Regional SS1000
June 11-12, 2005

Dover, Delaware

David Hrenchir (maxscycle) 302 734 4449
Site Coordinator

Valero Gas - Dover DE
1358 Forrest Ave
Dover, DE 19904

TA Truck Stop - Roanoke VA
2905 Lee Hwy
Troutville, VA 24175

Pilot NC
1342 Trollingwood Road
Mebane, NC 27302

Sonny's BBQ - Rock Hill SC
2784 Cherry Rd
Rock Hill, SC 29730

Mile	Instruction	For
0.0	**Depart Valero Gas - Dover DE on SR-8 [CR-159] (West)**	**1.0 mi**
1.0	Keep STRAIGHT onto SR-8 [CR-150]	3.8 mi
4.7	Keep STRAIGHT onto SR-8 [Hartly Rd]	1.0 mi
5.7	Keep STRAIGHT onto SR-8 [Halltown Rd]	6.2 mi
11.9	*Entering Maryland*	
11.9	Road name changes to SR-454	174 yds
12.0	Keep STRAIGHT onto SR-311 [Halltown Rd]	0.5 mi
12.5	Keep STRAIGHT onto SR-311 [Goldsboro Marydel Rd]	0.2 mi
12.7	Keep STRAIGHT onto SR-311 [Henderson Rd]	2.3 mi
15.0	Keep STRAIGHT onto SR-311 [Goldsboro Marydel Rd]	0.6 mi
15.6	Keep STRAIGHT onto SR-311 [Henderson Rd]	0.8 mi
16.4	Bear LEFT (South) onto SR-311 [Goldsboro Marydel Rd]	0.9 mi
17.3	Keep STRAIGHT onto SR-311 [Henderson Rd]	0.6 mi
17.9	Keep STRAIGHT onto SR-311 [Main St]	0.2 mi
18.1	Keep STRAIGHT onto SR-313 [Old Town Rd]	120 yds
18.2	Bear LEFT (South) onto SR-313 [Oldtown Rd]	131 yds
18.2	Keep STRAIGHT onto SR-313 [Greensboro Goldsboro Rd]	0.7 mi
18.9	Keep STRAIGHT onto SR-313 [Greensboro Rd]	2.8 mi
21.7	Bear RIGHT (West) onto SR-480 [N Main St]	0.9 mi
22.6	Keep STRAIGHT onto SR-480 [S Main St]	2.5 mi
25.1	Keep STRAIGHT onto SR-480 [Ridgely Rd]	2.1 mi
27.2	Keep STRAIGHT onto SR-480 [Ridgely Greensboro Rd]	0.2 mi
27.4	Keep STRAIGHT onto SR-312 [SR-480]	0.9 mi
28.3	Bear RIGHT (West) onto SR-480 [Hillsboro Ridgely Rd]	0.2 mi
28.5	Keep STRAIGHT onto SR-480 [Ridgely Rd]	2.3 mi
30.8	Turn RIGHT (West) onto SR-404 [Shore Hwy]	7.0 mi
37.8	Turn RIGHT (North) onto US-50 [Ocean Gateway]	6.8 mi
44.6	Take Ramp onto US-50 [US-301]	9.3 mi
53.9	*Toll road* Stay on US-50 [US-301] (West)	3.8 mi
57.7	Stay on US-50 [US-301] (West)	27.6 mi
85.3	At exit 7A, take Ramp onto I-495 Innerloop [I-95]	2.2 mi
87.5	Road name changes to I-495 [I-95]	76 yds
87.5	At exit 17B, road name changes to I-95 [I-495 Innerloop]	0.3 mi
87.8	Road name changes to I-495 [I-95]	5.5 mi
93.3	Stay on I-495 Innerloop [I-95] (South)	43 yds
93.3	At exit 11B, road name changes to I-95 [I-495]	0.2 mi
93.5	Road name changes to I-495 Innerloop [I-95]	109 yds
93.6	At exit 11A, road name changes to I-495 [I-95]	0.2 mi
93.8	Road name changes to I-95 [I-495 Innerloop]	142 yds
93.9	Road name changes to I-495 Innerloop [I-495]	0.8 mi
94.6	At exit 9, road name changes to I-495 [I-95]	0.6 mi
95.3	Road name changes to I-495 Innerloop [I-495]	1.7 mi
97.0	Road name changes to I-95 [I-495]	0.4 mi

97.4	Stay on I-495 Innerloop [I-495] (West)	4.4 mi
101.8	Road name changes to I-495 [I-95]	0.5 mi
102.3	At exit 2B, road name changes to I-495 Innerloop [I-495]	0.7 mi
103.0	Road name changes to I-495 [I-95]	8.3 mi
103.8	*Entering District of Columbia*	
103.9	*Entering Virginia*	
111.3	Keep RIGHT onto I-95	92.0 mi
203.3	Merge onto I-64 [I-95]	3.1 mi
206.4	At exit 75, road name changes to I-95 [Richmond-Petersburg Tpke]	24.0 mi
230.4	Take Ramp (RIGHT) onto I-85 [US-460]	140.2 mi
299.4	*Entering North Carolina*	
370.6	Road name changes to I-40 [I-85]	10.0 mi
380.7	At exit 152, turn RIGHT onto Ramp	0.2 mi
380.8	Turn LEFT (South) onto Old Hillsboro Rd [Trollingwood Hawfields Rd]	0.1 mi
381.0	Road name changes to Trollingwood Hawfields Rd [Old Hillsboro Rd]	0.1 mi
381.1	**At Pilot NC, return North-West on Trollingwood Hawfields Rd [Old Hillsboro Rd]**	**0.1 mi**
381.2	Road name changes to Old Hillsboro Rd [Trollingwood Hawfields Rd]	0.1 mi
381.3	Take Ramp (LEFT) onto I-40 [I-85]	28.3 mi
409.6	Keep LEFT onto I-85 [US-70]	85.1 mi
494.7	At exit 38, turn RIGHT onto Ramp	0.3 mi
495.0	Take Ramp (LEFT) onto I-77 [US-21]	23.1 mi
508.6	*Entering South Carolina*	
518.1	At exit 82 B, take Ramp (RIGHT) onto US-21 [Cherry Rd]	0.7 mi
518.8	**At Sonny's BBQ - Rock Hill SC [2784 Cherry Rd, Rock Hill, SC 29730], return South-West on US-21 [Cherry Rd]**	**0.3 mi**
519.2	Keep LEFT onto Local road(s)	21 yds
519.2	Turn LEFT (North-East) onto US-21 [Cherry Rd]	109 yds
519.2	Take Ramp (RIGHT) onto I-77	147.9 mi
529.2	*Entering North Carolina*	
635.0	*Entering Virginia*	
667.1	At exit 32, take Ramp (LEFT) onto I-81 [US-11]	68.3 mi
735.4	At exit 150, turn RIGHT onto Ramp	0.1 mi
735.5	Keep RIGHT to stay on Ramp	76 yds
735.6	Bear RIGHT (South-East) onto US-220 Alt [Cloverdale Rd]	109 yds
735.6	**At TA Truck Stop - Roanoke VA [2905 Lee Hwy, Troutville, VA 24175], return North-West on US-220 Alt [Cloverdale Rd]**	**164 yds**
735.7	Take Ramp (RIGHT) onto I-81	41.3 mi
777.0	Road name changes to I-64 [I-81]	30.1 mi
807.1	At exit 221, road name changes to I-81	78.7 mi
885.8	At exit 300, take Ramp (RIGHT) onto I-66	65.0 mi

950.8	Turn LEFT onto Ramp	0.2 mi
951.0	Take Ramp (RIGHT) onto I-495 [I-495 Innerloop]	23.2 mi
957.4	*Entering Maryland*	
974.2	Road name changes to I-495 [I-95]	0.2 mi
974.4	Road name changes to I-495 Innerloop [I-495]	1.6 mi
976.0	At exit 23, road name changes to I-495 [I-95]	0.3 mi
976.2	Road name changes to I-495 Innerloop [I-495]	0.3 mi
976.6	Road name changes to I-95 [I-495 Innerloop]	0.3 mi
976.9	At exit 22B, road name changes to I-495 [I-95]	0.3 mi
977.2	At exit 22A, road name changes to I-495 Innerloop [I-95]	0.2 mi
977.4	Road name changes to I-95 [I-495]	0.1 mi
977.6	Road name changes to I-495 Innerloop [I-95]	0.5 mi
978.1	Road name changes to I-495 [I-495 Innerloop]	1.1 mi
979.2	Road name changes to I-495 Innerloop [I-95]	0.5 mi
979.6	Road name changes to I-495 [I-95]	65 yds
979.7	Road name changes to I-495 Innerloop [I-495]	0.5 mi
980.2	At exit 19A, take Ramp (RIGHT) onto US-50 [John Hanson Hwy]	28.5 mi
1008.7	*Toll road* Stay on US-50 [US-301] (East)	3.8 mi
1012.4	Stay on US-50 [US-301] (East)	9.0 mi
1021.4	At exit 46, keep RIGHT onto Ramp	0.2 mi
1021.7	Bear RIGHT (East) onto US-50 [Ocean Gateway]	6.8 mi
1028.4	Turn LEFT (East) onto SR-404 [Queen Anne Hwy]	7.0 mi
1035.4	Turn LEFT (North) onto SR-480 [Ridgely Rd]	2.3 mi
1037.7	Keep STRAIGHT onto SR-480 [Hillsboro Ridgely Rd]	0.2 mi
1037.9	Bear LEFT (North) onto SR-312 [SR-480]	0.9 mi
1038.8	Keep STRAIGHT onto SR-480 [Ridgely Greensboro Rd]	1.3 mi
1040.1	Keep STRAIGHT onto SR-480 [Ridgely Rd]	3.4 mi
1043.5	Bear RIGHT (North-East) onto SR-480 [S Main St]	0.2 mi
1043.7	Keep STRAIGHT onto SR-480 [N Main St]	0.9 mi
1044.5	Bear LEFT (North) onto SR-313 [Greensboro Rd]	3.4 mi
1048.0	Keep STRAIGHT onto SR-313 [Greensboro Goldsboro Rd]	54 yds
1048.0	Keep STRAIGHT onto SR-313 [Oldtown Rd]	131 yds
1048.1	Bear RIGHT (North) onto SR-313 [Old Town Rd]	120 yds
1048.1	Keep STRAIGHT onto SR-311 [Main St]	0.2 mi
1048.3	Keep STRAIGHT onto SR-311 [Henderson Rd]	0.6 mi
1048.9	Keep STRAIGHT onto SR-311 [Goldsboro Marydel Rd]	0.9 mi
1049.9	Bear RIGHT (North-East) onto SR-311 [Henderson Rd]	0.8 mi
1050.6	Keep STRAIGHT onto SR-311 [Goldsboro Marydel Rd]	1.3 mi

1051.9	Keep STRAIGHT onto SR-311 [Henderson Rd]	1.6 mi
1053.5	Keep STRAIGHT onto SR-311 [Goldsboro Marydel Rd]	0.2 mi
1053.7	Keep STRAIGHT onto SR-311 [Halltown Rd]	0.5 mi
1054.2	Keep STRAIGHT onto SR-454	174 yds
1054.3	*Entering Delaware*	
1054.3	Road name changes to SR-8 [Halltown Rd]	6.2 mi
1060.5	Keep STRAIGHT onto SR-8 [Hartly Rd]	1.0 mi
1061.5	Keep STRAIGHT onto SR-8 [CR-150]	3.8 mi
1065.3	Keep STRAIGHT onto SR-8 [CR-159]	1.0 mi
1066.2	**Arrive Valero Gas - Dover DE**	