

2017 Tour de Cure Rest Stop Times

| <u>Rest Stop</u> | <u>Volunteer Time</u> | <u>Set-Up Time</u> | <u>Breakdown</u> |
|---------------------------------|-----------------------|--------------------|------------------|
| 1 Veterans Memorial Main Ent. | 6:30 AM | 7:00 AM | 3:30 PM |
| 2 Woodland United Meth. Church | 6:30 AM | 7:00 AM | 2:00 PM |
| 3 Emmanuel Baptist Church | 7:30 AM | 8:00 AM | 1:30 PM |
| 4 Byrum Family Farms | 8:00 AM | 8:30 AM | 2:00 PM |
| 5 Woodland United Meth. Church | 6:30 AM | 7:00 AM | 2:00 PM |
| 6 Oakland Elementary School | 8:00 AM | 8:30 AM | 2:30 PM |
| 7 Western Branch Baptist Church | 9:30 AM | 10:00 AM | 4:00 PM |
| 8 Holland Baptist Church | 10:00 AM | 10:30 AM | 4:30 PM |
| 9 Bethlehem Ruritan Club | 10:30 AM | 11:00 AM | 5:00 PM |

All courses close by 4:30 pm. Festivities conclude at King's Fork High School by 5:30pm.

100-Mile riders must depart the Oakland Elementary School rest stop by 12:30pm (Heading to the the Western Branch Baptist Church Rest Stop), or they should drop back to the 65-mile course, which heads back to King's Fork High School after the Oakland Elementary Rest Stop.

Route Start Times:

100-Mile 7:30 am (Orange)
65-Mile 7:30 am (Yellow)
25-Mile 10:30 am (Blue)
10-Mile 12:00 pm (Green)

| | Rest Stop | Distance From School | Travel Time From School | High School Checkin Time | | Volunteer Time | Start Time | Breakdown | Midpoint Time | Active Time |
|---|--|----------------------|-------------------------|--------------------------|----------|----------------|------------|-----------|---------------|-------------|
| | | | | AM | PM | | | | | |
| 1 | Veterans Memorial Main Ent. 5310 Milners Rd, Suffolk, VA 23434 | 5 Miles | 10 Min | 6:10 AM | 10:40 AM | 6:30 AM | 7:00 AM | 3:30 PM | 11:00 AM | 9:00 |
| 2 | Woodland United Meth. Church 20051 Orbit Rd, Windsor, VA 23487 | 10-11 Miles | 15-20 Min | 6:00 AM | 9:45 AM | 6:30 AM | 7:00 AM | 2:00 PM | 10:15 AM | 7:30 |
| 3 | Emmanuel Baptist Church 11150 Emmanuel Church Rd, Smithfield, VA 23430 | 20-21 Miles | 30 Min | 6:50 AM | 9:50 AM | 7:30 AM | 8:00 AM | 1:30 PM | 10:30 AM | 6:00 |
| 4 | Byrum Family Farms 8560 Fire Tower Rd, Windsor, VA 23487 | 14-16 Miles | 20-25 Min | 7:30 AM | 10:25 AM | 8:00 AM | 8:30 AM | 2:00 PM | 11:00 AM | 6:00 |
| 5 | Woodland United Meth. Church 20051 Orbit Rd, Windsor, VA 23487 | 10-11 Miles | 15-20 Min | 6:00 AM | 9:45 AM | 6:30 AM | 7:00 AM | 2:00 PM | 10:15 AM | 7:30 |
| 6 | Oakland Elementary School 5505 Godwin Blvd, Suffolk, VA 23434 | 5 Miles | 10 Min | 7:40 AM | 10:55 AM | 8:00 AM | 8:30 AM | 2:30 PM | 11:15 AM | 6:30 |
| 7 | Western Branch Baptist Church 6952 Old Myrtle Rd, Suffolk, VA 23434 | 8-9 Miles | 13 Min | 9:05 AM | 12:20 PM | 9:30 AM | 10:00 AM | 4:00 PM | 12:45 PM | 6:30 |
| 8 | Holland Baptist Church 6519 Holland Rd, Suffolk, VA 23437 | 15-16 Miles | 20-25 Min | 9:25 AM | 12:40 PM | 10:00 AM | 10:30 AM | 4:30 PM | 1:15 PM | 6:30 |
| 9 | Bethlehem Ruritan Club 140 Manning Rd, Suffolk, VA 23434 | 7-7.5 Miles | 10-15 Min | 10:05 AM | 1:20 PM | 10:30 AM | 11:00 AM | 5:00 PM | 1:45 PM | 6:30 |
| | Kings Fork High School Address: 351 King's Fork Rd, Suffolk, VA, 23434 5-10 Minutes to Check In @ School | | | 5:45 AM | 12:00 PM | 5:45 AM | 7:00 AM | 5:00 PM | 12:00 PM | 10:00 |