
















### **East Bend out N' Back – 45 Miles**

- 0 mi  Start Right out of shop down Reynolda
- 0.14 mi  Turn left at W Northwest Blvd
- 0.55 mi  Turn right at Hawthorne Rd N
- 0.62 mi  Turn left at Runnymede Rd
- 0.9 mi  Turn right at Warwick
- 1.33 mi  Turn left at Arbor Rd
- 1.52 mi  Turn right at Country Club Rd
- 7.25 mi  Slight right to stay on Country Club Rd
- 8.26 mi Continue onto Shallowford Rd
- 11.12 mi  Turn right at David McKee St
- 11.22 mi  Turn left at Belnette Dr
- 11.59 mi  Turn right at Shallowford Rd
- 12.38 mi  Turn right at Conrad Rd
- 14.54 mi  Turn left at Old US Hwy 421/Yadkinville Rd
- 15.24 mi  Turn right at Taylor Rd.
- 23.15 mi  Turn right at Flint Hill Rd/Pauline St
- 23.26 mi  Turn left at Main St

### **REST STOP**

- 23.5 mi  Turnaround Point, head back out Flint Hill Rd/Pauline St
- 29.32 mi  Turn left at Taylor Rd
- 32.11 mi  Turn left at Old US Hwy 421/Yadkinville Rd

- 32.33 mi  Turn Right on Conrad Rd.
- 32.57 mi  Turn left at Grapevine Rd
- 34.93 mi Continue onto Jennings Rd/Lowes Foods Dr
- 35.25 mi  Turn left at Shallowford Rd
- 37.39 mi Continue onto Shallowford Rd
- 38.4 mi  Slight right to stay on Country Club Rd
- 43.67 mi  Turn right at Country Club Rd
- 43.76 mi  Turn left at Arbor Rd
- 44.02 mi  Turn Right at Warwick Rd
- 44.41 mi  Turn left at Runnymede Rd
- 44.49 mi  Turn right at Hawthorne Rd N
- 44.9 mi  Turn left at W Northwest Blvd
- 45.02 mi  Continue onto Reynolda Rd NW