

N. C. TRACK-CROSS COUNTRY COACHES ASSOCIATION

Founded 2002

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2010 NC Track-Cross Country Coaches Clinic Directions to Ben L. Smith HS and the Clinic Hotels

From Charlotte

To get to Ben L. Smith HS, 2407 S. Holden Rd.

Take I-85 North toward Greensboro
Merge onto I-85 Business/ US 29 North via EXIT 120A
Take the HOLDEN RD exit, EXIT 134
Turn RIGHT onto S. HOLDEN RD. Go 2.2 miles, Ben L. Smith HS is located on the RIGHT.

To get to Drury Hotel

Take I-85 North toward Greensboro
Merge onto I-85 Business/ US 29 North via EXIT 120A
Take the HOLDEN RD exit, EXIT 134
Turn RIGHT onto S. HOLDEN RD. Go 2.7 miles (GO PAST Ben L. Smith HS)
Turn RIGHT onto HIGH POINT ROAD. Go ½ mile, Drury Hotel and Veasley Street are located on the LEFT.

From Raleigh-Durham

To get to Ben L. Smith HS, 2407 S. Holden Rd.

Take I-85 South/I-40 West toward Greensboro
Merge onto I-85 Business South/I-40 West via EXIT 131
Take RIGHT to I-40 West EXIT 36A toward Winston-Salem
Take the HIGH POINT ROAD exit, EXIT 217
Turn left onto HIGH POINT ROAD.
Go ½ mile, turn LEFT onto S. HOLDEN RD
Go ½ mile, Ben L. Smith HS is located on the LEFT.

To get to Clinic Hotels

Take I-85 South/I-40 West toward Greensboro
Merge onto I-85 Business South/I-40 West via EXIT 131
Take RIGHT to I-40 West EXIT 36A toward Winston-Salem
Take the HIGH POINT ROAD exit, EXIT 217
Turn left onto HIGH POINT ROAD.
Go ½ mile, Drury Hotel and Veasley Street are located on the RIGHT.

From Fayetteville

To get to Ben L. Smith HS:

Take 421 North to Greensboro to I-40 West
Take RIGHT to I-40 West EXIT 36A toward Winston-Salem
Take the HIGH POINT ROAD exit, EXIT 217
Turn left onto HIGH POINT ROAD.
Go ½ mile, turn LEFT onto S. HOLDEN RD
Go ½ mile, Ben L. Smith HS is located on the LEFT.

To get to Clinic Hotels

Take 421 North to Greensboro to I-40 West
Take RIGHT to I-40 West EXIT 36A toward Winston-Salem
Take the HIGH POINT ROAD exit, EXIT 217
Turn LEFT onto HIGH POINT ROAD.
Go ¼ mile, Drury Hotel and Veasley Street are located on the RIGHT

From Winston-Salem/Hickory/Asheville

To get to Ben L. Smith HS:

Take I-40 East (Toward Greensboro)
Take the HIGH POINT ROAD exit, EXIT 217
Turn RIGHT onto HIGH POINT ROAD.
Go ½ mile, turn LEFT onto S. HOLDEN RD
Go ½ mile, Ben L. Smith HS is located on the LEFT.

To get to Drury Motel:

Take I-40 East (Toward Greensboro)
Take the HIGH POINT ROAD exit, EXIT 217
Turn RIGHT onto HIGH POINT ROAD.
Go ¼ mile, Drury Hotel and Veasley Street are located on the RIGHT.

From Piedmont Triad International Airport

When leaving the Airport, Turn right onto Joseph Bryan Blvd.
Merge onto **I-73 South/FUTURE I-840** toward **I-40/WINSTON-SALEM**
Take the **I-40 East** exit, **EXIT 1**, toward **GREENSBORO/WINSTON-SALEM**.
Merge onto **I-40 East** via the exit on the **LEFT** toward **GREENSBORO**.
Take the HIGH POINT ROAD exit, EXIT 217
Turn RIGHT onto HIGH POINT ROAD.
Go ½ mile, turn LEFT onto S. HOLDEN RD
Go ½ mile, Ben L. Smith HS is located on the LEFT.

To get to Drury Motel:

Take I-40 East (Toward Greensboro)
Take the HIGH POINT ROAD exit, EXIT 217
Turn RIGHT onto HIGH POINT ROAD.
Go ¼ mile, Drury Hotel and Veasley Street are located on the RIGHT.

From Martinsville, Roanoke, Va.

To get to Ben L. Smith HS:

Take US 220 South to US 68 South toward Greensboro
US 68 South to I-40 East
Take I-40 East (Toward Greensboro)
Take the HIGH POINT ROAD exit, EXIT 217
Turn RIGHT onto HIGH POINT ROAD.
Go ½ mile, turn LEFT onto S. HOLDEN RD
Go ½ mile, Ben L. Smith HS is located on the LEFT.

To get to Drury Motel:

Take US 220 South to US 68 South toward Greensboro
US 68 South to I-40 East
Take I-40 East (Toward Greensboro)
Take the HIGH POINT ROAD exit, EXIT 217
Turn RIGHT onto HIGH POINT ROAD.
Go ¼ mile, Drury Hotel and Veasley Street are located on the RIGHT.

To get to Ben L. Smith HS from the Drury Hotel

Turn RIGHT onto HIGH POINT ROAD
Go ½ mile, Turn LEFT onto S. Holden Road.
Go ½ mile, Ben L. Smith HS in on the LEFT.