

CARY, NC

Prestonwood

**Food for Thought
Points of Reference
You'll Never Walk Alone**

**Honoring Our Flag
Walk USA Street by Street**

Wake County
5 / 10 Km WALK YR2008
Triangle Trailblazers

START POINT: Cary Family YMCA
101 YMCA Dr.
Cary, NC 27513
919-469-9622

HOURS: M-SA 8-6, SU 1-6
CLOSED: Major holidays (call if in doubt)

POC: Debby Wapner, 919-749-5463, debywapner@aol.com

TRAIL: Rate 1A, This walk loops through the beautiful Prestonwood neighborhood. It is mainly on sidewalks with the exception of two streets. Central to both the 5k and 10k walks is the Prestonwood Golf Course, one of the biggest courses in the triangle area. Pets must be leashed.

HOW TO GET THERE: **From the west on I-40**, take exit 287, turning right onto Harrison Ave. Turn right onto Cary Pkwy. Turn left on YMCA Dr. (approximately 1 mile past light at High House Rd.) YMCA is on the left. **From the south on US1**, exit at Cary Pkway, and turn left. Turn right on YMCA Dr. Register here, and then drive approximately 1 mile to the start location at Brueggers Bagels (leave the YMCA, turn right on Cary Parkway, go approx. 1 mile to the light at High House, go through the light and turn left into shopping area).