Pirate Nurse 5K Directions:

Start on road in front of Health Sciences Building
Right on MacGregor Downs Road
Right on West 5th Street
Right on Memorial Drive (sidewalk)
Right on O'Hagan Place
Bear Left on O'Hagan Place
Bear Right on O'Hagan Place (by loading dock)
Left on Hospital Drive
Right on Moye Blvd
Left on Cancer Center Access Road
Right on East Campus Loop
Left on North Campus Loop
Left on Emergency Drive
Right on Family Medicine Access Road
Left on Service Road
Right on MacGregor Downs Road
Right on road in front of Health Sciences Building
Right through Traffic Circle
Right on Emergency Drive
Left onto Lake Laupus Trail Access
Right on Lake Laupus Trail
Follow trail around Lake Laupus
Right onto Lake Laupus Trail Access
Right onto Emergency Drive
Right through Traffic Circle
Right onto Health Sciences Drive
Finish on Health Sciences Drive

Map is not to scale - Not all intersection street are shown - Runners may use total road except restricted to sidewalk on Memorial Drive.

Splits
Start: Unnamed service road in front of Health Sciences Building (see detail)

1 Mile: 56' past UP #4293 on Memorial Drive

2 Mile: Front entrance to East Carolina Heart Institute

3 Mile: Lake Laupus Trail, 20' before turn onto access road

Finish: Health Sciences Drive (see detail)

Start Detail

Finish Detail

Measurement by James Orr, Run the East LLC, RunTheEast.com

LP= light pole; SD= storm drain; SL= street light; UP= utility pole