



"Dog Meat" 204K Permanent

Miles Next Turn	Miles So Far	Miles TO Next Ctrl	Miles FROM Last Ctrl	Traffic Signal	Description
				>>>	<b>Control #1 - Starbuck's - 6680 Nolensville Rd #3</b>
				>>>	<b>Opens 8:00 AM Closes 9:00 AM</b>
0.2	0.0	31.2	0.0		Left (south) on Nolensville Road - <b>BUSY</b>
1.8	0.2	31.0	0.2		Left on Pettus (past church) - steep climb ahead
2.3	2.0	29.2	2.0	SS	Right on Old Hickory - <b>busy</b>
0.7	4.3	26.9	4.3		Right on Battle Rd (just over little hill)
0.8	5.0	26.2	5.0	SS	Right to stay on Battle Rd - busy but good shoulder
2.2	5.8	25.4	5.8		Left at top of hill to stay on Battle Rd
0.8	8.0	23.2	8.0		Sharp left on McFarlin Rd
1.2	8.8	22.4	8.8		Right onto Fly Rd
0.4	10.0	21.2	10.0	SS	Right onto Rocky Springs Rd
3.6	10.4	20.8	10.4	SS	Left onto Rocky Fork Rd
1.1	14.0	17.2	14.0		Right onto Del Thomas Rd (just past bridge)
2.7	15.1	16.1	15.1		Left onto Paw-Paw Springs Rd
2.0	17.8	13.4	17.8	SS	Left onto Independent Hill Rd
1.7	19.8	11.4	19.8	SS	Right onto Almadale Rd - busy
4.6	21.5	9.7	21.5		Left onto Shores Rd (just past Hwy 840) - <b>not</b> Old Shores
1.7	26.1	5.1	26.1	SS	Right onto Veterans Pkwy
1.4	27.8	3.4	27.8	SS	Left onto Mooreland Lane (½ mile after crossing Hwy 96)
1.3	29.2	2.0	29.2	SS	Right onto Rucker Lane - busy
0.5	30.5	0.7	30.5	SS	Left onto Old Salem Rd
0.2	31.0	0.2	31.0	SS	Right onto Hwy 99 - busy but good shoulder
	31.2	0.0	31.2	>>>	<b>CONTROL #2 - Convenience Store on Left</b>
				>>>	<b>Opens 8:40 AM Closes 10:20 AM</b>
					<b>Right out of control (to first road)</b>
22.7	31.2	23.1	0.0		Turn right onto Armstrong Valley Rd (runs past store parking lot)
Name of road changes multiple times - keep going straight at intersections (you will be going mostly south)					
0.1	53.9	0.4	22.7	SS	Left onto Quarry St
0.3	54.0	0.3	22.8	SS	Right onto Hwy 231 - BUSY - Burger King to left
	54.3	0.0	23.1	>>>	<b>CONTROL #3 - Kangaroo Store on left at intersection</b>
				>>>	<b>Opens 9:54 AM Closes 12:49 PM</b>
					<b>West on Colloredo Blvd out of control</b>
0.2	54.3	24.3	0.0		Right on Lipscomb St
0.5	54.5	24.1	0.2	SS	Left on Quarry St
1.6	55.0	23.6	0.7	SS	Right onto Morton St - becomes Old Nashville Dirt Rd
2.0	56.6	22.0	2.3		Left onto Shaw Rd (unmarked - at top of hill)
0.5	58.6	20.0	4.3	SS	Left onto Elbethel Rd (unmarked)
1.3	59.1	19.5	4.8	SS	Cross Hwy 41A (Union Street) - becomes Troupe Rd
4.6	60.4	18.2	6.1	SS	Right onto Fishing Ford Pike - becomes Warner Bridge Rd (unmarked)
2.0	65.0	13.6	10.7		Bear left to stay on Fishing Ford Pike (don't go straight to Card Rd)
2.9	67.0	11.6	12.7		Right onto Sims Spring Rd (unmarked)
Name of road changes to Laws Hill Rd, Curlee Rd, then Mt. Lebanon Rd (all unmarked) - mostly continue west					
2.7	69.9	8.7	15.6		Bear left to stay on Mt. Lebanon (don't go straight to Darnell Rd)
6.0	72.6	6.0	18.3	SS	Right onto US 31A (Horton Hwy) - busy but good shoulder
	78.6	0.0	24.3	>>>	<b>CONTROL #4 - Shell C Store Chapel Hill</b>
				>>>	<b>Opens 11:13 AM Closes 3:26 PM</b>

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					<b>Continue north on 31A out of control</b>
1.0	78.9	26.1	0.0	TL	Left onto W. Depot Street at light (Depot Station Café)
0.8	79.9	25.1	1.0		Bear right onto Daughrity Rd just past RR tracks
3.2	80.7	24.3	1.8		Right onto Smiley Rd (unmarked)
1.0	83.9	21.1	5.0	SS	Left on Sweeney Rd (unmarked)
0.7	84.9	20.1	6.0	SS	Right onto Thick Rd
2.7	85.6	19.4	6.7		Left on Dowdy Rd - becomes Edwards Grove in 2 miles
0.5	88.3	16.7	9.4	SS	Left onto Flat Creek Rd (unmarked)
3.0	88.8	16.2	9.9		Right onto Cross Keys Rd
1.8	91.8	13.2	12.9		Left to stay on Cross Keys Rd (Pulltight Rd to right)
2.4	93.6	11.4	14.7		Right onto Bethesda Arno Rd - store at left
2.1	96.0	9.0	17.1		Left onto Cool Springs Rd
5.6	98.1	6.9	19.2		Left onto Peytonsville Rd (under 840, NOT Peytonsville-Arno)
1.0	103.7	1.3	24.8		Right onto Old Peytonsville Rd (just over I-65 - Mapco Express store)
0.3	104.7	0.3	25.8	SS	Right onto Lewisburg Pike - <b>BUSY</b>
	105.0	0.0	26.1	>>>	<b>CONTROL #5 - Henpeck Market (closes 8 pm - good food)</b>
				>>>	<b>Opens 12:38 PM Closes 6:16 PM</b>
0.3	105.0	22.3			<b>Reverse route on Lewisburg Pike out of control</b>
1.0	105.3	21.6	0.2		Left onto Old Peytonsville Rd
0.4	106.3	20.6	1.2	SS	Left onto Peytonsville Rd
3.9	106.7	20.2	1.6		Left onto Long Lane (Williamson County Ag Center)
0.3	110.6	16.3	5.5	SS	Right onto Gosey Hill Rd
0.8	110.9	16.0	5.8		Left onto Crowder Road
1.0	111.7	15.2	6.6	SS	Left onto Peytonsville Trinity Road
3.7	112.7	14.2	7.6		Cross Arno Road - becomes Trinity Road
0.3	116.4	10.5	11.3	SS	Left onto Wilson Pike
1.5	116.7	10.2	11.6		Bear right onto Tuloss (do not go under one-lane RR underpass)
2.0	118.2	8.7	13.1	SS	Right onto Clovercroft - busy
1.9	120.2	6.7	15.1		Sharp left onto Pleasant Hill Road (past top of hill after good descent)
2.0	122.1	4.8	17.0	SS	Right onto Split Log Rd
0.2	124.1	2.8	19.0	SS	Right onto Sunset Rd
1.9	124.3	2.6	19.2		Left onto Waller Rd
0.6	126.2	0.7	21.1	SS	Right onto Concord Rd - BUSY
0.1	126.8	0.1	21.7	TL	Left onto Nolensville Rd - BUSY
	126.9	0.0	21.8	>>>	<b>CONTROL #6 - Starbuck's - 6680 Nolensville Rd #3</b>
				>>>	<b>Opens 1:48 PM Closes 8:37 PM</b>

**NOTES:** Route has about 5300' climbing with long flat stretches in middle - good tandem permanent  
 Starbucks open 6 am to 10 pm. Use Kroger next door as control if closed (also has coffee)  
 All roads to first control may have some traffic (Brentwood is a Nashville suburb). Stay right, single file.  
 As noted, Armstrong Valley Rd changes names. Go straight at all intersections until you cannot - that's Quarry St.  
 Hobble House Mexican restaurant south of Kangaroo in Shelbyville has breakfast burritos all day  
 There are a lot of dogs running loose between Shelbyville and Chapel Hill (hence this route's name). Watch out.  
 On 31A just south of Chapel Hill is Henry Horton State Park. This is also a nice stop.  
 Lunch options in Chapel Hill: Sonic (before control), Subway (at control), and Depot Café (north of control - on route)  
 Excellent food at Henpeck Market, but no hot food Sundays (good pasta salad, though)  
 Henpeck Market closes at 8 pm. If necessary this will be an information control - answer question on card