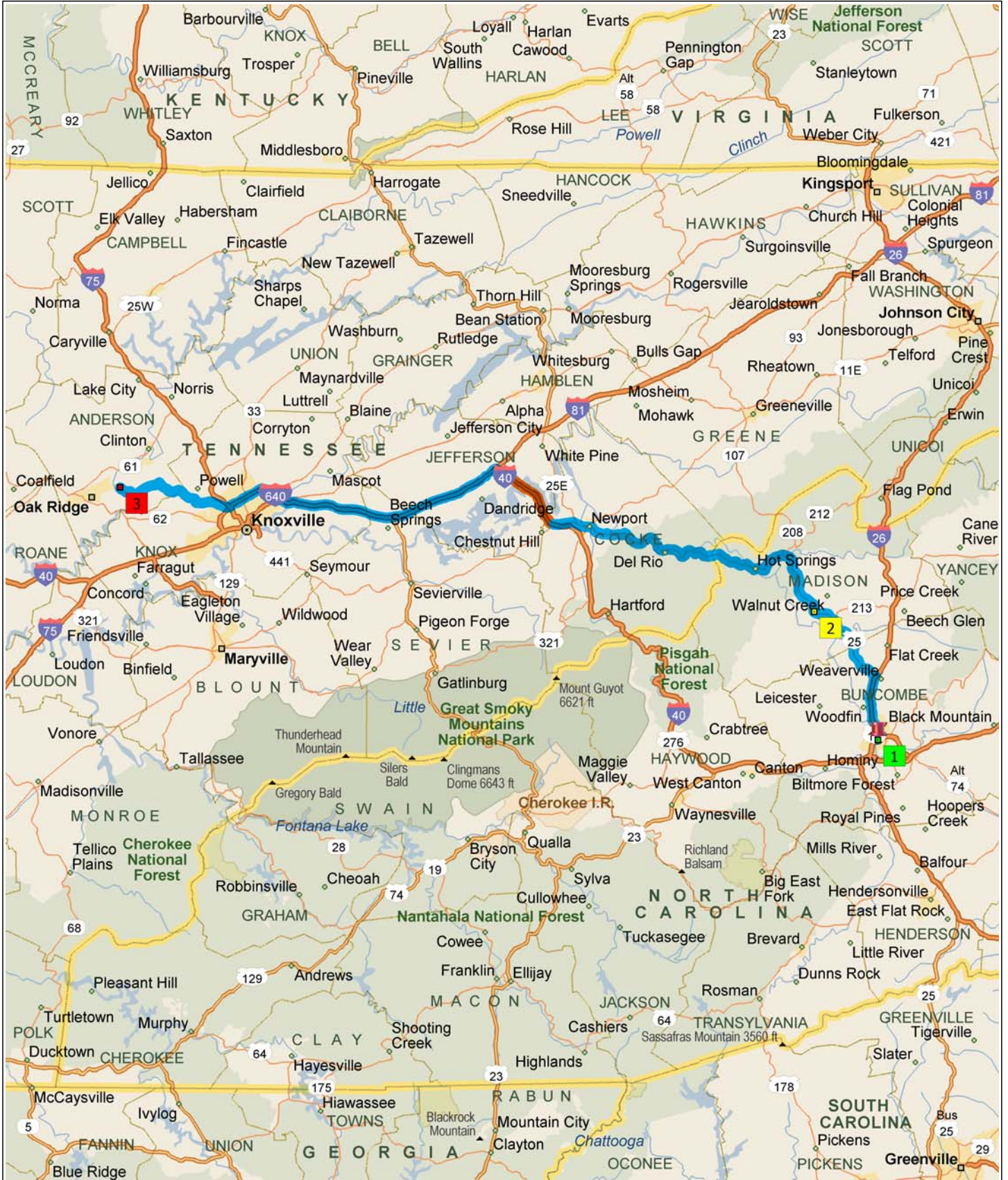


# Asheville to Oak Ridge Rowing via US 25

125.0 miles; 2 hours, 19 minutes



4:40 AM	0.0 mi	<b>1</b> Depart 35.59442°N 82.56869°W on US-19 [US-23] (North) for 8.2 mi
4:50 AM	8.2 mi	At exit 19A, keep RIGHT onto Ramp for 0.2 mi towards US-25 / US-70 / Marshall
4:50 AM	8.4 mi	Bear RIGHT (West) onto US-25 [US-70] for 12.6 mi
5:05 AM	21.0 mi	<b>2</b> At near Redmon, stay on US-25 [US-70] (North-West) for 8.5 mi
5:15 AM	29.5 mi	Turn LEFT to stay on US-25 [US-70] for 5.1 mi
5:22 AM	34.7 mi	Turn RIGHT to stay on US-25 [US-70] for 26.1 mi
5:29 AM	40.4 mi	Entering Tennessee
5:56 AM	60.8 mi	Road name changes to US-25W [US-70] for 2.3 mi
5:59 AM	63.1 mi	Take Ramp (RIGHT) onto I-40 for 38.9 mi towards I-40 / Knoxville Bridge work between Dandridge and Newport (NB) (May 9, 2008 - April 30, 2010)
6:32 AM	102.0 mi	At exit 393, take Ramp (RIGHT) onto I-640 [US-25W] for 7.2 mi towards I-640 / US-25W / I-75 N / Lexington
6:39 AM	109.2 mi	At exit 3B, turn RIGHT onto Ramp for 0.2 mi towards US-25W / Clinton
6:40 AM	109.5 mi	Road name changes to US-25W [SR-9] for 5.6 mi
6:46 AM	115.0 mi	Keep STRAIGHT onto US-25W [SR-131] for 0.1 mi
6:47 AM	115.2 mi	Keep STRAIGHT onto US-25W [SR-9] for 4.0 mi
6:51 AM	119.1 mi	Turn LEFT (South-West) onto SR-170 for 21 yds
6:52 AM	119.1 mi	Bear RIGHT (West) onto SR-170 [Edgemoor Rd] for 3.6 mi
6:56 AM	122.7 mi	Keep RIGHT onto Local road(s) for 54 yds
6:57 AM	122.8 mi	Bear RIGHT (North) onto Melton Lake Dr for 2.2 mi
7:00 AM	125.0 mi	<b>3</b> Arrive 631 Melton Lake Dr, Oak Ridge, TN 37830