

TCTC Hill Loop

Description

Weekly Hill Run that leaves from the Downtown YMCA on Sunset Street across from Hanes Park. The group tends to work the hills hard then regroup at after every couple of hills. The best thing about this run is that afterwards, a group usually gathers at First Street for a bite to eat, a couple of drinks, and good conversation.

Hill Summary

- 1- Buena Vista – 850 yards
- 2- Arbor – 170 yards
- 3- Roslyn – 300 yards (grade)
- 4- Forest – 210yards (grade)
- 5- To Water Stop – 180 yards (grade)
- 6- Club Park – 140 yards
- 7- Wellington – 440 yards
- 8- Yorkshire – 720 yards
- 9- Pine Valley – 380 yards
- 10- Forest/Westview – 420yards
- 11- Forest/AWS – 330 yards (grade)
- 12- Georgia small – 100 yards (grade)
- 13- Georgia/St. Leo's – 150 yards
- 14- Hawthorne – 400 yards
- 15- Robinhood (EXT) – 1090 yards
- 16- Sunset – 150 yards

Directions

From East bound Business 40 exit on Glade street, turn left at the light, go under the highway, through the light at First Street, Left at Hawthorne, then a quick Right at the next light which puts you back on Glade. Proceed to Sunset and make a left and look for parking at the YMCA, on the street, or at the tennis courts. Additional street parking is around the back on West End Boulevard.

TCTC Hill Loop



From West bound Business 40 exit on First Street, go Right at the light, then turn Left on the Sunset. Go several blocks and you will see the YMCA on your right.

Parking

- In the YMCA parking lot
- On the street along Sunset and behind the YMCA on West End and Carolina.
- In the parking lot at the Hanes Park tennis courts.

Drinking Fountains:

- Outside the YMCA entrance near the stretching post
- At the Tennis Center in Hanes Park near the track

Restrooms & Refreshments

- At the Tennis Center in Hanes Park, inside the YMCA for members.

Turn by Turn (distance in miles)



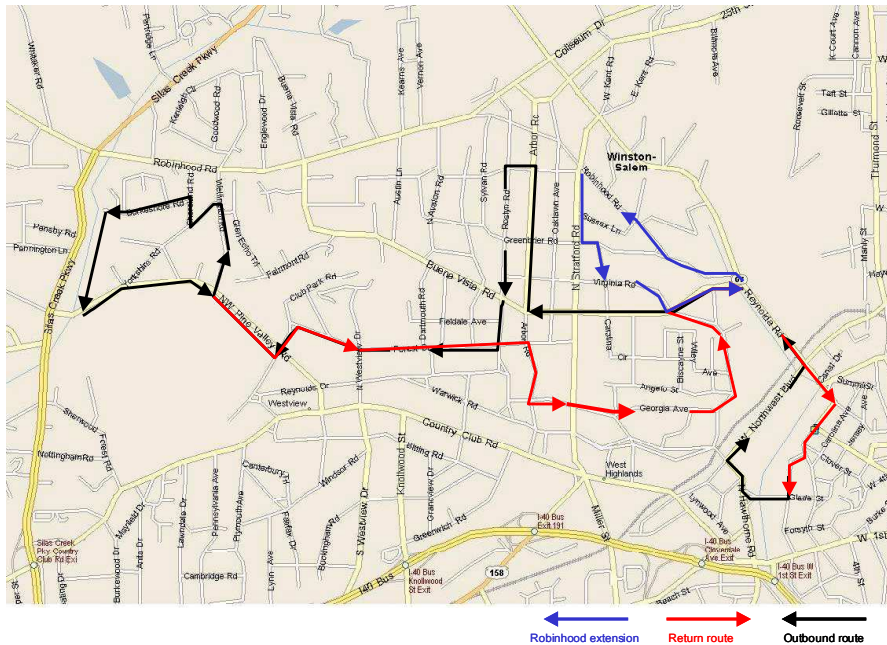
- 0.0 Starting at the YMCA drinking fountain head toward Glade Street.
- 0.1 Right on Glade Street, stay on the sidewalk and follow the park.

TCTC Hill Loop



0.2 Right on Hawthorne, remain on the sidewalk.

0.4 Right on Northwest Blvd, in front of Wiley Middle School.




0.8 Left on Reynolda. Watch the traffic crossing Northwest Blvd.

1.1 Left on Buena Vista and pick up the pace to run hard up **Hill 1**. This is a long hill that is steep at first then levels out.

1.6 **Hill 1** ends at Carolina Circle for 850 Yards or you can go all the way to Stratford to make it 1000 yards.

TCTC Hill Loop



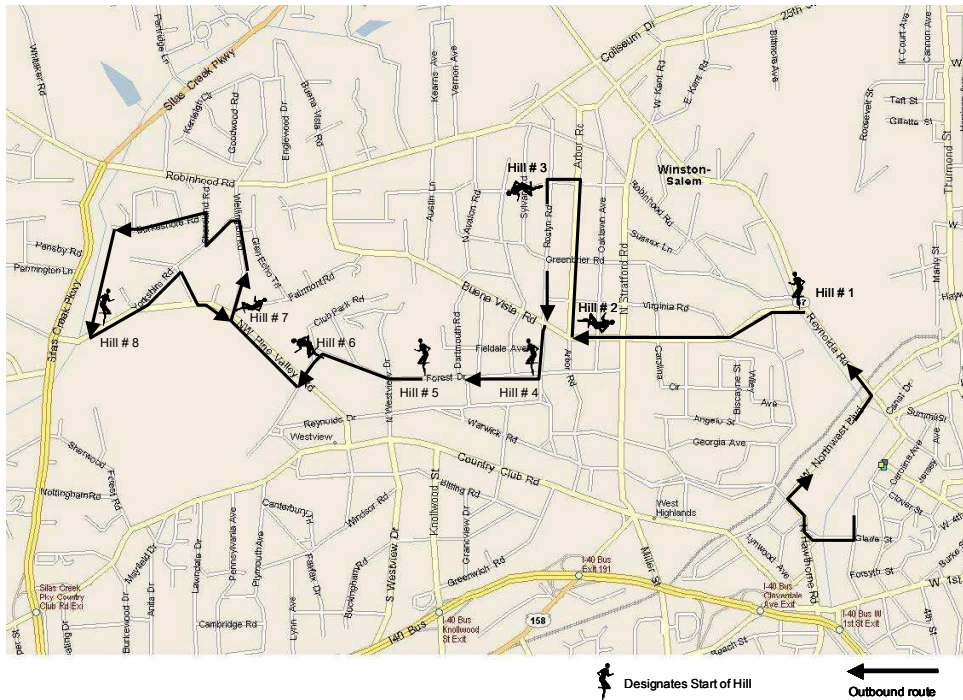
- 1.7 Regroup at the light then cross Stratford.
- 1.9 Right on Arbor Road, start **Hill 2**. This is a slight grade but again pick the pace up for this.
- 2.0 **Hill 2** ends at a telephone pole (170 yards)
- 2.1 Left on Greenbrier.
- 2.2 Left on Roslyn, start **Hill 3**
- 2.4 **Hill 3** finishes at the telephone (300 yards)
- 2.4+ Cross Buena Vista Road. Watch for traffic here.
- 2.6 Right on Forest. Start **Hill 4**. This is another slight grade.
- 2.7 **Hill 4** finishes at a telephone pole as the road flattens out. (210 yards)
- 2.9 After a little downhill start **Hill 5** that ends with a water stop.
-  3.0 **Hill 5** ends at 2651 Forest Avenue (180 yards). This is Bill Walker's house, a longtime member of the TCTC. He allows everyone to stop and get water using the garden hose in his front yard. The group stops here, gets water, then continues down Forest.

TCTC Hill Loop



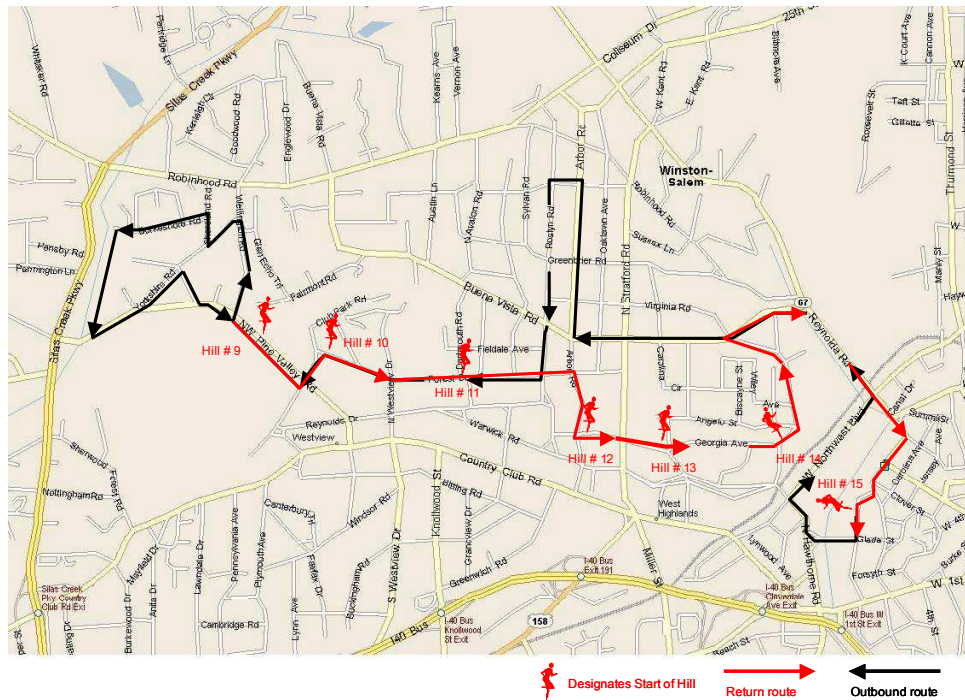
3.3 Left on Club Park and start **Hill 6** which is short and steep.

3.4 **Hill 6** finishes at the stop sign (140 yards). Turn Right onto Pine Valley and stay on the sidewalk on this stretch.



3.7 Right on Wellington and start **Hill 7**. This is a nice hill.

TCTC Hill Loop



3.9 **Hill 7** finishes at the Yorkshire street sign.
(440 yards) Let the group reform before
continuing.

4.0 Right on Shoreland

4.1 Left on Burkesboro Road and continue down
the hill. This street does not go through for
cars.

4.4 Left onto Silas Creek Trail. This is a path for
running, biking, and walking only.

TCTC Hill Loop



4.8 Left on Yorkshire and start **Hill 8** which is long one, steep at first then levels out. As you make the turn at the bottom, across the street is Shaffner Park where there are bathrooms and a drinking fountain.



5.2 **Hill 8** ends at Barnsdale (720 yards). Regroup then go Right down Barnsdale.



5.3 Left on Pine Valley. Watch for cars here as there is no sidewalk for the first block. As soon as possible move to the sidewalk on the left.

5.5 **Hill 9** starts at a telephone pole.

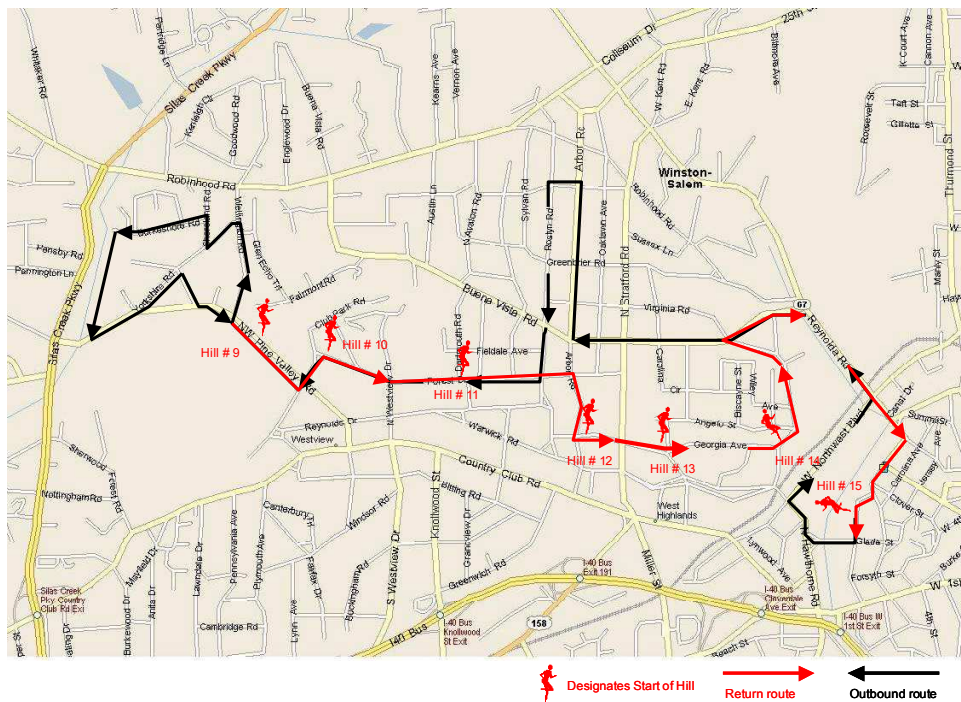
5.7 **Hill 9** ends at the tree before Club Park Road. (380 yards). Left at Club Park Road.

5.8 Right on Forest, and start **Hill 10** which is a longer medium grade hill.

6.0 **Hill 10** ends just before Westview Street (420 yards) but you might as well push it for the next 170 yards to the water stop at Bill Walker's house.



6.1 Bill Walker's house. Stop, rehydrated and regroup.



6.2 Begin **Hill 11** on Forest a little ways after restarting. This is another medium grade hill.

6.4 **Hill 11** ends at a drive way (330 yards).

6.6 Right on Arbor

6.8 Left on Georgia

6.8+ Start very small **Hill 12**

6.9 **Hill 12** ends as the road bends (100 yards)

7.0 Cross Stratford (watch for cars)

7.1 As you approach Springdale start **Hill 13**

7.2 **Hill 13** finishes before St. Leo's playground (150 yards)

7.4 Left onto Hawthorne and start **Hill 14**. This winds around the corner steep at first and then levels off.

TCTC Hill Loop



7.7 **Hill 14** ends near Reynolds High School parking lot. Regroup, then proceed on Hawthorne which bends left then right.

7.9 Right onto Buena Vista

8.0 Right onto Reynolda
If you are doing Robinhood extension turn left here and see below.

8.4 Continue on Reynolda across Northwest Boulevard and onto the block with Hanes Park.

8.5 Right onto West End Boulevard following Hanes Park

8.7 Right onto Sunset

8.8 Start **Last Hill**, a short one to the finish.

8.9 **Last Hill** ends at the stop sign (150 yards).
Congratulate yourself and get some water.



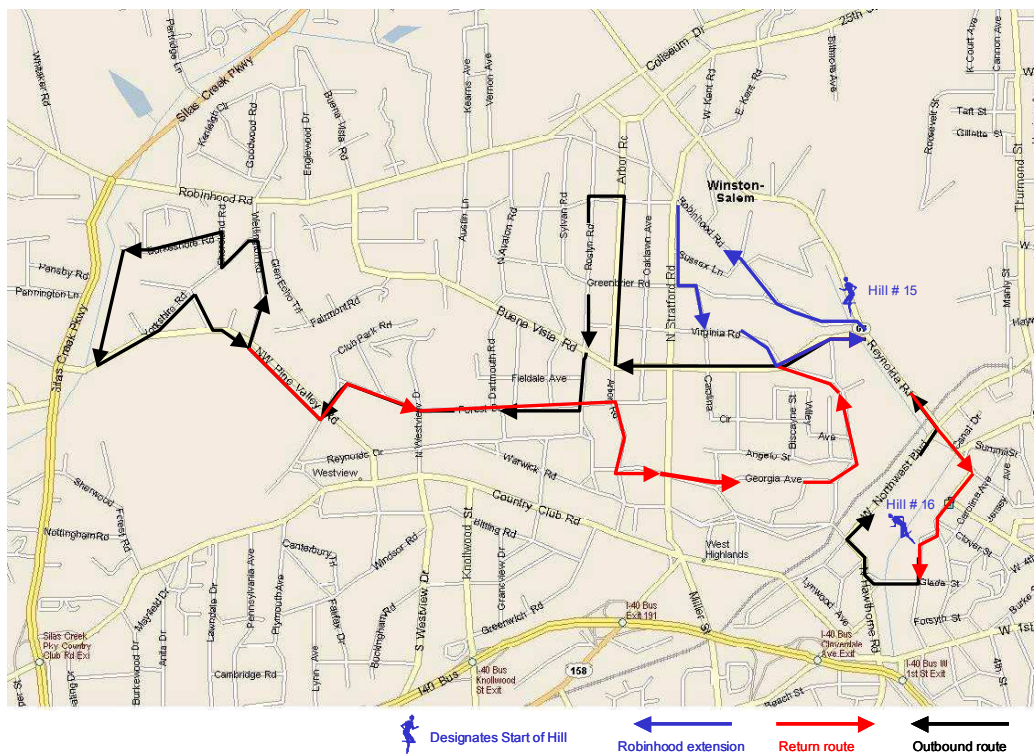
TCTC Hill Loop



Robinhood Extension

8.0 Left on Robinhood

8.1 Left on Robinhood and start **Hill 15**. This is a very long hill with 3 humps. The steepest is the first one.



8.7 **Hill 15** ends at last driveway before Stratford (1090 yards)

8.7+ Turn left at Stratford, but cross the road to the far side to run on the side walk.

TCTC Hill Loop



9.0 Left onto Greenbrier

9.1 Right onto Carolina Circle

9.2 Left onto Virginia (there is no street sign here because the intersection of Virginia and Carolina is forever being stolen by slightly avid sports fans)

9.5 Left on Beuna Vista

9.7 Right on Reynolda

10.1 Cross NW boulevard

10.2 Right on West End Boulevard

10.4 Right on Sunset

10.5 Start the **Hill 16**

10.6 **Hill 16** ends at the stop sign (150 yards).
Congratulate yourself and get some water.

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