



**Regional SS1000  
June 11-12, 2005**

**Asheville, North Carolina**

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<b>Mile</b>	<b>Instruction</b>	<b>For</b>
<b>0.0</b>	<b>Depart Exxon Energy Mart on US-64 (North-East)</b>	<b>0.5 mi</b>
0.5	Take Ramp (LEFT) onto I-26 [US-74]	17.9 mi
18.4	At exit 1, turn LEFT onto Ramp	0.1 mi
18.5	Take Ramp (RIGHT) onto I-240	4.2 mi
22.7	At exit 4, turn LEFT onto Ramp	0.3 mi
23.0	Road name changes to US-19 [US-23]	16.5 mi
39.5	At exit SR-1549, keep RIGHT onto Ramp	0.1 mi
39.6	Bear RIGHT (North) onto US-19 [US-23]	1.6 mi
41.3	Bear LEFT (North) onto US-23	10.8 mi
<i>52.0</i>	<i>Entering Tennessee</i>	
52.0	Bear RIGHT (North-East) onto Ramp	87 yds
52.1	Road name changes to US-23	14.3 mi
66.4	Road name changes to US-19 [US-23]	16.3 mi
82.7	Road name changes to I-181 [US-19]	3.2 mi
85.9	At exit 35, turn RIGHT onto Ramp	0.3 mi
86.2	Keep STRAIGHT onto US-11 [SR-34]	22.0 mi
<i>107.6</i>	<i>Entering Virginia</i>	
108.2	Keep STRAIGHT onto Commonwealth Ave	0.6 mi
108.8	Take Ramp onto I-381	1.1 mi
109.9	At exit Ramp, take Ramp (RIGHT) onto I-81 [US-58]	68.9 mi
178.8	At exit 72, take Ramp (RIGHT) onto I-77	35.5 mi
<i>205.4</i>	<i>Entering West Virginia</i>	
214.3	*Toll road* Stay on I-77 (North-East)	30.6 mi
244.9	*Toll road* Road name changes to I-64 [I-77]	8.0 mi
252.9	At exit 48, turn RIGHT onto Ramp	0.2 mi
253.1	Bear RIGHT (North-East) onto US-19 Alt	1.4 mi
254.5	Road name changes to US-19	67.4 mi
321.9	Take Ramp (RIGHT) onto I-79 [US-19]	90.7 mi
412.6	At exit 148, take Ramp (RIGHT) onto I-68	4.4 mi
417.0	At exit 4, turn RIGHT onto Ramp	0.2 mi
417.2	Turn RIGHT (North) onto SR-7 [CR-92]	1.0 mi
418.2	Bear LEFT (North-West) onto SR-7 [Powell Ave]	0.7 mi
419.0	Bear LEFT (West) onto SR-7 [Earl L Core Rd]	0.1 mi
<b>419.1</b>	<b>At 1901 Earl L Core Rd, Morgantown, WV 26505, return North-East on SR-7 [Earl L Core Rd]</b>	<b>0.1 mi</b>
419.2	Bear RIGHT (East) onto SR-7 [Powell Ave]	0.7 mi
419.9	Bear RIGHT (South) onto SR-7 [CR-92]	1.1 mi
421.0	Take Ramp (LEFT) onto I-68	107.7 mi
<i>448.6</i>	<i>Entering Maryland</i>	
528.7	At exit 82, turn RIGHT onto Ramp	174 yds
528.8	Take Ramp (LEFT) onto I-70 [US-40]	24.6 mi
553.4	At exit 26, turn RIGHT onto Ramp	131 yds
553.5	Take Ramp (RIGHT) onto I-81 [Veterans Memorial Hwy]	1.2 mi

554.7	At exit 2, turn RIGHT onto Ramp	0.2 mi
555.0	Keep LEFT to stay on Ramp	87 yds
555.0	Bear LEFT (East) onto US-11 [Williamsport Pike]	2.4 mi
<b>557.5</b>	<b>At 17550 Virginia Ave, Hagerstown, MD 21740, return West on US-11 [Virginia Ave]</b>	<b>2.5 mi</b>
559.9	Take Ramp (LEFT) onto I-81 [Veterans Memorial Hwy]	131.4 mi
<i>562.1</i>	<i>Entering West Virginia</i>	
<i>588.2</i>	<i>Entering Virginia</i>	
691.3	Road name changes to I-64 [I-81]	29.9 mi
721.2	At exit 56, road name changes to I-81	110.1 mi
831.4	At exit 81, take Ramp (RIGHT) onto I-77	84.5 mi
<i>864.3</i>	<i>Entering North Carolina</i>	
915.8	At exit US-21, turn RIGHT onto Ramp	0.2 mi
916.0	Bear RIGHT (South-West) onto US-21 [Turnersburg Hwy]	2.0 mi
<b>918.0</b>	<b>At Petro Express [131 Turnersburg Hwy, Statesville, NC 28625], stay on US-21 [Turnersburg Hwy] (South)</b>	<b>1.1 mi</b>
919.1	Take Ramp (RIGHT) onto I-40	98.5 mi
1017.6	At exit 53, turn RIGHT onto Ramp	0.2 mi
1017.8	Keep STRAIGHT onto US-74 Alt	0.4 mi
1018.2	Turn RIGHT (South-West) onto Blue Ridge Pkwy	4.0 mi
1022.2	Turn LEFT (South) onto US-25 [Hendersonville Rd]	9.2 mi
1031.4	Take Ramp (LEFT) onto I-26 [US-74]	5.5 mi
1036.9	At exit 18, turn RIGHT onto Ramp	0.3 mi
1037.2	Bear RIGHT (South-West) onto US-64	0.1 mi
<b>1037.3</b>	<b>Arrive Exxon Energy Mart</b>	