



2011 Sourwood 5K

Course Turn by Turn Directions

(Maps are also available at Sourwood5K.com)

The **START** is at the intersection of Hwy 9 and Jane Jacobs Road = the drive up to the **Cheshire Fitness Club**

- Run west toward Black Mountain – approx. 100 yards
- Turn Left onto Dogwood Lane. This is the first available left.
- Turn Left onto Lynch Cove Road
- Turn Left onto Old Lakey Gap Road
- Make a U-Turn at Hwy 9.
- Continue back on Old Lakey Gap Road all the way to High Top Colony Road
- Make a U-Turn at High Top Colony Road
- Turn Left onto S. Blue Ridge Road
- Turn Right onto Blue Ridge Road. Run to the “Speed Limit 35” sign.
- Approx. 100’ past the sign there are white arrows painted on the road and a short (5’) orange/white utility post. At this post cut through the bushes and run through the yard (it’s OK we have permission). You will pop out onto Meadowbrook Drive
- Turn Left onto Dogwood Lane
- Turn Right into the Cheshire Racquet Club Parking Lot
- Continue through the lot and **FINISH** in front of the Medical Building



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