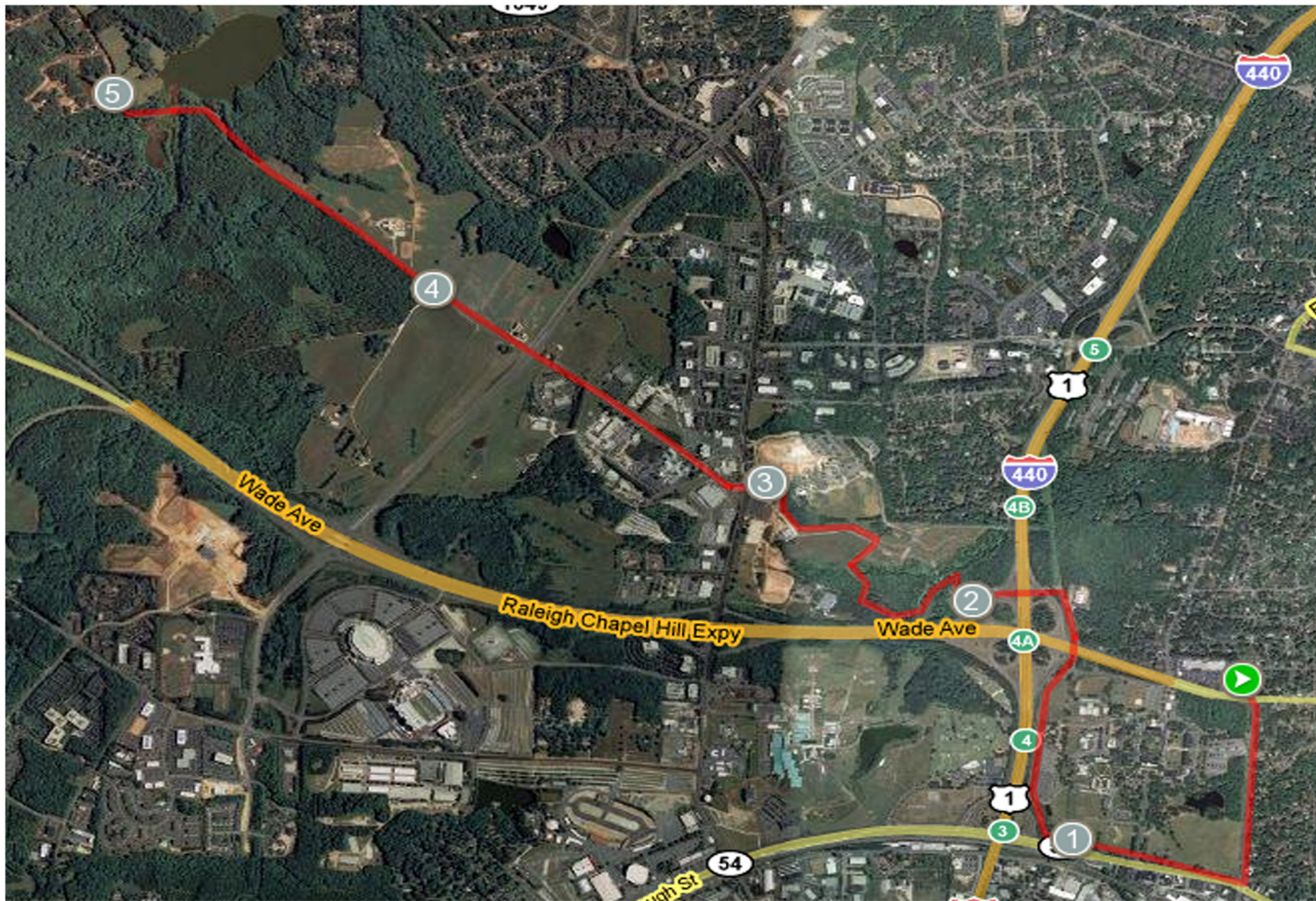


9-18 Mile Out-and-Backs from Fleet Feet Sports



- Exit Ridgewood Shopping Center at the light by Faircloth
 - Go up Faircloth to Hillsborough (sidewalk is on left)
- Turn Right across Faircloth at intersection- you are now on the greenway
- Follow the greenway around perimeter of Meredith College, it will go underneath Wade Avenue.
- Run up the hill and you will cross the pedestrian bridge over 440- you're now in the Art Museum park
 - Follow the trail around until you come out by the museum.
 - Turn Left up the slight uphill trail.
- When you get to a parking lot/museum entrance, you want to cross Blue Ridge Road at the crosswalk and stay on the sidewalk to the left of Reedy Creek Rd.
- After about a mile you come to another light and the greenway takes you to the left, looping under a road and back up to the opposite side of the intersection.
 - Cross to the right side of Reedy Creek Rd and follow the paved trail.

Turnarounds for 9, 11, 12.5, 14, 16, and 18 miles

- When you get to State Farm Rd on the Right, you're at the turnaround for a 9 mile run.
 - When you get to the gate to Umstead, you're at the turnaround for an 11 mile run.
- Stay straight on Reedy Creek Park Rd. When it intersects the other Reedy Creek trail turnaround for 12.5 miles
 - Intersection with Cedar Creek Trail is the turnaround for 14 miles
- Turn Right on Graylyn. The second time it crosses the electric line clearing is the turnaround for 16 miles
- Graylyn becomes a road as it exits the park. Continue until Ebenezer Church Rd. turnaround for 18 miles.