













2011 Hurt Pain & Agony 72-mile Cue Sheet

Total Mileage	Direction of Turn	Onto
0.0	Right	Traphill Rd. (SR 1002)
0.6	Left	John P. Frank Parkway (SR 1784)
3.0	Right	Oklahoma Rd. (SR 1100)
6.0	Left at stop sign	 U.S. 21 North <i>Caution: Heavy traffic next 2.3 miles.</i>
8.3	Right	Mountain View Rd. (SR 1463)
14.1	Rest Stop 1: Hare Pond	
14.1	Right at stop sign	Blue Ridge Parkway North <i>Warning: Ride single file on Parkway.</i>
21.2	Rest Stop 2: Fox Hunters Paradise	
25.9	Left	 Peaks Creek Rd. (Va. Rt. 609) <i>Caution: Sharp left turn at the foot of a steep descent.</i>
28.9	Left at stop sign	Woodside Rd. (Va. Rt. 799)
29.4	Left at stop sign	Snow Hill Rd. (Va. Rt. 613)
31.4	Straight at stop sign	Continue on Va. Rt. 613 (Enter Edmonds Rd.)
34.3	Left at stop sign	N.C. 18 <i>Store with restrooms at this intersection</i>
34.8	Right	Glade Valley Rd. (SR 1444)
40.3	Rest Stop 3: Glade Creek School	
43.2	Left	Scenic Valley Rd. (SR 1433)
		
46.1	Right at stop sign	Blue Ridge Parkway South <i>Warning: Ride single file on Parkway.</i>
		
51.1	Rest Stop 4: Vestal Road	
51.1	Left	Vestal Rd. (SR 1109)
51.7	Right at stop sign	Rash Rd. (SR 1108)
52.8	Right at stop sign	Cherry Lane Fire Department Rd. (SR 1106)
53.0	Right	Woodruff Rd. (SR 1103)
54.2	Left at stop sign	Camp Butler Rd. (SR 1105)
54.7	Right at stop sign	 U.S. 21 South <i>Caution: Stop sign is at the bottom of a steep hill. Heavy traffic next 2.3 miles.</i>
57.0	Right	 Oklahoma Rd. (SR 1100) <i>Caution: Steep, curvy descent next three miles.</i>
60.0	Right at stop sign	John P. Frank Parkway (SR 1784)
		
64.7	Rest Stop 5: Garden Creek Church	
64.7	U-Turn	 John P. Frank Parkway (SR 1784) <i>Caution: Yield to all vehicles at U-turn.</i>
		
71.8	Right at stop sign	Traphill Rd. (SR 1002)
72.4	Left	Finish Line at Traphill Elementary School

2011 Hurt Pain & Agony 32-mile Cue Sheet

Total Mileage	Direction of Turn	Onto
0.0	Right	Traphill Rd. (SR 1002)
0.6	Left	John P. Frank Pkwy. (SR 1784)
3.0	Right	Oklahoma Rd. (SR 1100)
6.0	Left at stop sign	 U.S. 21 North <i>Caution: Heavy traffic next 2.3 miles.</i>
8.3	Right	Mountain View Rd. (SR 1463)
14.1	Rest Stop 1: Hare Pond	
14.1	Left at stop sign	Blue Ridge Parkway South Leave 72-mile route <i>Warning: Ride single file on Parkway.</i>
20.1	Rest Stop 2: Vestal Road	
20.1	Left	Vestal Rd. (SR 1109) Rejoin 72-mile route
20.7	Right at stop sign	Rash Rd. (SR 1108)
21.8	Right at stop sign	Cherry Lane Fire Department Rd. (SR 1106)
22.0	Right	Woodruff Rd. (SR 1103)
23.2	Left at stop sign	Camp Butler Rd. (SR 1105)
23.7	Right at stop sign	 U.S. 21 South <i>Caution: Stop sign is at the bottom of a steep hill. Heavy traffic next 2.3 miles.</i>
26.0	Right	 Oklahoma Rd. (SR 1100) <i>Caution: Steep, curvy descent next three miles.</i>
29.1	Left at stop sign	John P. Frank Parkway (SR 1784)
31.5	Right at stop sign	Traphill Rd. (SR 1002)
32.1	Left	Finish Line at Traphill Elementary School

RIDER SAFETY NOTES

- The HP&A is not a race. The course will be open to vehicles and riders must obey all traffic laws.
- Mile 6.0: Be careful entering U.S. 21. We recommend you ride single file on U.S. 21.
- Mile 14.1: By law, riders *must ride single file* on the Blue Ridge Parkway. Violators may be ticketed.
- Mile 25.9 (long route): The turn from the Blue Ridge Parkway onto Peak Creek Road is a sharp left at the bottom of a long hill. Look for HP&A directional signs.
- Mile 31.4 (long route): Go straight at this intersection across Va. Route 89.
- Mile 23.7/54.7: The stop sign for U.S. 21 is at the bottom of a steep hill. Stop and be absolutely sure the highway is clear before entering U.S. 21.
- Mile 26.0/57.0: Exercise caution on the Oklahoma Road descent. Look out for gravel in turns. Be especially careful on the tight right turn just past Liberty Knob Church.
- Mile 64.7 (long route): Yield to all oncoming and trailing motor vehicles at the U-turn at Garden Creek Church.