



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

Clayton, North Carolina

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Site Coordinator**



Mile	Instruction	For
0.0	Depart Shell on SR-42 (East)	0.3 mi
0.3	Take Ramp (RIGHT) onto I-40	16.0 mi
16.4	At exit 328, take Ramp (RIGHT) onto I-95	119.3 mi
<i>97.9</i>	<i>Entering South Carolina</i>	
135.7	At exit 160, take Ramp (LEFT) onto I-20	77.6 mi
213.3	At exit 64, take Ramp (RIGHT) onto I-26 [US-76]	2.6 mi
215.9	At exit 104, turn RIGHT onto Ramp	0.3 mi
216.2	Arrive SR-67, Columbia, SC 29210	
216.2	Depart SR-67, Columbia, SC 29210 on Ramp (North-West)	0.3 mi
216.5	Merge onto I-26 [US-76]	143.5 mi
<i>320.7</i>	<i>Entering North Carolina</i>	
360.0	At exit 1, turn LEFT onto Ramp	0.1 mi
360.1	Take Ramp (LEFT) onto I-40 [US-74]	76.5 mi
<i>406.3</i>	<i>Entering Tennessee</i>	
436.6	At exit 421, take Ramp (RIGHT) onto I-81	7.9 mi
444.5	At exit 8, turn RIGHT onto Ramp	0.2 mi
444.7	Turn LEFT (South) onto US-25 [SR-32]	0.3 mi
445.0	Arrive Shell	
445.0	Depart Shell on US-25 [SR-32] (North)	0.2 mi
445.2	Take Ramp (RIGHT) onto I-81	140.9 mi
<i>513.0</i>	<i>Entering Virginia</i>	
586.1	Road name changes to I-77 [I-81]	8.5 mi
594.6	At exit 81, road name changes to I-81 [US-11]	109.9 mi
704.5	Road name changes to I-64 [I-81]	28.7 mi
733.2	At exit 220, turn RIGHT onto Ramp	1.0 mi
734.2	Turn RIGHT (North) onto SR-262	0.5 mi
734.7	Turn RIGHT onto Ramp	0.3 mi
735.0	Turn RIGHT (North) onto US-11 [Greenville Ave]	0.1 mi
735.1	Arrive 1449 Greenville Ave, Staunton, VA 24401	
735.1	Depart 1449 Greenville Ave, Staunton, VA 24401 on US-11 [Greenville Ave] (South)	0.3 mi
735.5	Take Ramp (LEFT) onto SR-262	0.6 mi
736.1	Turn LEFT onto Ramp	164 yds
736.2	Take Ramp (LEFT) onto I-64 [I-81]	1.7 mi
737.9	At exit 221, take Ramp (RIGHT) onto I-64	90.7 mi
828.6	At exit 177, take Ramp (RIGHT) onto I-295	16.3 mi
844.9	At exit 37, take Ramp (RIGHT) onto US-360 [Mechanicsville Tpke]	1.0 mi
845.9	Turn LEFT (North) onto SR-1133 [Wynbrook Ln], then immediately turn LEFT (West) onto US-360 [Mechanicsville Tpke]	0.3 mi

846.2	Arrive Texaco	
846.2	Depart Texaco on US-360 [Mechanicsville Tpke] (West)	0.5 mi
846.6	Take Ramp (RIGHT) onto I-295	36.6 mi
883.2	Take Ramp (LEFT) onto I-95	133.9 mi
<i>930.5</i>	<i>Entering North Carolina</i>	
1017.1	At exit 95, turn RIGHT onto Ramp	0.3 mi
1017.4	Bear RIGHT (West) onto US-70 Bus [E Market St]	0.2 mi
1017.6	Arrive Speedway	