Place	Restricted to left-hand side of road facing traffic	21.9	9:25 AM	11:30 AM	12:46 PM	
Turn Left into the Greenway at 24th Street from D. Davidson	Use left side of Greenway	22.3	9:27 AM	11:35 AM	12:51 PM	GREENWAY
Cross 18th Street	Use left side of Greenway	22.8	9:30 AM	11:41 AM	12:58 PM	
Exit Greenway onto Alexander Street northbound	Restricted to left side of road	22.9	9:30 AM	11:42 AM	12:59 PM	
Turn around at approximately E. 18th Street	Left side of road	23	9:31 AM	11:43 AM	1:01 PM	
Turn Left on E. 17th Street	Left side of road	23.1	9:32 AM	11:44 AM	1:02 PM	
2nd Turn before McDowell Street	Left side of road	23.2	9:32 AM	11:45 AM	1:04 PM	
Turn Left on Alexandria Street	Left side of road	23.2	9:32 AM	11:45 AM	1:04 PM	
Re-enter Greenway and continue inbound	Use left side of Greenway	23.3	9:33 AM	11:46 AM	1:05 PM	
Turn Right on Greenway Trail (E. 15th Street)	Use left side of Greenway	23.4	9:33 AM	11:47 AM	1:06 PM	
Turn Left on Trail at East 15th & Myers	Use left side of Greenway	23.4	9:33 AM	11:47 AM	1:06 PM	
Cross Belmont Avenue	Use left side of Greenway	23.5	9:34 AM	11:49 AM	1:08 PM	
Stay on Trail southbound of Alexander Park	Use left side of Greenway	23.6	9:34 AM	11:50 AM	1:09 PM	
Exit Greenway onto East 12th Street	Unrestricted	23.8	9:36 AM	11:52 AM	1:12 PM	
Continue on East 12th Street to East 10th	Unrestricted	23.8	9:36 AM	11:52 AM	1:12 PM	UPTOWN
Turn Right onto East 10th Street	Restricted to right side of road / bike lane as applicable	23.9	9:36 AM	11:53 AM	1:13 PM	
Turn Left onto McDowell Avenue	Restricted to right-hand curb lane + Bike lane as applicable	24.1	9:37 AM	11:55 AM	1:16 PM	
Turn Right onto MLK Boulevard	Restricted to right-hand side of road with Traffic	24.8	9:41 AM	12:03 PM	1:26 PM	
Clear Caldwell Avenue / East MLK	Runners move to left-hand side of road, curb lane	25.1	9:43 AM	12:07 PM	1:30 PM	
Turn Left onto Brevard Street	Move to Right-side of road with traffic (<i>Transition Zone - 2 Way Runners</i>)	25.3	9:44 AM	12:09 PM	1:32 PM	
Turn Right onto Brooklyn Village Avenue	Restricted to right-hand curb lane	25.4	9:45 AM	12:10 PM	1:34 PM	
Clear Tryon Street	Restricted to right-hand curb lane	25.6	9:46 AM	12:13 PM	1:37 PM	
Clear Mint Street as Brooklyn Village Avenue turns into Graham Street	Restricted to right-hand curb lane	25.8	9:47 AM	12:15 PM	1:39 PM	
Turn Right onto Fourth Street	Unrestricted to finish line	26.1	9:49 AM	12:18 PM	1:43 PM	
Finish on Fourth Street mid-block between Graham	Finish	26.2	9:49 AM	12:19 PM	1:45 PM	