

REQUIRED 3 Mile Run for BCD and Up

You must complete this run in 30 minutes or less

Start	Lee Brothers Tae Kwon Do
Right	Falls of Neuse Rd
Right	Thorpshire Dr
Right	Colesbury Dr
Right	Harps Mill Rd
Right	Audubon Dr
Right	Farmingwood Ln
Left	Rainwood Ln
Right	Falls of Neuse Rd
End	Lee Brothers Tae Kwon Do
Total	2.7 Miles