

# **N. C. TRACK-CROSS COUNTRY COACHES ASSOCIATION**

**Founded 2002**

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## **2009 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 Clinic Hotels**

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, Dury Hotel and Veasley Street are located on the LEFT. (Best Western Windsor Suites, Comfort Inn and Ramada Inn are located on Veasley St.)

### **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, Dury Hotel and Veasley Street are located on the RIGHT. (Best Western Windsor Suites, Comfort Inn and Ramada Inn are located on Veasley Street)

## **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, Dury Hotel and Veasley Street are located on the RIGHT. (Best Western Windsor Suites, Comfort Inn and Ramada Inn are located on Veasley Street)

## **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 Clinic Motels:**

Take I-40 East (Toward Greensboro)  
Take the HIGH POINT ROAD exit, EXIT 217  
Turn RIGHT onto HIGH POINT ROAD.  
Go ¼ mile, Dury Hotel and Veasley Street are located on the RIGHT. (Best Western Windsor Suites, Comfort Inn and Ramada Inn are located on Veasley Street)

## **From Piedmont Triad International Airport**

**EXIT FROM AIRPORT TO I-40 IS UNDER CONSTRUCTION AND BEING DETOURED  
ONCE YOU GET TO I-40, FOLLOW WINSTON-SALEM DIRECTIONS.**

## **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 Clinic Motels:**

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, Dury Hotel and Veasley Street are located on the RIGHT. (Best Western Windsor Suites, Comfort Inn and Ramada Inn are located on Veasley Street)

**To get to Ben L. Smith HS from the Clinic Hotels**

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.