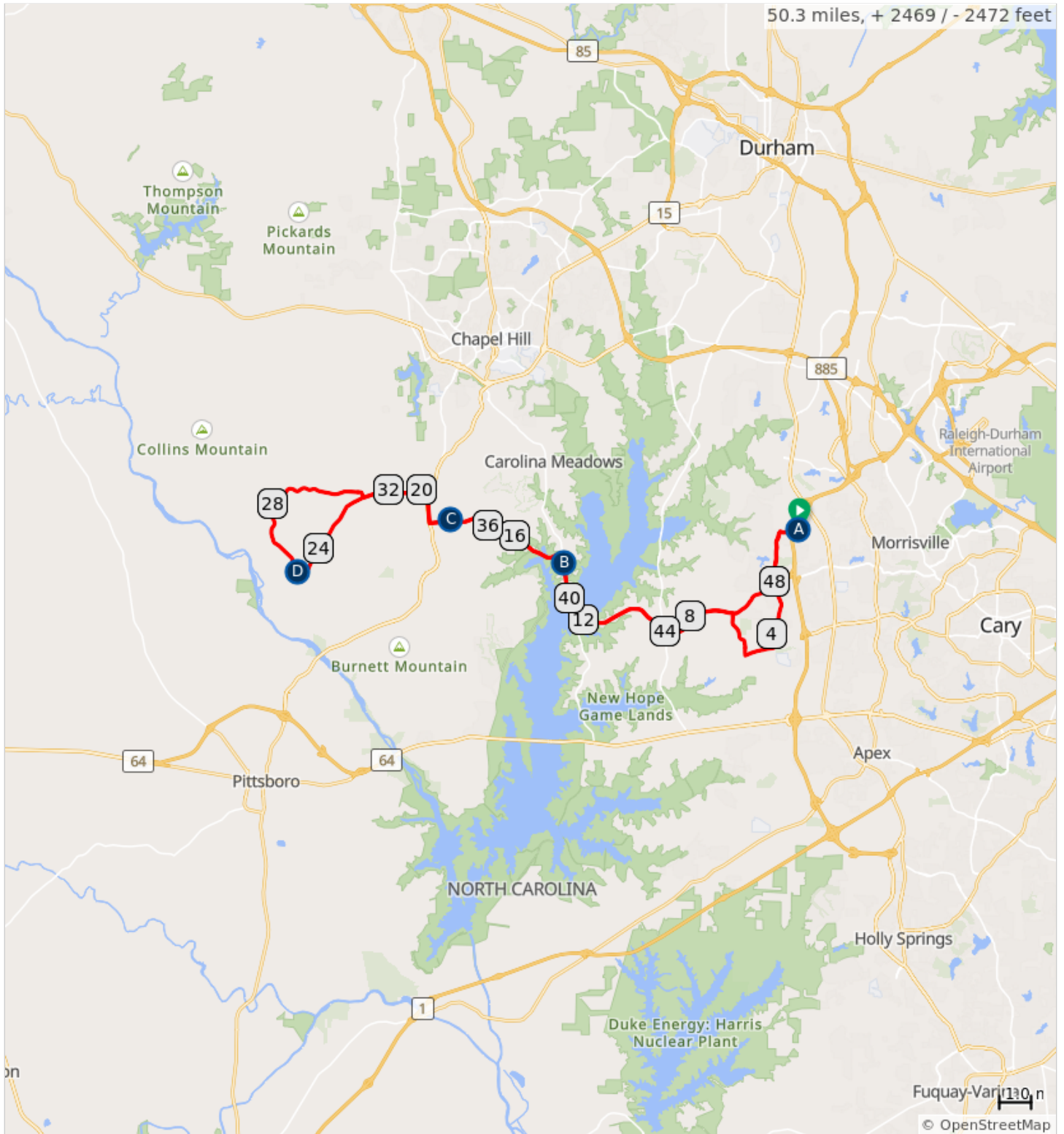


# 2023 Cup N Cone 50M Route



EMERGENCY - 911  
Course Help 919-395-9860

A.	FINISH - Panther Creek Stadium Parking Lot	C.	Top of Lystra Hill
B.	RS#1 Chatham EMS Station	D.	RS#2 Hamlets Chapel Church



2023 Cup N Cone 50M Route

Type	Dist	Note
	0.0	Start of route
	0.0	Start of Course - Panther Creek Stadium Parking Lot
	0.2	Right onto McCrimmon Pkwy
	0.7	CAUTION! Turn left onto Green Level Church Road
	2.5	Straight at Morrisville Pkwy
	4.3	Right onto Green Level W Rd
	5.3	Right onto White Oak Church Rd
	5.7	At the traffic circle, continue straight to stay on White Oak Church Rd
	6.7	Left onto Morrisville Pkwy
	7.0	Continue onto Lewter Shop Rd at County Line
	9.0	CAUTION! Turn right onto NC-751 N
	9.4	CAUTION! Turn left onto Marthas Chapel Rd
	12.3	CAUTION! Turn right onto Farrington Rd

12.3 miles. +520/-609 feet

Type	Dist	Note
	13.0	Continue onto Farrington Point Rd
	14.1	REST STOP #1 ON LEFT. Turn Around for 25 Mile Route
	14.4	CAUTION! Turn left onto Lystra Rd
	16.2	Start of Lystra Hill Climb
	18.3	Top of Lystra Climb
	19.0	CAUTION! Turn right onto US-15 N/ US-501 N. Ride on Shoulder!
	19.9	CAUTION! Turn left onto Manns Chapel Rd - turn lane!
	25.1	Right onto Hamlets Chapel Rd
	25.4	REST STOP #2 on LEFT Hamlets Chapel Church
	26.6	Continue onto Jones Ferry Rd
	27.7	Right onto Lamont Norwood Rd
	30.9	Veer right onto Poythress Rd
	31.1	CAUTION! Turn left onto Manns Chapel Rd

18.9 miles. +1211/-855 feet

Type	Dist	Note
	33.1	Right onto US-15 S/US-501 S. Ride on Shoulder!
	34.0	CAUTION! Turn left onto Lystra Rd. Use turn lane.
	38.6	Right onto Farrington Point Rd
	38.8	REST STOP #1 on RIGHT
	40.0	Continue onto Farrington Rd
	40.7	CAUTION! Turn left onto Marthas Chapel Rd
	43.5	Right onto NC-751 S
	43.9	CAUTION! Turn left onto Lewter Shop Rd
	46.0	Continue onto Morrisville Pkwy
	47.9	CAUTION! Turn left onto Green Level Church Road
	49.6	Right onto McCrimmon Pkwy
	50.1	Left into Panther Creek Stadium Parking Lot and FINISH!
	50.3	Emergency - 911

19.2 miles. +666/-876 feet

Type	Dist	Note
	50.3	End of route

0.0 miles. +0/-0 feet