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| **Sunday, July 30, 2023** | |
| **BB&T Field at Wake Forest University to Charles Herbert Flowers HS** | |
| **353 Miles** | |
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| **Start** | **End** |
| BB&T Field at Wake Forest University  499 Deacon  Winston-Salem, NC 27105 | Charles Herbert Flowers HS  10001 Ardwick Ardmore Rd  Springdale, MD 20774 |
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| **Overall Route** | |
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| **Directions** | |
| **Get on NC-8 S/US-52 S from Reynolds Blvd**  Exit the lot heading north on Whitaker Park  Turn right onto Reynolds Blvd  Turn right onto Akron Dr for 0.2 mi  Turn right onto Leo St  Use the left lane to take the ramp onto NC-8 S/US-52 S  **Follow I-40 E, I-85 N and I-95 N to Landover Rd in Lake Arbor**  Merge onto NC-8 S/US-52 S for 3.0 mi  Take exit 109A to merge onto NC-150 E/US-158 E/US-421 S toward Kernersville for 13.4 mi  Merge onto I-40 E/US-421 S for 4.8 mi  Keep right at the fork to stay on I-40 E, follow signs for I-73 N/Greensboro/Martinsville for 26.6 mi  Keep left to continue on I-40 E/I-85 N for 19.5 mi  Keep left at the fork to continue on I-85 N, follow signs for Interstate 85/Durham for 140 mi  Entering Virginia  Keep left and merge onto I-95 N for 27.1 mi  Keep left at the fork to stay on I-95 N for 64.9 mi  Continue onto I-95 N for 25.6 mi  Keep left at the fork to stay on I-95 N, follow signs for I-495 E/Baltimore for 5.5 mi  Keep left at the fork to continue on I-495 E/I-95 N for 18.8 mi  Passing through District of Columbia  Entering Maryland  Take exit 17 toward Bladensburg for 0.5 mi  **Take St Josephs Dr to Shekhar Ct**  Turn right onto Landover Rd  Use the left 2 lanes to turn slightly left to stay on Landover Rd for 0.2 mi  Landover Rd turns left and becomes St Josephs Dr for 0.3 mi  At the traffic circle, take the 2nd exit and stay on St Josephs Dr for 1.0 mi  Turn left onto Ardwick Ardmore Rd  School and lot are on the left | |
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