

## Leg 22 (6.0 miles, Moderate)

**Leg Description:** Rolling with a good climb on Conley Ridge Road.

**Leg Notes:** Run on the right on 226/19. Run on the left on 226. Both roads are heavily traveled. Be alert to traffic.

### Leg Legend:

- 0.0 Exchange #21 (Ingles Grocery)
- 0.5 R 226/19
- 0.3 R 226 N
- 2.9 L Penland Rd.
- 1.1 R Conley Ridge Rd.
- 1.2 S Penland School Gallery (right) (Exchange #22)

