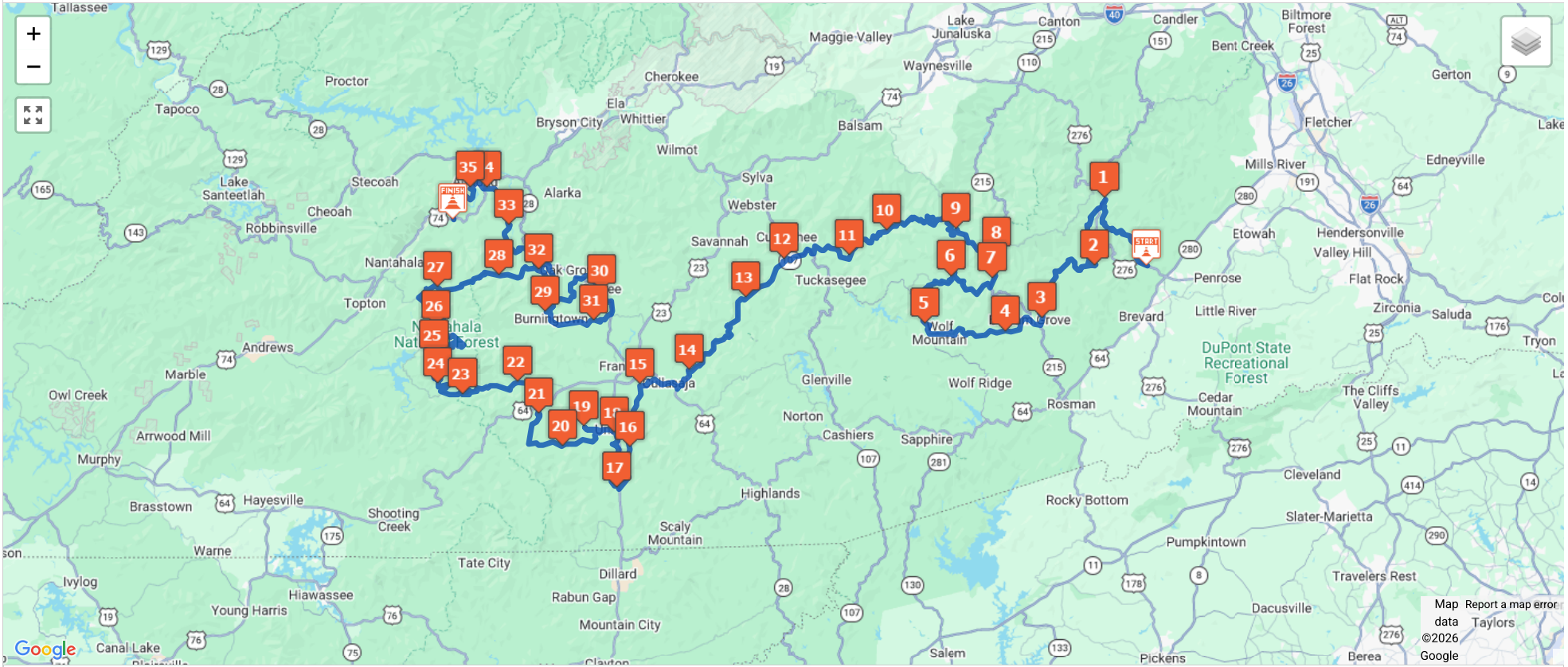
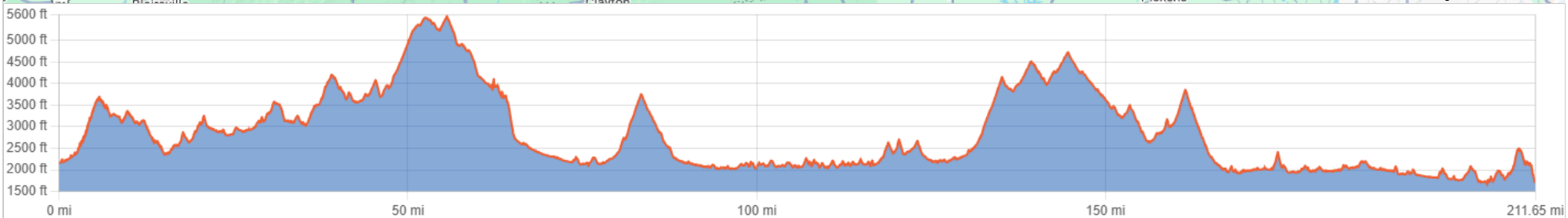
SMR - Full Course ~ 2026 (211.9 miles - +22,476 ft / -22,921 ft)





Search markers

Marker ID

Start of Race

Start of Race
Pisgah Ranger Station/Visitor Center
35.285310, -82.727000

Exchange 01 / Start Leg 02

End of Leg 1; Start of Leg 2
Pink Beds Picnic Area
35.353030, -82.779520

2

Exchange 02 / Start Leg 03

End of Leg 2; Start of Leg 3
Pisgah Wildlife Education Center
35.285410, -82.791740

3

Exchange 03 / Start Leg 04

End of Leg 3; Start of Leg 4
Shoal Creek Baptist Church
35.230610, -82.857890

4

Exchange 04 / Start Leg 05

End of Leg 4; Start of Leg 5
Wood's Memorial Church
35.218130, -82.902790

5

Exchange 05 / Start Leg 06

End of Leg 5; Start of Leg 6
Paradise Falls parking area
35.225600, -83.003280

6

Exchange 06 / Start Leg 07

End of Leg 6; Start of Leg 7
Balsam Lake Recreational Area
35.273430, -82.969790

7

Exchange 07 / Start Leg 08

End of Leg 7; Start of Leg 8
NC-215 Pullout before Rocky Knob
35.271470, -82.918650

8

Exchange 08 / Start Leg 09

End of Leg 8; Start of Leg 9
Courthouse Valley Overlook
35.297410, -82.913720

9

Exchange 09 / Start Leg 10

End of Leg 9; Start of Leg 10
Bear Pen Gap Overlook
35.321368, -82.965033

10

Exchange 10 / Start Leg 11

End of Leg 10; Start of Leg 11
Sugar Creek Baptist Church
35.321018, -83.050784

11

Exchange 11 / Start Leg 12

End of Leg 11; Start of Leg 12
West Cullowhee Fire Dept
35.295000, -83.098321

12

Exchange 12 / Start Leg 13

End of Leg 12; Start of Leg 13
Jackson County Recreation Complex
35.291370, -83.179130

13

Exchange 13 / Start Leg 14

End of Leg 13; Start of Leg 14
Tilley Creek Baptist Church
35.252160, -83.227010

14

Exchange 14 / Start Leg 15

End of Leg 14; Start of Leg 15
Higdonville Baptist Church
35.178190, -83.297530

15

Exchange 15 / Start Leg 16

End of Leg 15; Start of Leg 16
Wells Grove Baptist Church
35.163950, -83.359360

16

Exchange 16 / Start Leg 17

End of Leg 16; Start of Leg 17
Hickory Knoll Methodist Church
35.099759, -83.371696

17

Exchange 17 / Start Leg 18

End of Leg 17; Start of Leg 18
Asbury Church
35.057720, -83.387400

18

Exchange 18 / Start Leg 19

End of Leg 18; Start of Leg 19
Smoky Mountain Visitor Center
35.113910, -83.390390

19

Exchange 19 / Start Leg 20

End of Leg 19; Start of Leg 20
Pleasant Hill Baptist Church
35.121298, -83.429087

20

Exchange 20 / Start Leg 21

End of Leg 20; Start of Leg 21
Intersection Jones Creek Rd and Allison Watts Rd
35.101242, -83.454766

21

Exchange 21 / Start Leg 22

End of Leg 21; Start of Leg 22
Cartoogechaye Baptist Church
35.132948, -83.485155

22

Exchange 22 / Start Leg 23

End of Leg 22; Start of Leg 23
LBJ Job Corps, Franklin
35.165688, -83.511637

23

Exchange 23 / Start Leg 24

End of Leg 23; Start of Leg 24
Wayah Rd, Appalachian Trail crossing
35.153920, -83.580470

24

Exchange 24 / Start Leg 25

End of Leg 24; Start of Leg 25
Sawmill Gap on Wayah Rd (2 mi south of Wine Springs Equestrian Camp)
35.165350, -83.611210

25

Exchange 25 / Start Leg 26

End of Leg 25; Start of Leg 26
Nantahala Lake Scenic Overlook
35.192461, -83.615988

26

Exchange 26 / Start Leg 27

End of Leg 26; Start of Leg 27
Whiteoak Flats Church
35.223017, -83.612439

27

Exchange 27 / Start Leg 28

End of Leg 27; Start of Leg 28
Briartown Baptist Church
35.262260, -83.612124

28

Exchange 28 / Start Leg 29

End of Leg 28; Start of Leg 29
Intersection of Tellico Rd and Sugar Cove Rd
35.275087, -83.534335

29

Exchange 29 / Start Leg 30

End of Leg 29; Start of Leg 30
Burningtown Iotla VFD (Daves Creek Rd)
35.237382, -83.476787

30

Exchange 30 / Start Leg 31

End of Leg 30; Start of Leg 31
Cowee School
35.259460, -83.406776

31

Exchange 31 / Start Leg 32

End of Leg 31; Start of Leg 32
Iotla Valley Elementary School
35.229140, -83.415841

32

Exchange 32 / Start Leg 33

End of Leg 32; Start of Leg 33
Tellico Christian Camp
35.280292, -83.484848

33

Exchange 33 / Start Leg 34

End of Leg 33; Start of Leg 34
East side of Needmore Rd Suspension Bridge
35.325880, -83.522740

34

Exchange 34 / Start Leg 35

End of Leg 34; Start of Leg 35
Cardinal Coffee
35.364723, -83.549571

Exchange 35 / Start Leg 36

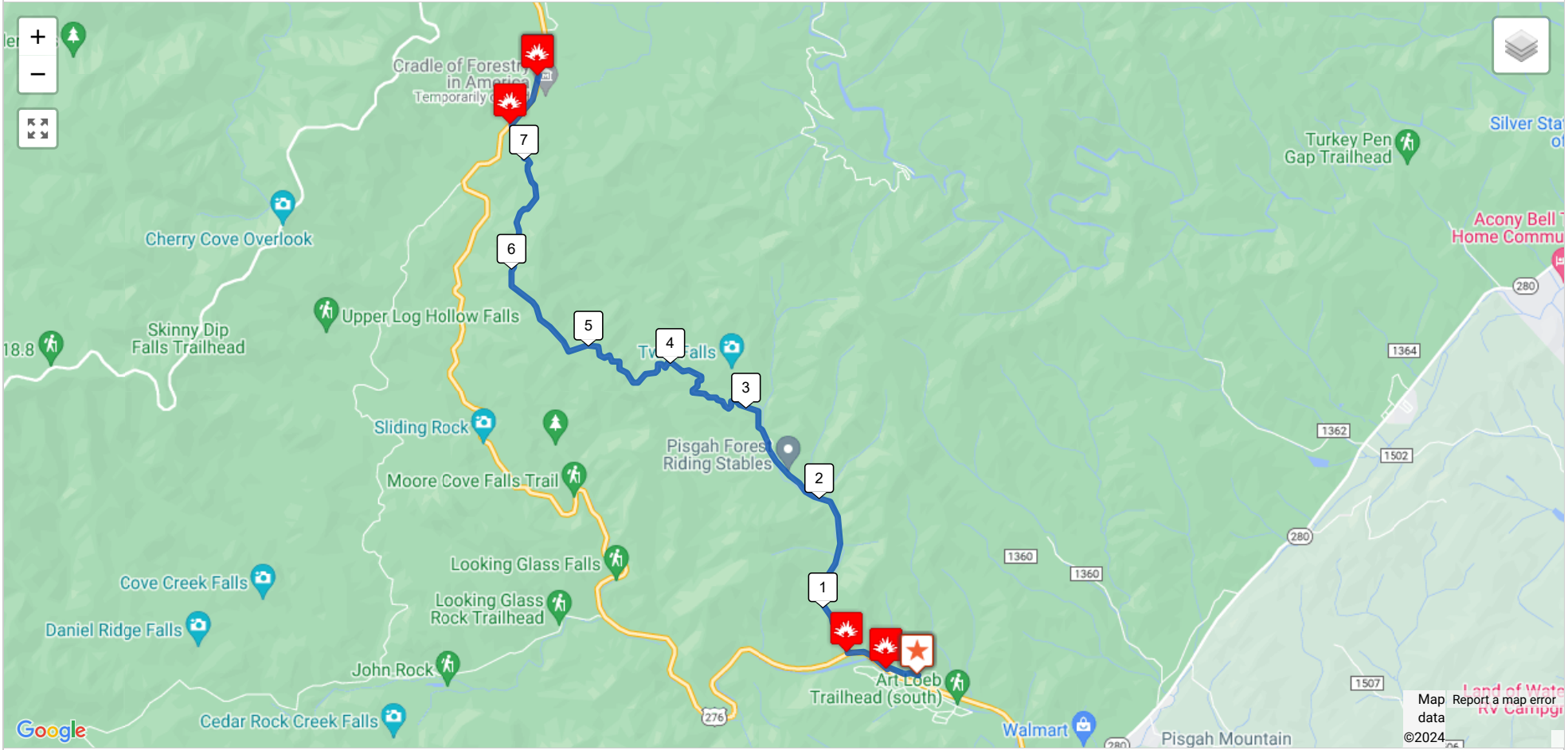
End of Leg 35; Start of Leg 36
Old Almond Estate Entrance
35.364760, -83.570560

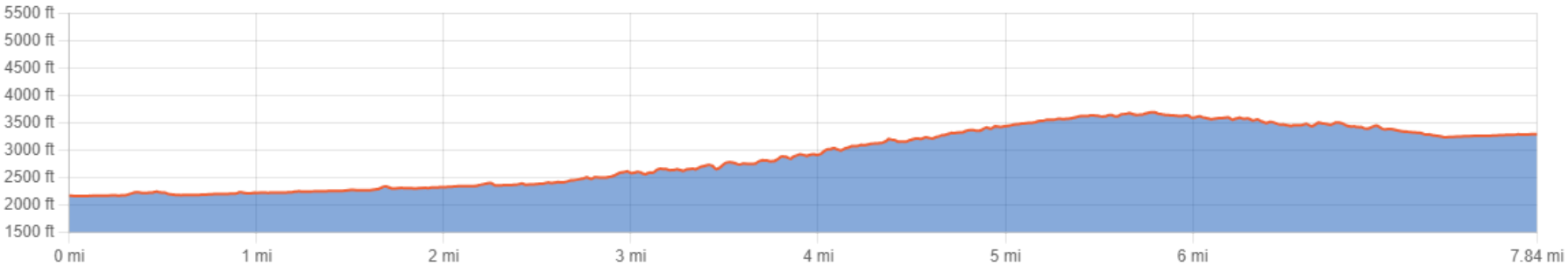
Finish

Finish
Nantahala Outdoor Center
35.331946, -83.591932

37 results

SMR - Leg 01 (7.8 miles - +1,614 ft / -490 ft) - EXTREME





Search markers

Marker ID

Start of Race

Start of Race
Pisgah Ranger Station/Visitor Center

35.285310, -82.727000

Leg 01 - Van Instructions

DO NOT FOLLOW RUNNERS - USE ALTERNATE ROUTE

VAN ROUTE (download GPX here): https://ridewithgps.com/routes/38232068
Follow van route to meet runner at the next exchange. There is plenty of time to catch up with them if you drive directly there.
Exchange Parking - There is lots of parking in the Pink Beds Picnic Area parking lot.

Van Route Cuesheet
0.1 mi - Turn right onto US 276
9.8 mi - Exchange is on the right at the entrance to Pink Beds Picnic Area

Leg 01 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

Enjoy! This is a challenging start to the race!
The first starts of the race will be dark, so wear a reflective vest and carry or wear a light.
Little to no Cellular Service!

Leg 01 - Details

A climb out of Brevard, mostly on Forest Service Road and trail
Distance: 7.8 miles
Elevation Gain/Loss: 1,614ft / 490ft
Grade Max/Min: 14.7% / -9.1%
Paved/Unpaved: 11% / 89%

Cuesheet
0.0 mi - Start and run west on the Exercise Path
0.3 mi - Turn right onto US 276
0.6 mi - Turn sharp right onto Avery Creek Road, FS 477
7.4 mi - Turn right onto US 276
7.8 mi - XC is on the right at the entrance to the Pink Beds Picnic Area

Leg 01 - EXTREME CAUTION

BE ALERT WHEN CROSSING HWY 276 to run on left side

Leg 01 - EXTREME CAUTION

BE ALERT WHEN CROSSING HWY 276

Leg 01 - EXTREME CAUTION

BE ALERT WHEN CROSSING HWY 276 to run on left side

Leg 01 - EXTREME CAUTION

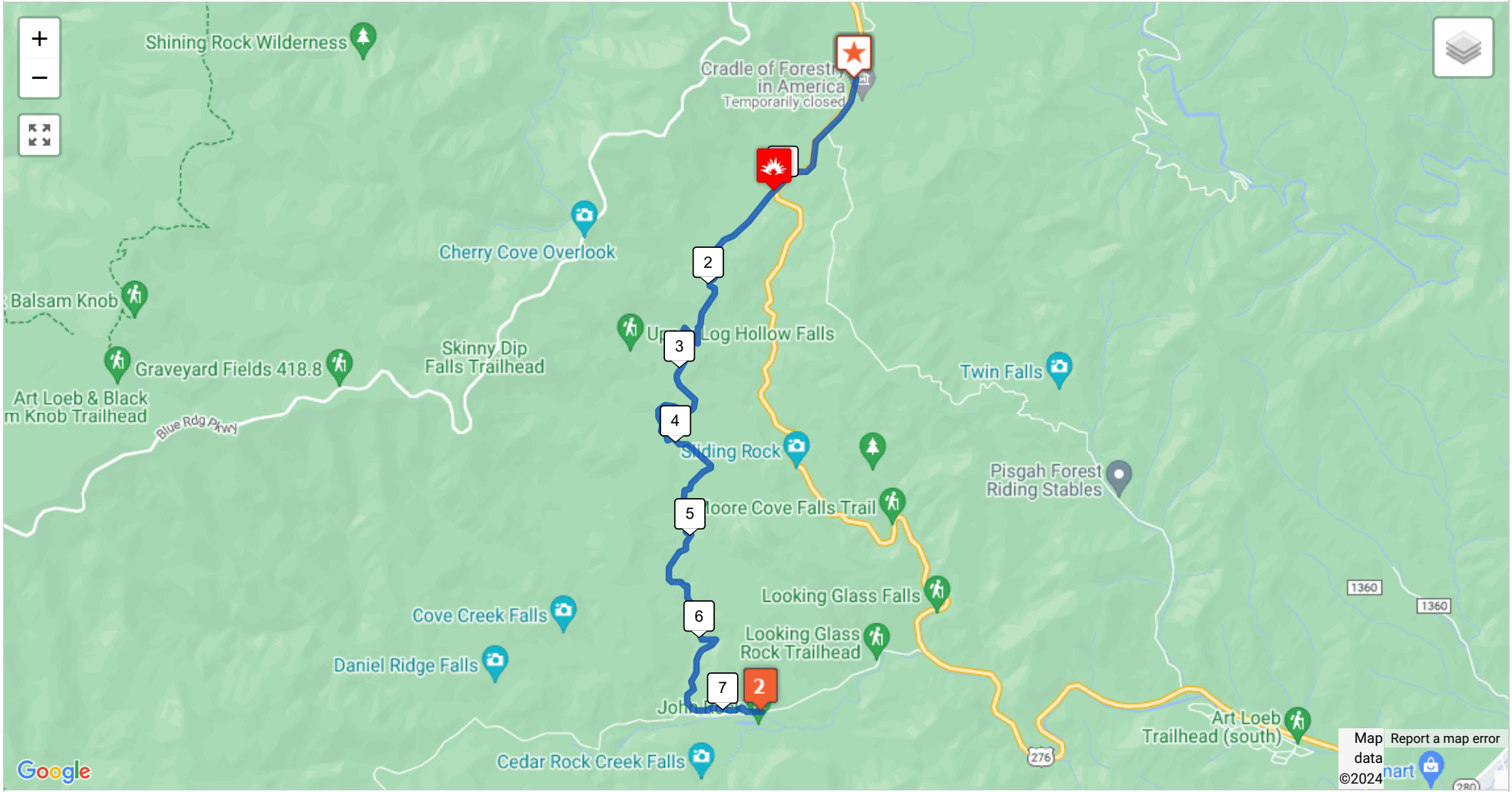
BE ALERT WHEN CROSSING HWY 276 to exchange

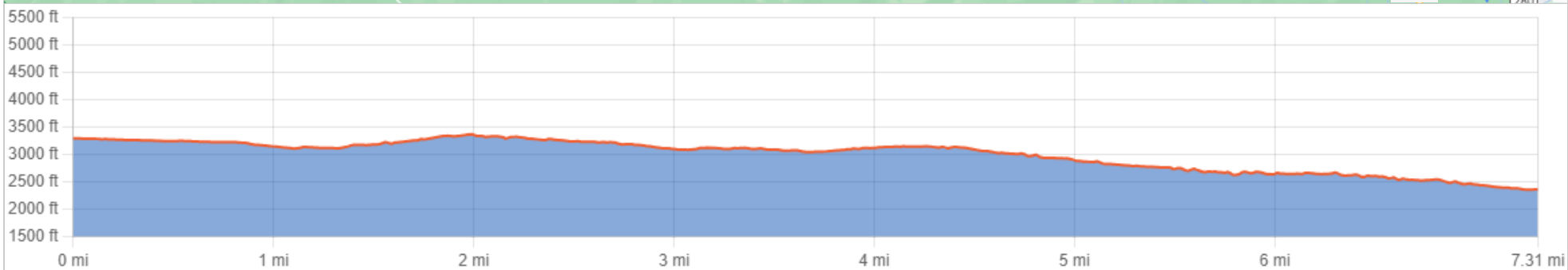
Exchange 01 / Start Leg 02

End of Leg 1; Start of Leg 2
Pink Beds Picnic Area
35.353030, -82.779520

9 results

SMR - Leg 02 (7.3 miles · +361 ft / -1,288 ft) - CHALLENGING





Search markers

Marker ID

Exchange 01 / Start Leg 02

End of Leg 1; Start of Leg 2
Pink Beds Picnic Area
35.353030, -82.779520

Leg 02 - Van Instructions

DO NOT FOLLOW RUNNERS - USE ALTERNATE ROUTE

VAN ROUTE (download GPX here): https://ridewithgps.com/routes/38232429
Follow van route to meet runner at the next exchange. There is plenty of time to catch up with them if you drive directly there.
Exchange Parking - Park on the side of FS475 since the Pisgah Wildlife Education center is closed. Pull off and make room for others. Don't block traffic.

Van Route Cuesheet
0.0 mi - Follow US 276 (south) back towards Brevard, NC
5.9 mi - Turn sharp right onto Fish Hatchery Road, FS 475
7.3 mi - Park near the entrance to the Pisgah Wildlife Center

Leg 02 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

Cross HWY 276 under the direction of a traffic officer.
Be alert to drivers while running on HWY 276.
If it's dark, be sure to have a reflective vest and lights.
Poor Cellular Service

Leg 02 - Details

Very scenic through the Pisgah NF with views of ShiningRock
Distance: 7.3 miles
Elevation Gain/Loss: 361ft / 1,288ft
Grade Max/Min: 9.4% / -9.1%
Paved/Unpaved: 17% / 83%

Cuesheet
0.0 mi - Turn left onto US-276 S (back towards Brevard)
1.1 mi - Slight right onto FS-475B (gravel - Headwaters Rd)
7.2 mi - Left turn onto National Forest 475 Rd (paved)
7.3 mi - XC at the entrance to the Pisgah Wildlife Education center

Leg 02 - EXTREME CAUTION

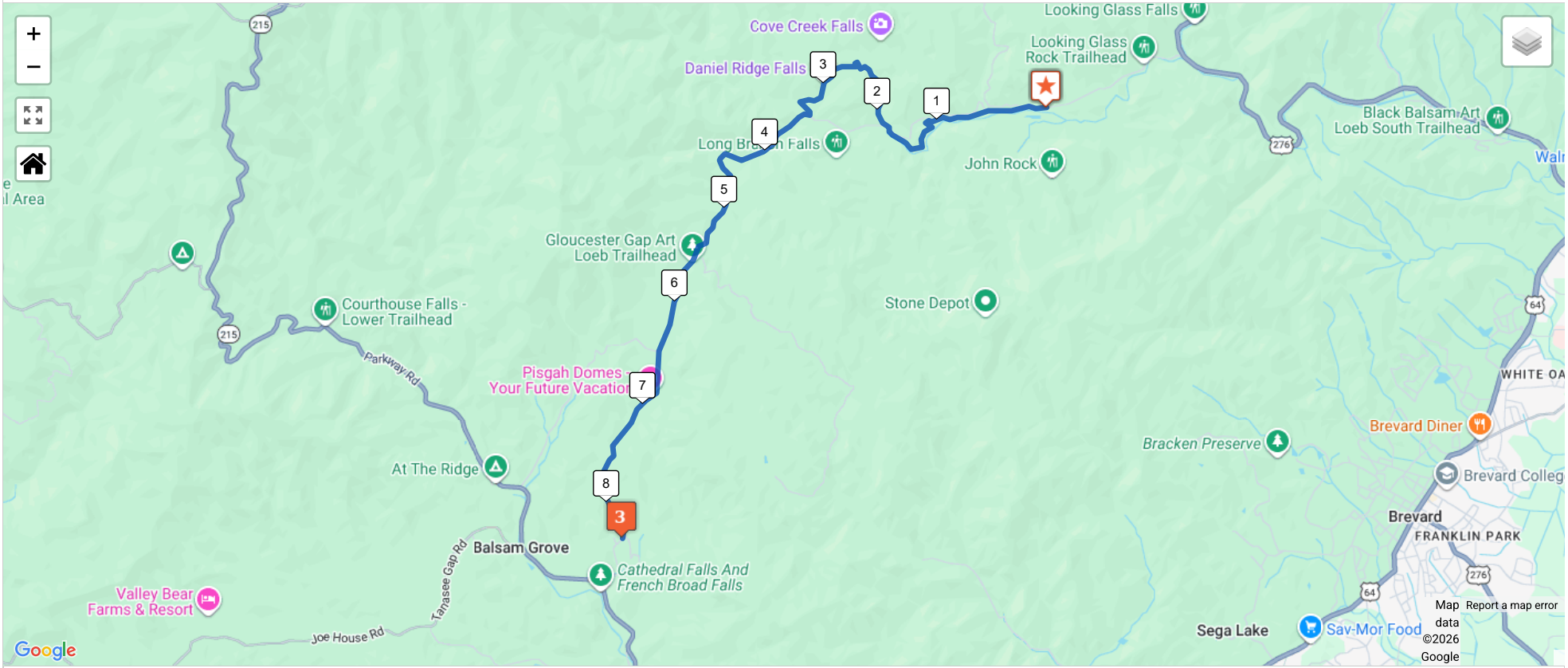
BE ALERT WHEN CROSSING HWY 276

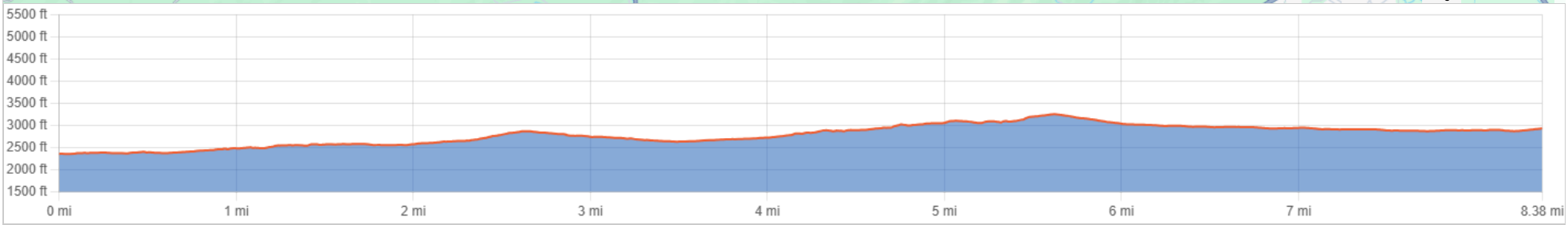
Exchange 02 / Start Leg 03

End of Leg 2; Start of Leg 3
Pisgah Wildlife Education Center
35.285410, -82.791740

6 results

SMR - Leg 03 (8.4 miles - +1,231 ft / -668 ft) - HARD





Search markers

Marker ID

Exchange 02 / Start Leg 03

End of Leg 2; Start of Leg 3
Pisgah Wildlife Education Center
35.285410, -82.791740

Leg 03 - Van Instructions

VANS MAY FOLLOW RUNNERS OR USE ALTERNATE ROUTE

ALTERNATE ROUTE (download GPX here): https://ridewithgps.com/routes/38232443
Follow van route to meet runner at the next exchange. Time might be tough here. Don't waste time. Drive directly there.

Exchange Parking - Park in the parking lot at the Shoal Creek Baptist Church.

Alternate Route Cuesheet
0.1 mi - Turn right out of PWC onto National Forest 475 Rd
1.5 mi - Continue onto US-276 S
6.7 mi - Turn right onto US-276 S/US-64 W
10.7 mi - Turn right to stay on US-64 W
19.0 mi - Turn right onto NC-215 N
26.9 mi - Turn right onto Clinic Rd
27.1 mi - Turn left onto Shoal Creek Rd
27.4 mi - Arrive at Shoal Creek Baptist Church

Leg 03 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

Narrow road with little shoulder.
Be alert, and watch for distracted drivers.
If it's dark, be sure to have a reflective vest and lights.
Little to no Cellular Service!

Leg 03 - Details

Beautiful climb up Balsam Grove through Pisqah NF. Forest service roads and a couple of good trail sections. Enjoy the climbing!
Distance: 8.4 miles
Elevation Gain/Loss: 1,231ft / 668ft
Grade Max/Min: 15.4% / -11.2%
Paved/Unpaved: 29% / 71%

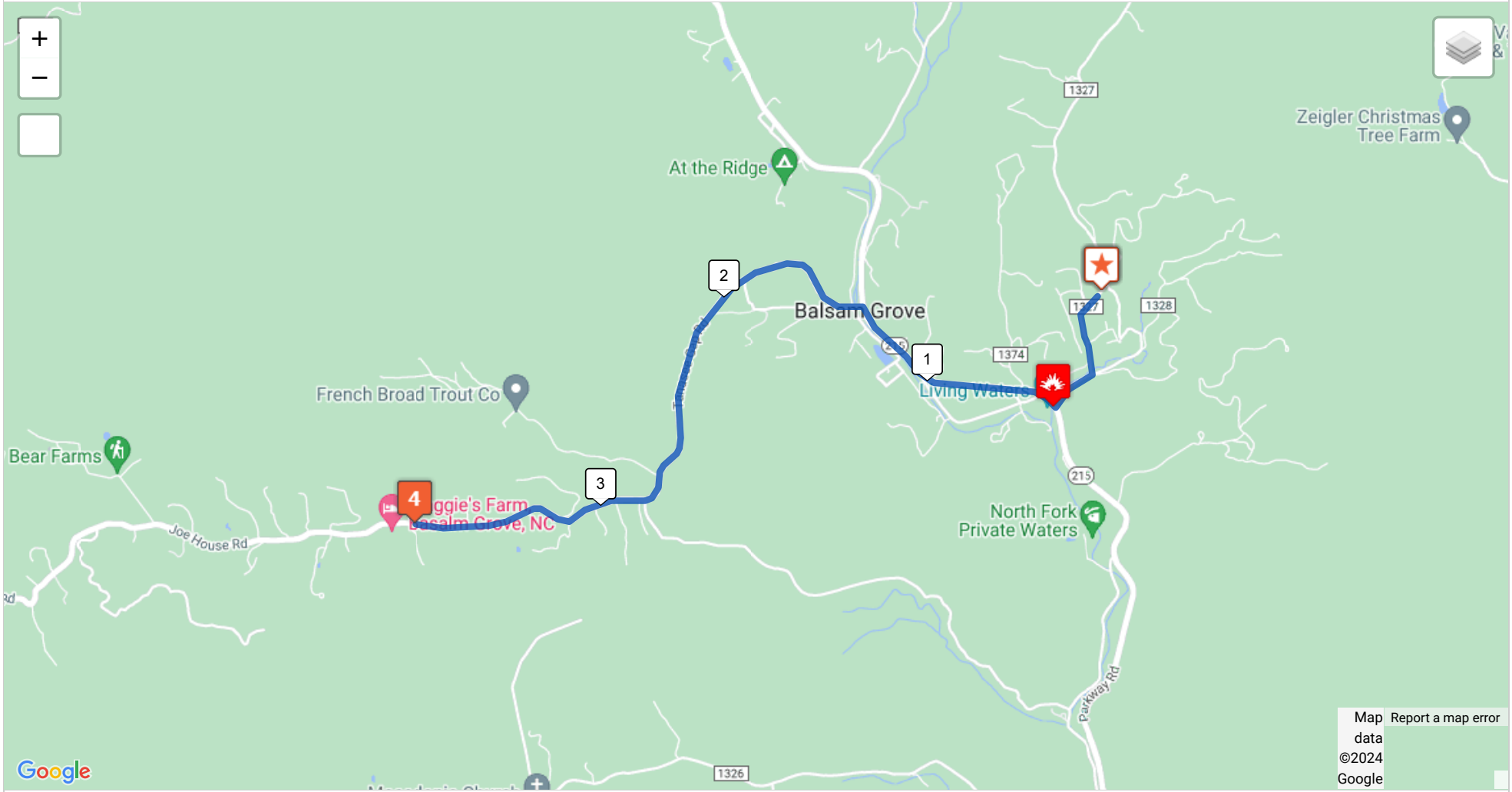
Cuesheet
0.0 mi - Head west on Forest Service RD 475
0.5 mi - turn left onto the Davidson River Trail
1.8 mi - Turn left off of trail and back onto Davidson River Road, FS 475
1.9 mi - Turn right (almost immediately) and start climbing up FS 809 (Camp Creek Group Camp Rd)
2.2 mi - Turn Left onto the To Cove Creek Trail - keep climbing
2.3 mi - Turn Left onto Cove Creek - Daniel Connector (Old Lanning Ridge Trail) - still climbing
2.6 mi - Enter the clearing and head down Lanning Ridge Rd, FS 5046 - begin the downhill section!
3.4 mi - Stay Left at the intersection and continue (downhill) on Lanning Ridge Rd, FS 5046 towards the iron bridge
3.5 mi - Turn Right onto Davidson River Road, FS 475
8.4 mi - XC on the left across from the church

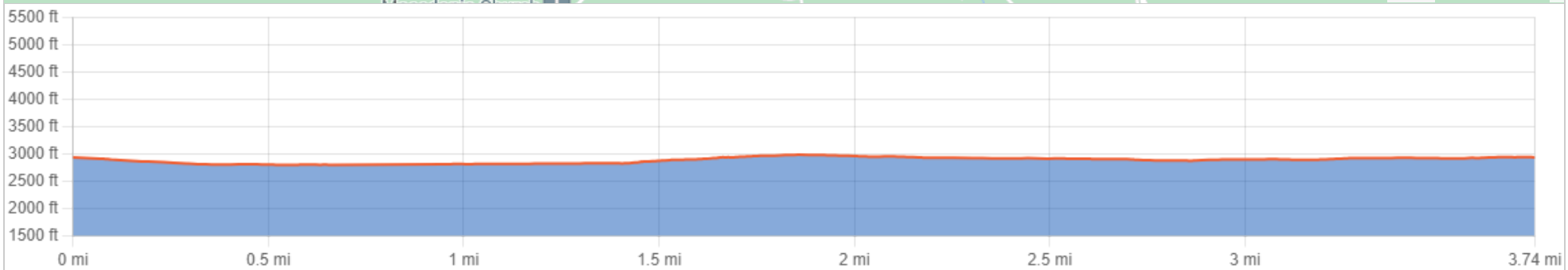
Exchange 03 / Start Leg 04

End of Leg 3; Start of Leg 4
Shoal Creek Baptist Church
35.230610, -82.857890

5 results

SMR - Leg 04 (3.7 mi +246 ft / -234 ft) - MODERATE





Search markers

Marker ID

Exchange 03 / Start Leg 04

End of Leg 3; Start of Leg 4
Shoal Creek Baptist Church
35.230610, -82.857890

Leg 04 - Van Instructions

Follow runner's route

Don't give assistance while runner is on HWY 215.
While assisting runners on Tannasee, make sure you are well to the side of the road and not blocking local traffic.
Toilets - Volunteer Fire Dept. in Balsam Grove (just before Tannasee Rd)
Exchange Parking - Park at Wood's Memorial Church parking lot.

Leg 04 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

Busy Road. At 0.5 Miles, use caution when crossing and running on HWY 215.
Be alert, and watch for distracted drivers.
If it's dark, be sure to have a reflective vest and lights.
Little to no Cellular Service!

Leg 04 - Details

Rural State roads through Balsam Grove Community
Distance: 3.7 miles
Elevation Gain/Loss: 246 ft / 234 ft
Grade Max/Min: 7.2% / -7.6%
Paved/Unpaved: 100% / 0%

Cuesheet
0.0 mi - Continue on Richard McCall Rd
0.3 mi - Turn Right on Clinic Dr.
0.5 mi - Cross HWY 215 and Turn Right
1.4 mi - Turn Left on Tannasee (On the right you will see the Balsam Grove VFD)
2.8 mi - Cross new bridge and follow Tannasee Rd to Right Fork
3.7 mi - Cross road. Exchange is at Wood's Memorial Church.

Leg 04 - EXTREME CAUTION

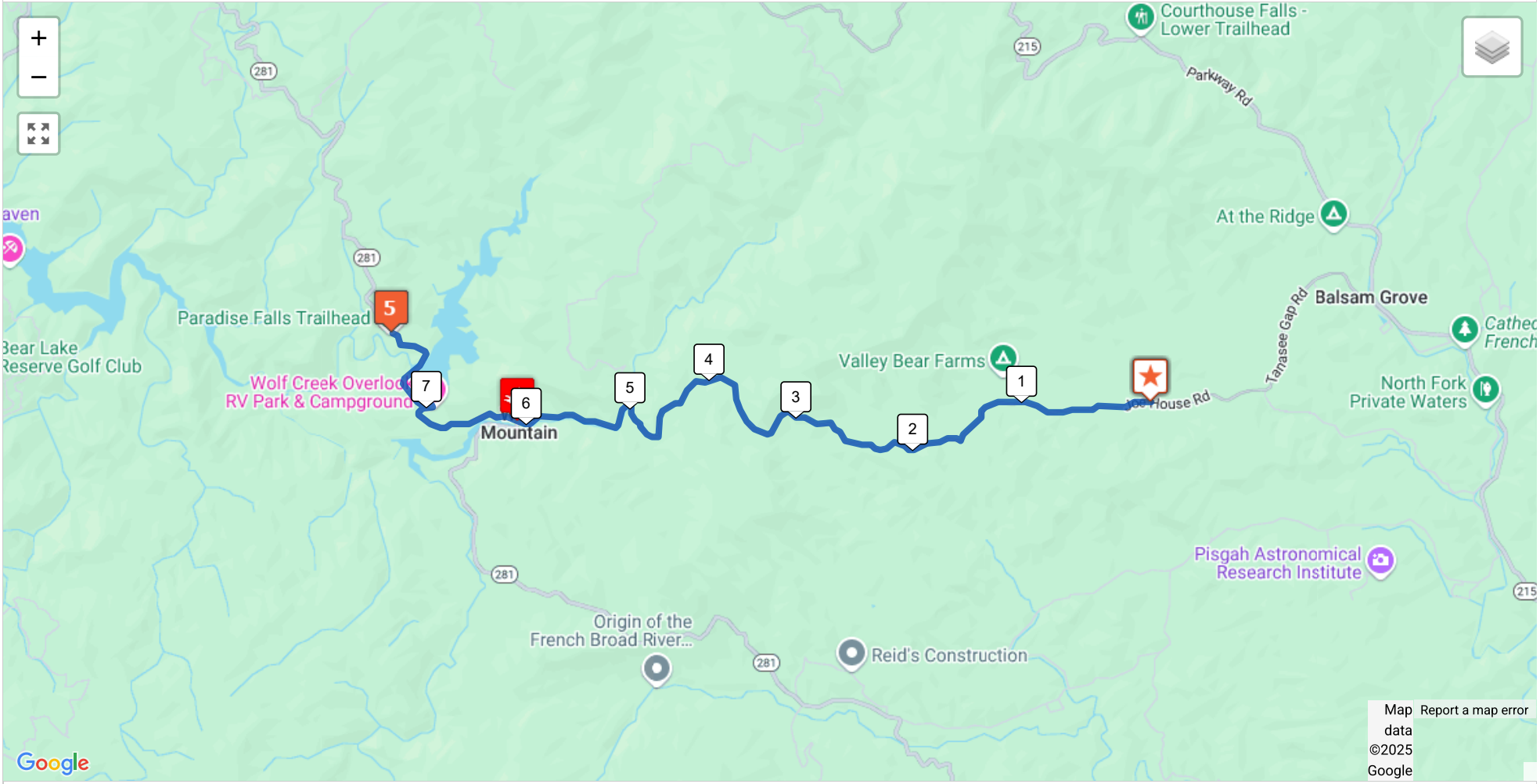
AT 0.5 MILES, USE EXTREME CAUTION WHEN CROSSING AND RUNNING ON HWY 215

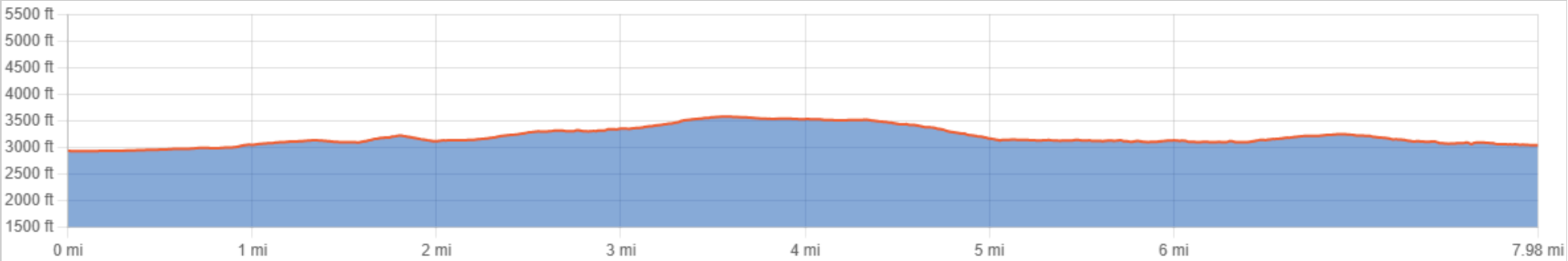
Exchange 04 / Start Leg 05

End of Leg 4; Start of Leg 5
Wood's Memorial Church
35.218130, -82.902790

6 results

SMR - Leg 05 (8.0 mi +980 ft / -871 ft) - HARD





Search markers

Marker ID

Exchange 04 / Start Leg 05

End of Leg 4; Start of Leg 5
Wood's Memorial Church
35.218130, -82.902790

Leg 05 - Van Instructions

Follow runner's route

If pulling over to give runners water, make sure you are well to the side of the road and not blocking local traffic.
Exchange Parking - Park in the Paradise Falls parking area on south side of NC-281, before Wolf Creek Baptist Church.

Leg 05 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

Busy Road - be aware that heavy trucks frequent this road.
Be alert, and watch for distracted drivers.
Little to no Cellular Service!

Leg 05 - Details

State roads through a rural country setting with tree farms and lakeshore running
Distance: 8.0 miles
Elevation Gain/Loss: 980 ft / 871ft
Grade Max/Min: 13.4% / -14.0%
Paved/Unpaved: 100% / 0%

Cuesheet
0.0 mi - Continue on Tannasee Rd
5.1 mi - Cross bridge, then Turn Left on Wolf Mountain Rd.
6.1 mi - Continue onto NC-281 N
8.0 mi - XC is on the left at the Paradise Falls parking area before Wolf Creek Baptist Church

Leg 05 - EXTREME CAUTION

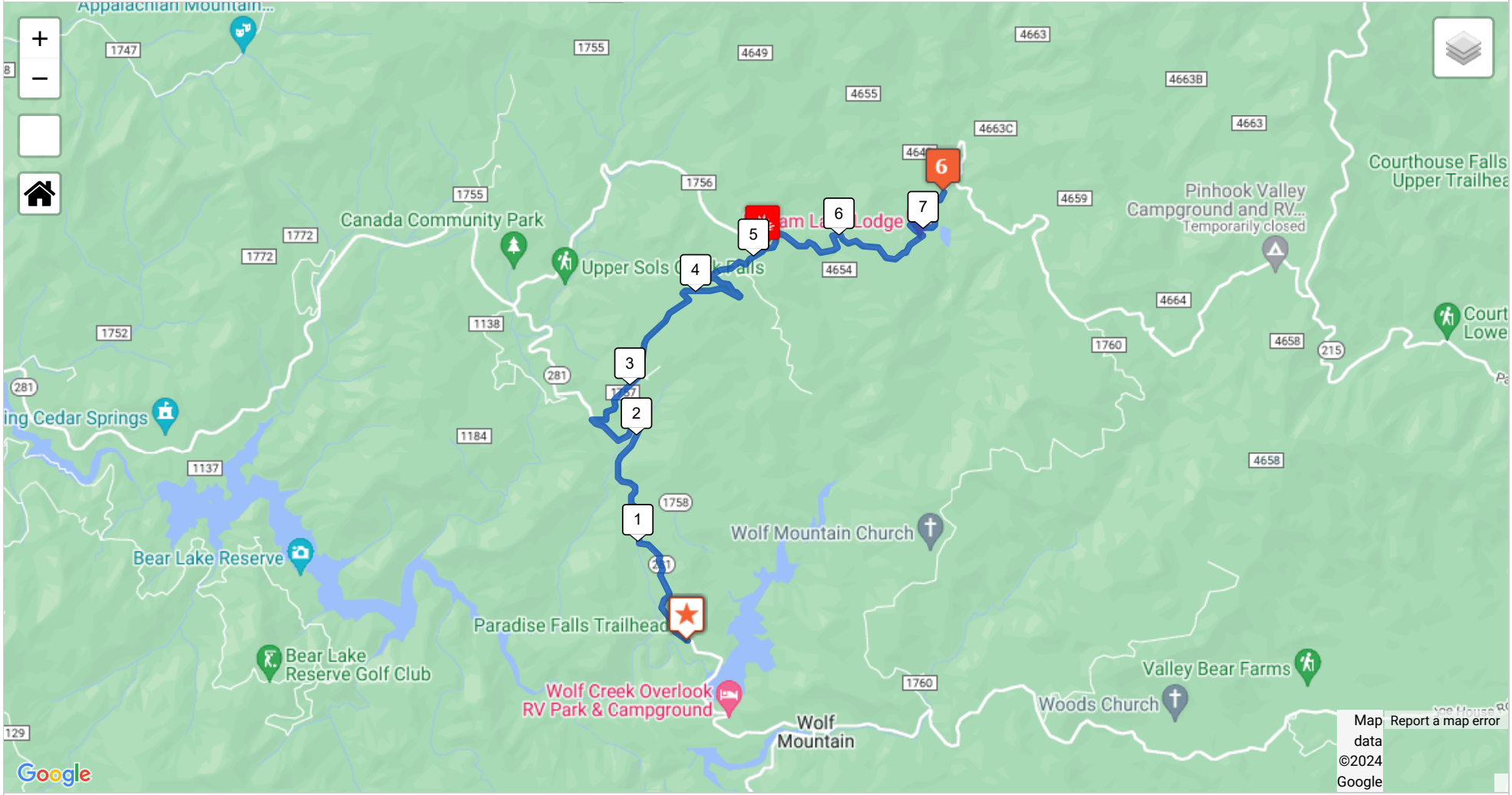
BE ALERT WHEN CROSSING TO THE LEFT SIDE OF HWY 281

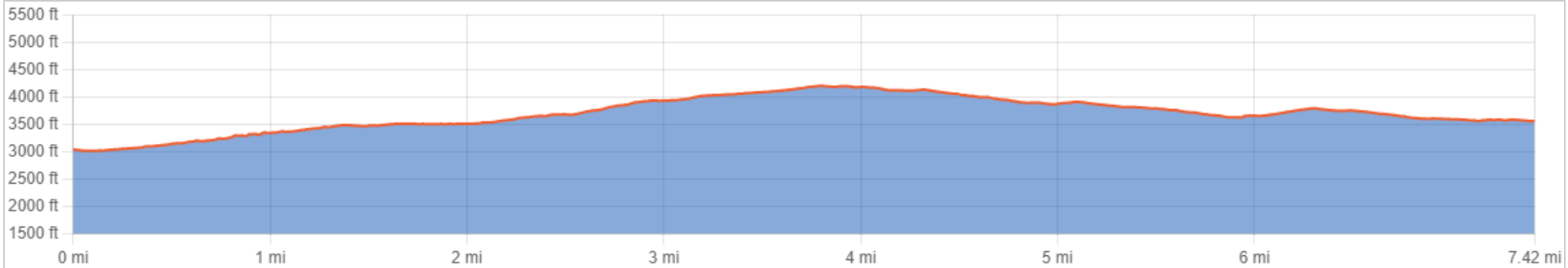
Exchange 05 / Start Leg 06

End of Leg 5; Start of Leg 6
Paradise Falls parking area
35.225600, -83.003280

6 results

SMR - Leg 06 (7.4 mi +1386 ft / -858 ft) - HARD





Search markers

Marker ID

Exchange 05 / Start Leg 06

End of Leg 5; Start of Leg 6
Paradise Falls parking area
35.225600, -83.003280

Leg 06 - Van Instructions

Follow runner's route

If pulling over to give runners water, make sure you are well to the side of the road and not blocking local traffic.
Exchange Parking - Park at the Balsam Lake Recreational Area. Park parallel as far in as you can get. Do not block traffic. Take your garbage with you.

Leg 06 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

Busy Road - be aware that heavy trucks frequent this road.
Caution when crossing from Neddie road to the left side of SR 1756
Be alert, and watch for distracted drivers.
Little to no Cellular Service!

Leg 06 - Details

State roads through a rural country setting.
Distance: 7.4 miles
Elevation Gain/Loss: 1386ft / 858ft
Grade Max/Min: 14.3% / -9.6%
Paved/Unpaved: 100% / 0%

Cuesheet
0.0 mi - Continue on NC 281
2.5 mi - Turn right onto Neddie Mountain Rd
5.1 mi - Neddie Mountain Rd turns slightly right and becomes State Rd 1756
7.4 mi - XC at the Balsam Lake Recreational Area

Leg 06 - EXTREME CAUTION

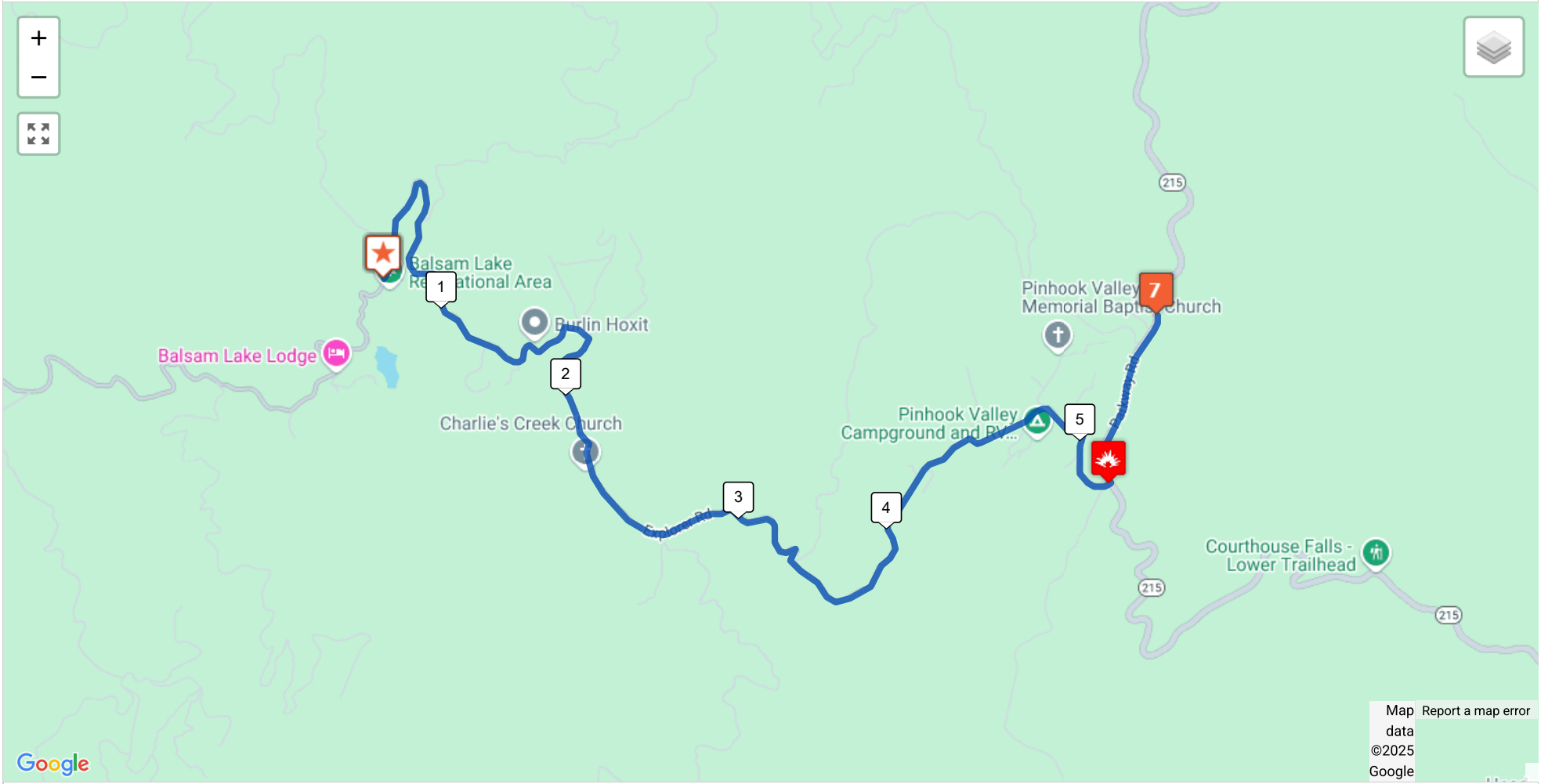
BE ALERT WHEN CROSSING TO THE LEFT SIDE OF SR 1756

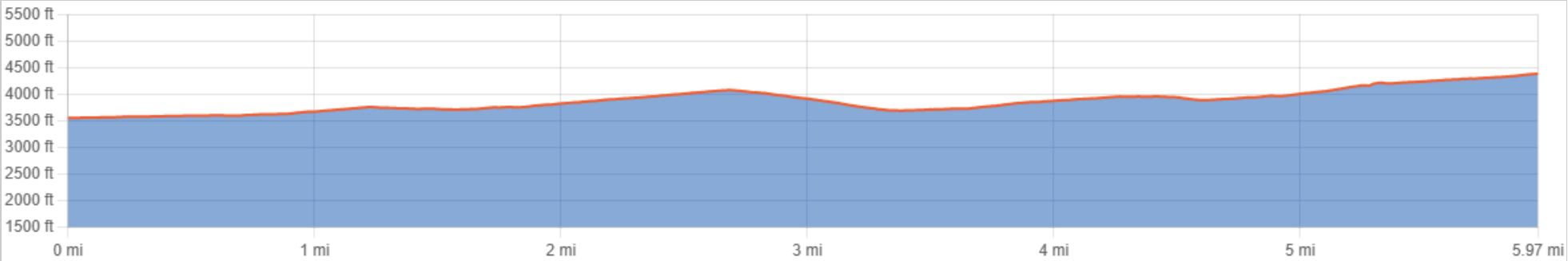
Exchange 06 / Start Leg 07

End of Leg 6; Start of Leg 7
Balsam Lake Recreational Area
35.273430, -82.969790

6 results

SMR - Leg 07 (6.0 mi +1,302 ft / -478 ft) - HARD





Search markers

Marker ID

Exchange 06 / Start Leg 07

End of Leg 6; Start of Leg 7
Balsam Lake Recreational Area
35.273430, -82.969790

Leg 07 - Van Instructions

Follow runner's route

If pulling over to give runners water, make sure you are well to the side of the road and not blocking local traffic.
Exchange Parking - Park at the pull out on NC 215. Park as far from the road as you can get. Park to provide room for other vans. Do not block traffic.

Leg 07 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD - EXCHANGE ON LEFT TOO

Busy roads. Pay attention!
Caution when turning onto NC-215
Be alert, and watch for distracted drivers.
Little to no Cellular Service!

Leg 07 - Details

State road approaching Blue Ridge Parkway
Distance: 6.0 miles
Elevation Gain/Loss: 1302ft / 478ft
Grade Max/Min: 13.9% / -14.6%
Paved/Unpaved: 100% / 0%

Cuesheet
0.0 mi - Continue on State Road 1756
5.3 mi - Turn left onto NC-215
6.0 mi - XC at the pullout on the right side of NC-215 before Rocky Knob

Leg 07 - EXTREME CAUTION

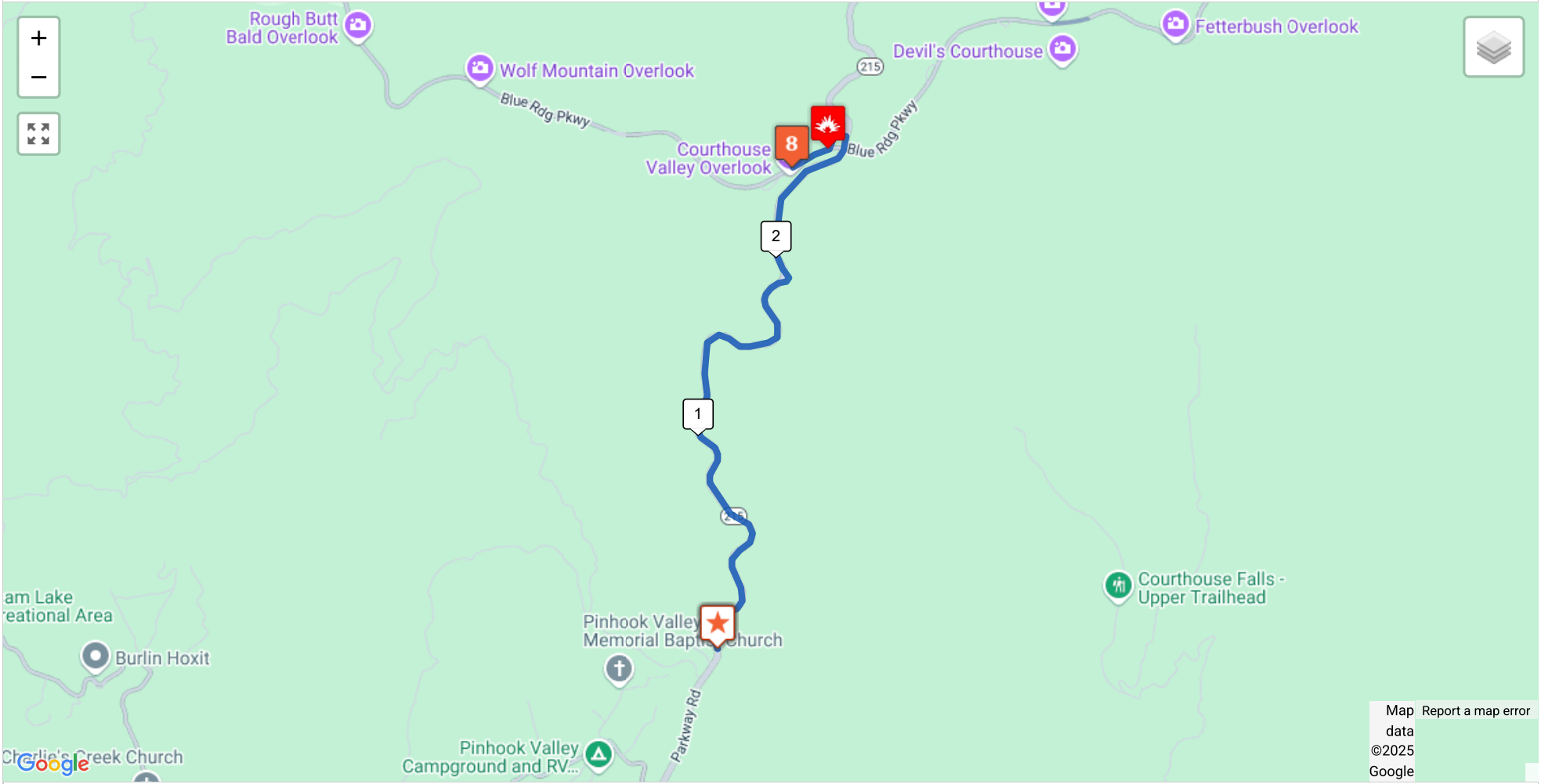
BE ALERT WHEN TURNING ONTO NC-215

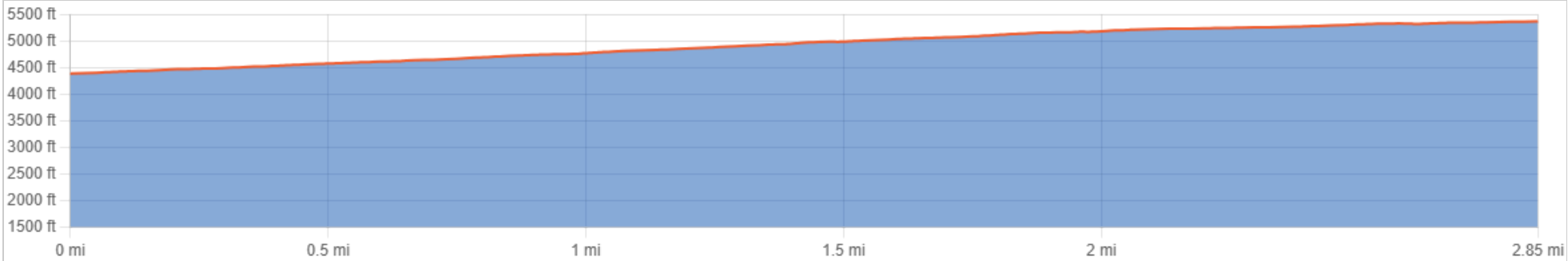
Exchange 07 / Start Leg 08

End of Leg 7; Start of Leg 8
NC-215 Pullout before Rocky Knob
35.271470, -82.918650

6 results

SMR - Leg 08 (2.9 mi +968 ft / -0 ft) - HARD





Search markers

Marker ID

Exchange 07 / Start Leg 08

End of Leg 7; Start of Leg 8
NC-215 Pullout before Rocky Knob
35.271470, -82.918650

Leg 08 - Van Instructions

Follow runner's route

If pulling over to give runners water, make sure you are well to the side of the road and not blocking local traffic.
Do not block traffic or park on the side of the Blue Ridge Parkway.
Exchange Parking - Park only in the turnout area at Courthouse Valley Overlook. Do not block traffic.

Leg 08 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

The Blue Ridge Parkway is a BUSY ROAD that is narrow with little or no shoulder. Pay attention!
Caution when turning onto the Blue Ridge Parkway
Be alert, and watch for distracted drivers.
Little to no Cellular Service!

Leg 08 - Details

State road approaching Blue Ridge Parkway, cliffs and vistas! Short but steep!
Distance: 2.9 miles
Elevation Gain/Loss: 968ft / 0ft
Grade Max/Min: 9.3% / -0%
Paved/Unpaved: 100% / 0%

Cuesheet
0.0 mi - Continue on left side of NC-215
2.6 mi - Turn left onto Turn left onto entrance ramp of Blue Ridge Parkway
2.7 mi - Cross Blue Ridge Parkway and turn right, running on left
2.9 mi - XC at the turnout at Courthouse Valley Overlook

Leg 08 - EXTREME CAUTION

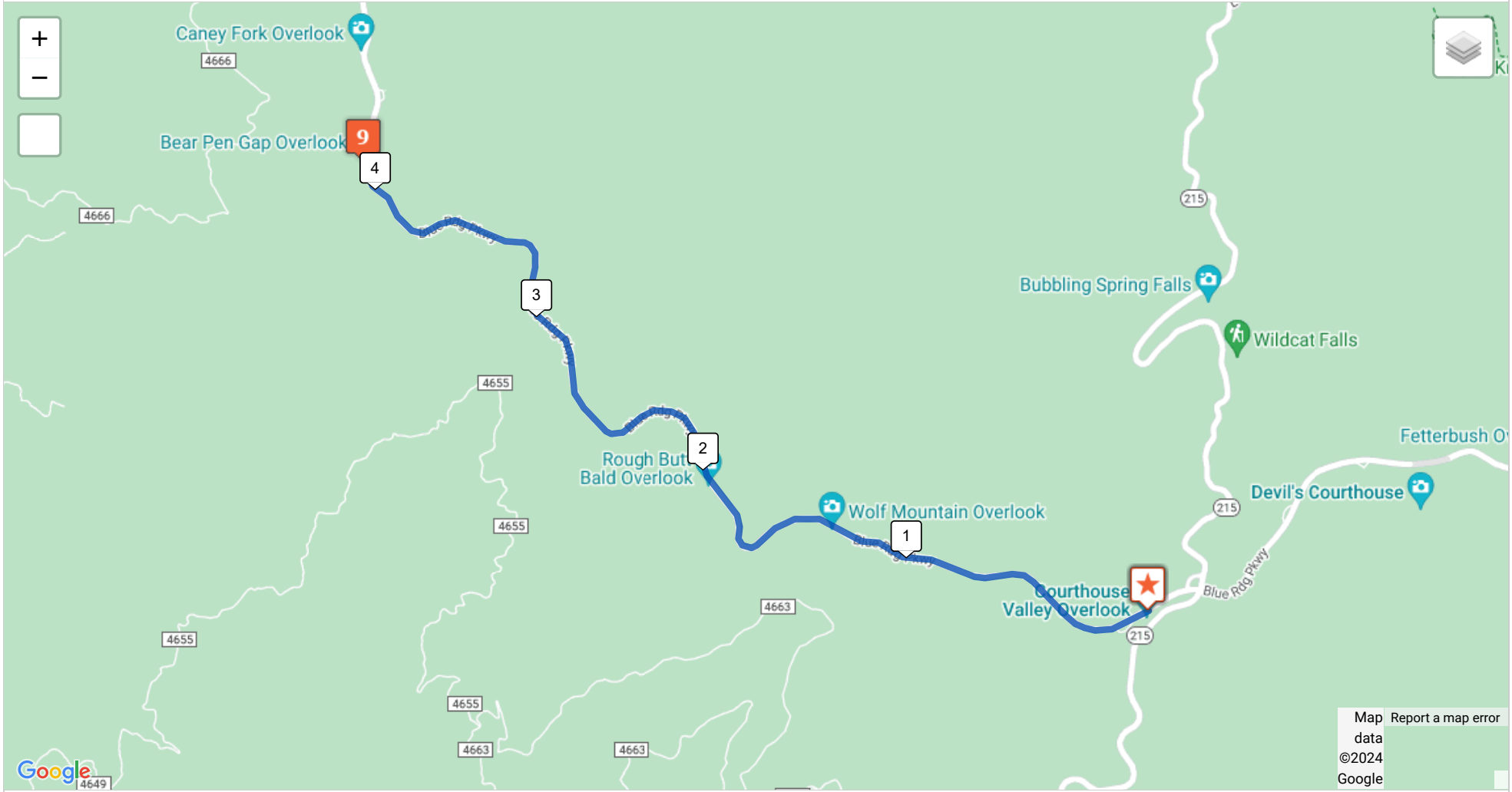
BE ALERT WHEN CROSSING TO THE LEFT SIDE OF THE BLUE RIDGE PARKWAY

Exchange 08 / Start Leg 09

End of Leg 8; Start of Leg 9
Courthouse Valley Overlook
35.297410, -82.913720

6 results

SMR - Leg 09 (4.1 mi +505 ft / -312 ft) - MODERATE



Search markers

Marker ID

Exchange 08 / Start Leg 09

End of Leg 8; Start of Leg 9
Courthouse Valley Overlook
35.297410, -82.913720

Leg 09 - Van Instructions

Follow runner's route

If pulling over to give runners water, make sure you are well to the side of the road and not blocking local traffic.
Do not block traffic or park on the side of the Blue Ridge Parkway.
Exchange Parking - Park only in the turnout area at Bear Pen Gap Overlook.

Leg 09 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

PAY ATTENTION: The Blue Ridge Parkway is a BUSY ROAD that is narrow with little or no shoulder.
Be alert and watch for distracted drivers.
No Cellular Service

Leg 09 - Details

A beautiful journey along the Blue Ridge Parkway
Distance: 4.1 miles
Elevation Gain/Loss: 505ft / 312 ft
Grade Max/Min: 6.6% / -6.2%
Paved/Unpaved: 100% / 0%

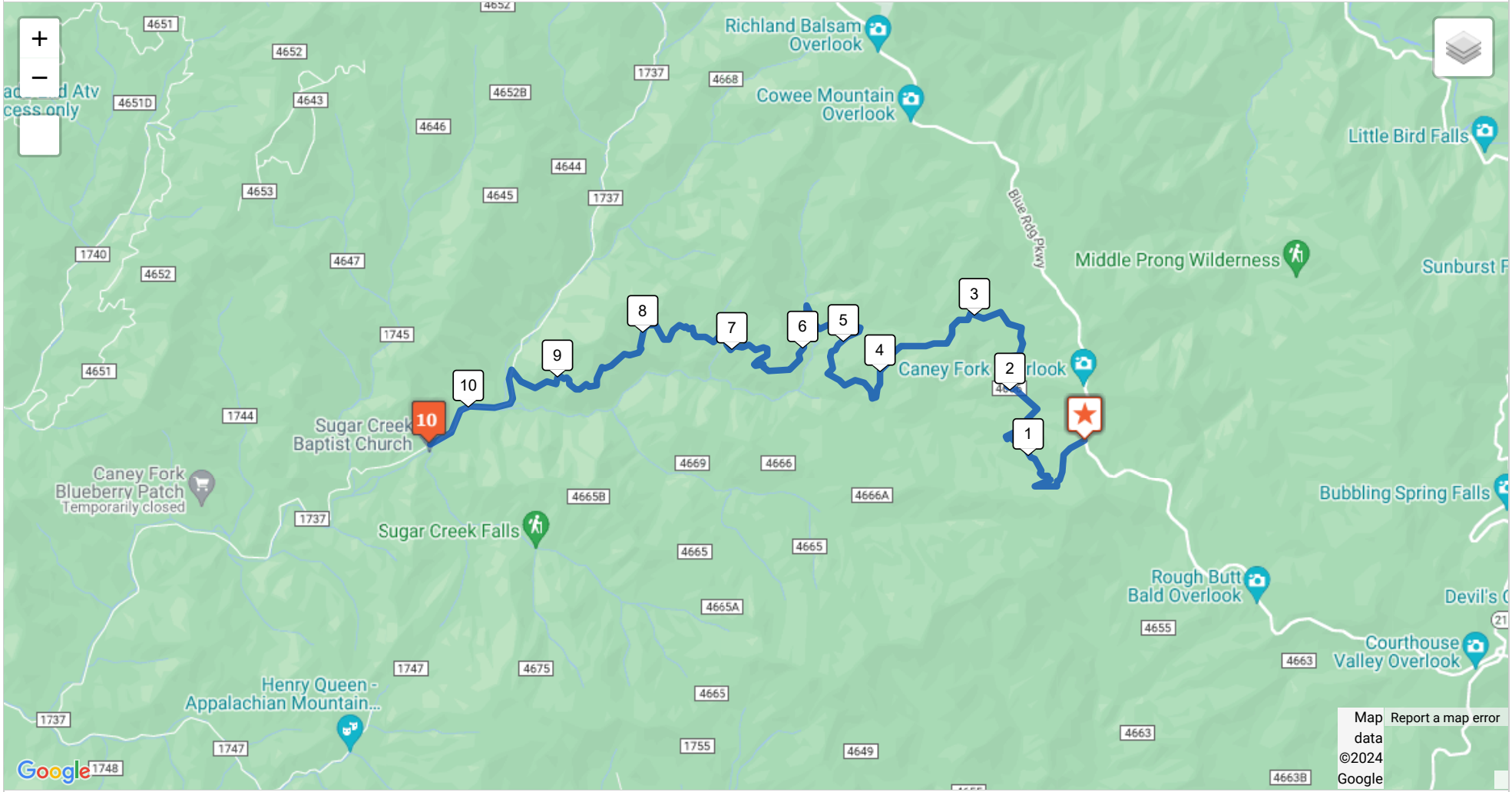
Cuesheet
0.0 mi - Continue along on the left side of the Blue Ridge Parkway facing traffic.
4.1 mi - Exchange at Bear Pen Gap Overlook on left.

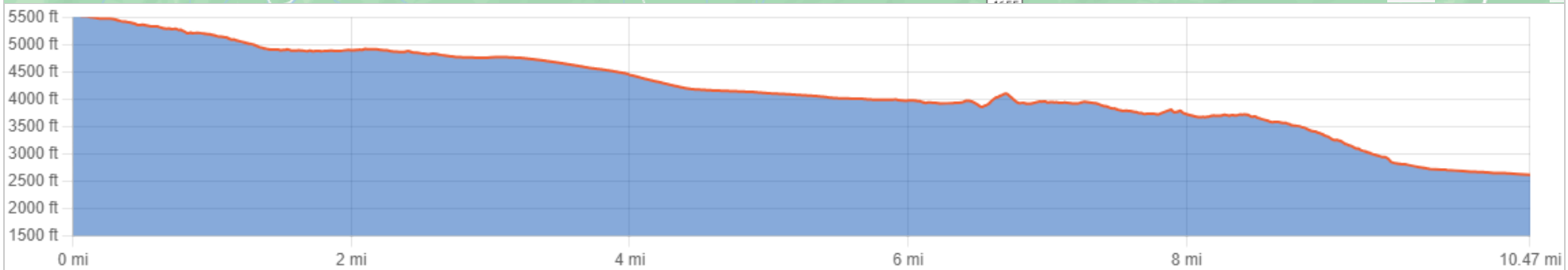
Exchange 09 / Start Leg 10

End of Leg 9; Start of Leg 10
Bear Pen Gap Overlook
35.321368, -82.965033

5 results

SMR - Leg 10 (10.5 miles - +262 ft / -3,181 ft) - HARD





Search markers

Marker ID

9

Exchange 09 / Start Leg 10

End of Leg 9; Start of Leg 10
Bear Pen Gap Overlook
35.321368, -82.965033

Leg 10 - Van Instructions

DO NOT FOLLOW RUNNERS - USE ALTERNATE ROUTE

VAN ROUTE (download GPX here): https://ridewithgps.com/routes/38232461
Follow van route to meet runner at the next exchange. Time might be tough here. Don't waste time. Drive directly there.
Exchange Parking – Parking is on the right, in the Sugar Creek Baptist Church parking lot.

Van Route Cuesheet
0.0 mi - left onto Blue Ridge Pkwy towards the Great Smoky Mtn NP
15.9 mi - Turn right
16.4 mi - Turn right onto US-23 S/US-74 W
24.7 mi - Slight left onto Beta Circle Rd/Steeple Rd
24.7 mi - Turn left onto Cope Creek Rd
27.0 mi - Turn left onto NC-107 S/E Main St
35.4 mi - Turn left onto Caney Fork Rd
39.6 mi - Continue onto Saddle Creek Rd
39.8 mi - Continue onto Caney Fork Rd
44.1 mi - Turn right onto Sugar Creek Rd
44.2 mi - Arrive at Sugar Creek Baptist Church

Leg 10 - Safety

RUNNERS: PAY ATTENTION TO FOOTING ON TECHNICAL TRAIL AND STAY ON LEFT SIDE OF ROAD

This trail goes down a very steep drainage.
Mostly downhill and rough. Lots of roots/rocks the first 5 miles. Then turns to logging road, rough and steep.
It is a good idea to carry the leg chart with you on this leg.
It is a long, tiring run, so put a skilled trail runner on this leg.
A GPS watch with the leg's GPX file downloaded to it would be very helpful in following the mileage chart.
Very little or no Cellular Service but it is possible to get cell coverage on portions of this leg, so it is a good idea to carry a cell phone on this trail.
If the runner arrives at the exchange before the van arrives, please continue running. Make the exchange when the van catches up.
This trail will be marked with with multicolored ribbons and directional signs.
Consider carrying a satellite GPS tracker
For teams with faster runners on this leg, be prepared to catch your runner for an exchange (on the fly) 1 - 2 miles AFTER the Church

Leg 10 - Details

Technical trail from BRP to Caney Fork with lush forests and creek crossings
Distance: 10.5 miles
Elevation Gain/Loss: 262ft / 3,181ft
Grade Max/Min: 18.9% / -19.5%
Paved/Unpaved: 10% / 90%

Cuesheet
0.0 mi - From the Bearpen Gap Overlook parking lot, the trail is accessed from the North end of the parking lot. From trail head, run down hill on this nice, well-travelled trail
0.4 mi - Creek crosses trail

0.6 mi - Turn Right on the Mountain to Sea Trail
0.7 mi - Creek crossings
0.8 mi - Creek crossings
1.1 mi - Hard Left, horseshoe turn
1.6 mi - Creek under trail
1.7 mi - Creek / blackberries
2.7 mi - Two creeks
3.1 mi - Left Turn from the Mountain-to-Sea Trail on to Piney Mountain Trail
3.2 mi - Remains of a very large downed tree
4.2 mi - Turn Right
4.3 mi - Creek
4.9 mi - Creek
5.2 mi - Big creek
5.5 mi - Stay on road to left. (Do not go right.)
5.7 mi - Two creeks come together; cross both creeks and continue on the road; road takes a left turn
5.8 mi - Road takes off to the right and then comes back in; just stay left on the main branch of the road
6.4 mi - Forest Service gate
6.7 mi - Road forks, take the Left Fork down hill
8.5 mi - Tree remnants; Road gets steep
9.0 mi - 2nd Gate
9.5 mi - Road T's; Turn Left on to Caney Fork Road
10.5 mi - XC at the intersection of Caney Fork Rd and Sugar Creek Rd

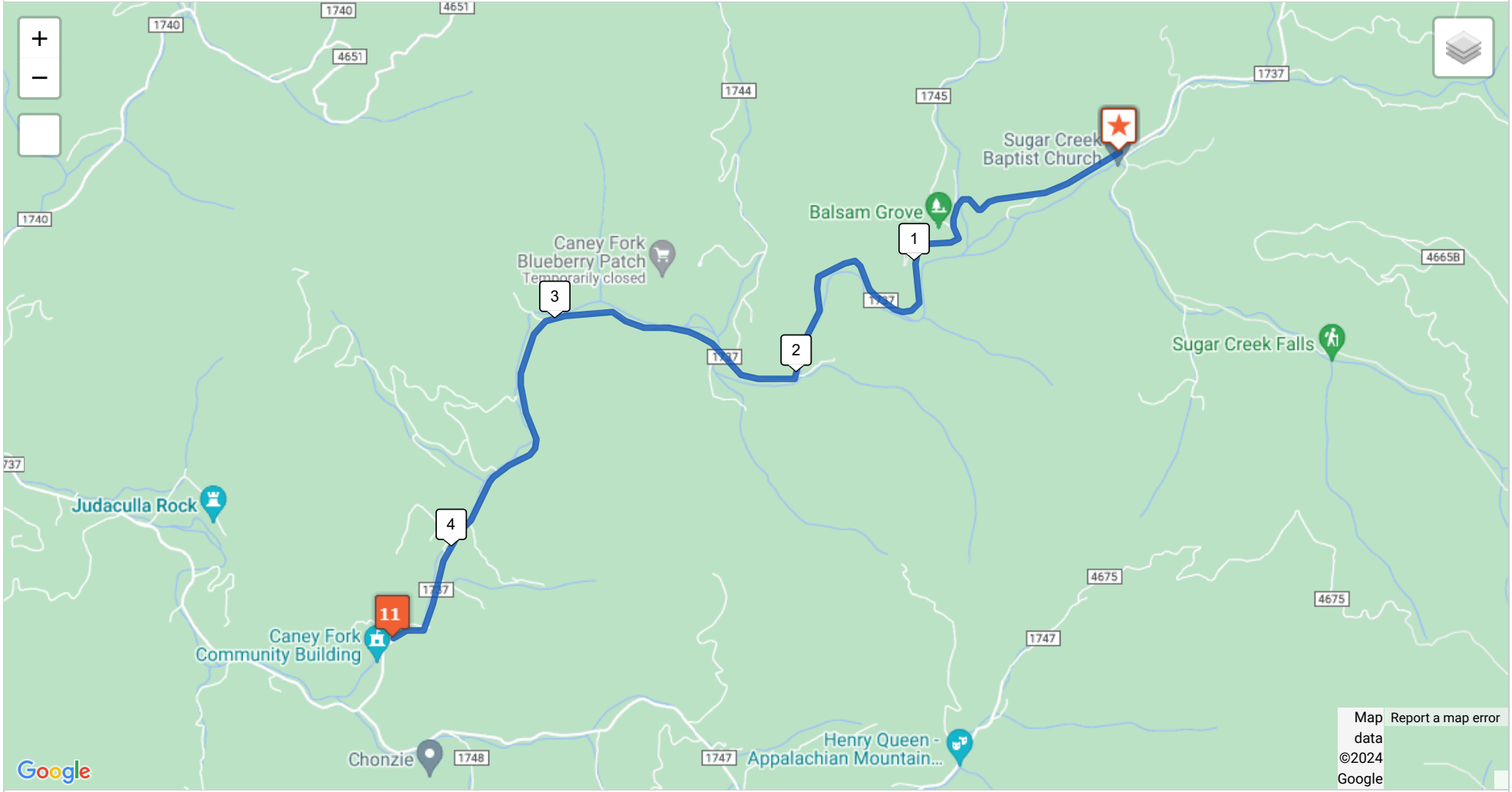
10

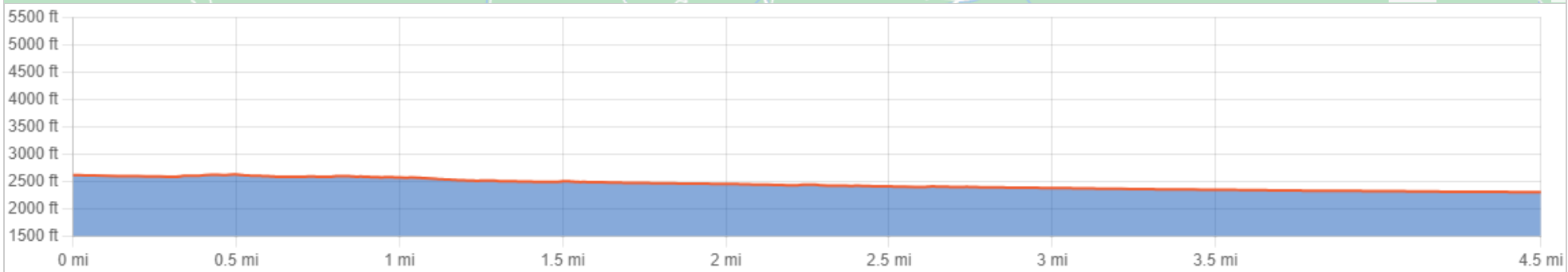
Exchange 10 / Start Leg 11

End of Leg 10; Start of Leg 11
Sugar Creek Baptist Church
35.321018, -83.050784

5 results

SMR - Leg 11 (4.5 mi +60 ft / -372 ft) - EASY





Search markers

Marker ID

10

Exchange 10 / Start Leg 11

End of Leg 10; Start of Leg 11
Sugar Creek Baptist Church
35.321018, -83.050784

Leg 11 - Van Instructions

Follow runner's route

If pulling over to give runners water, make sure you are well to the side of the road and not blocking local traffic.
Do not block traffic or park on the side of the Blue Ridge Parkway.
Exchange Parking - Pull into the parking lot of the West Cullowhee Volunteer Fire Department. Don't park in front of the fire department.

Leg 11 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

PAY ATTENTION: Be alert for drivers going over the speed limit on this road.
We will be on this road AND just as many people are coming home from work.
If it's dark be sure to have a reflective vest and lights.
No Cellular Service

Leg 11 - Details

Gentle run through the Caney Fork Valley
Distance: 4.5 miles
Elevation Gain/Loss: 60ft / 372ft
Grade Max/Min: 4.2% / -5.5%
Paved/Unpaved: 100% / 0%

Cuesheet
0.0 mi - Continue on Caney Fork Rd
4.5 mi - XC at West Cullowhee Fire Department

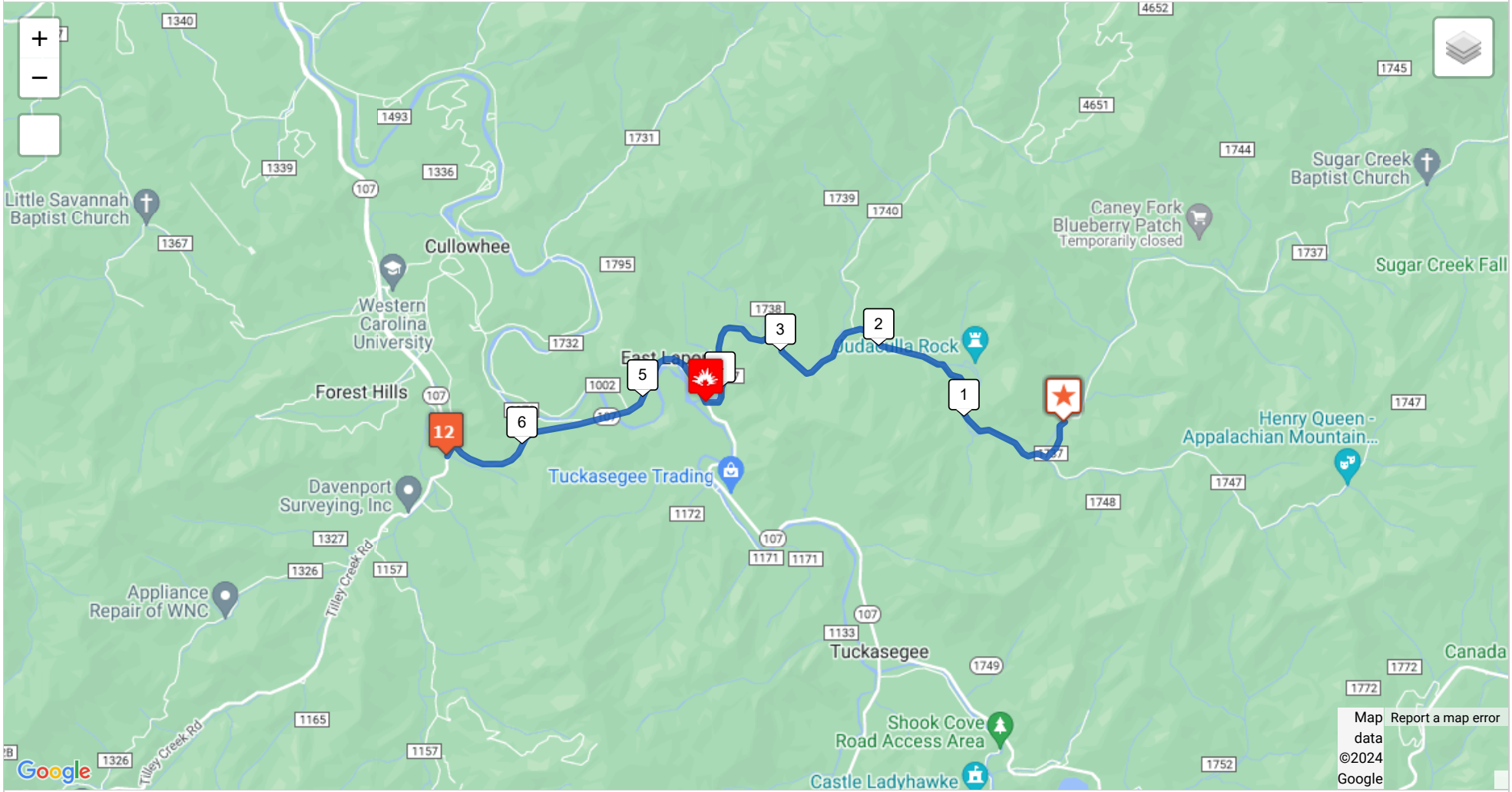
11

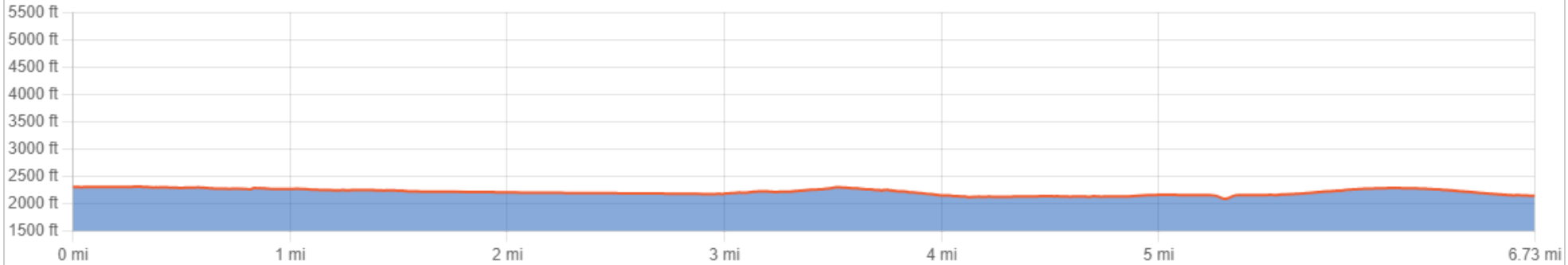
Exchange 11 / Start Leg 12

End of Leg 11; Start of Leg 12
West Cullowhee Fire Dept
35.295000, -83.098321

5 results

SMR - Leg 12 (6.7 mi +309 ft / -467 ft) - MODERATE





Search markers

Marker ID

Exchange 11 / Start Leg 12

End of Leg 11; Start of Leg 12
West Cullowhee Fire Dept
35.295000, -83.098321

Leg 12 - Van Instructions

Follow runner's route - CAUTION ON NC-107

On Caney Fork Road, support your runner by pulling off the road on the right side, allowing local traffic to pass.
CAUTION ON NC-107! Wait until the runner is in the area with a very wide shoulder and only allow for one support visit, then continue directly to the exchange.
Exchange Parking - Park at Jackson County Recreation Center

Leg 12 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

BE ALERT WHEN CROSSING OVER TO THE LEFT SIDE OF NC-107
PAY ATTENTION: The mile after turning onto HWY 107 is VERY NARROW, so be extremely alert to oncoming traffic.
Be alert for drivers going over the speed limit on this road.
We will be on this road AND just as many people are coming home from work.
Wear reflective clothing/vests even if it is not dark yet.
No Cellular Service
Judaculla Rock is an alien visiting site (off of Caney Fork Rd). You gotta check it out (when you get a chance).

Leg 12 - Details

Country road through a beautiful valley (with aliens) and then a very busy state road
Distance: 6.7 miles
Elevation Gain/Loss: 309ft / 467ft
Grade Max/Min: 5.8% / -6.9%
Paved/Unpaved: 100% / 0%

Cuesheet
0.0 mi - Continue on Caney Fork Rd
4.2 mi - Carefully crossover and turn Right onto NC-107
6.6 mi - Turn left onto Cullowhee Mountain Road
6.7 mi - XC at Jackson County Recreation Complex

Leg 12 - EXTREME CAUTION

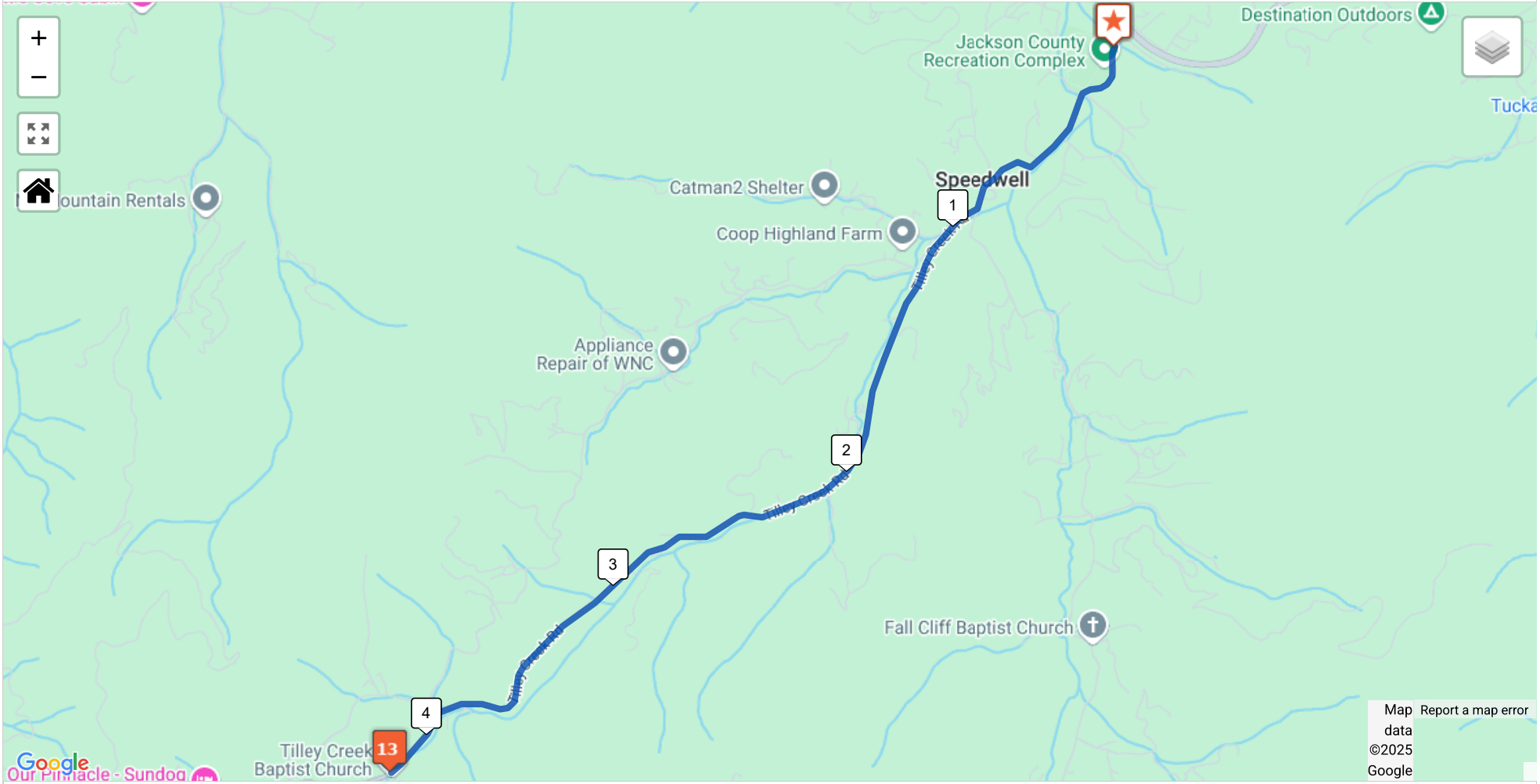
BE ALERT WHEN CROSSING OVER TO THE LEFT SIDE OF NC-107

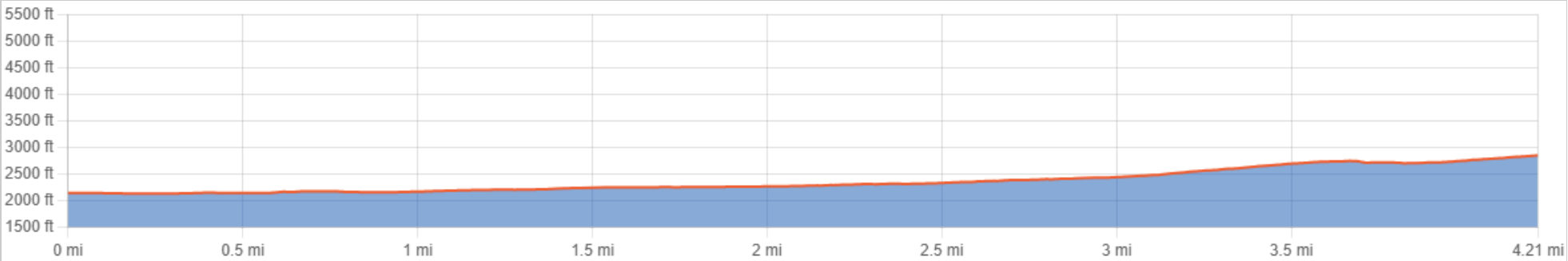
Exchange 12 / Start Leg 13

End of Leg 12; Start of Leg 13
Jackson County Recreation Complex
35.291370, -83.179130

6 results

SMR - Leg 13 (4.2 mi +760 ft / -60 ft) - CHALLENGING





Search markers

Marker ID

Exchange 12 / Start Leg 13

End of Leg 12; Start of Leg 13
Jackson County Recreation Complex
35.291370, -83.179130

Leg 13 - Van Instructions

Follow runner's route

If pulling over to give runners water, make sure you are well to the side of the road and not blocking local traffic.
Exchange Parking - Pull into the Tilley Creek Baptist Church Parking lot for the exchange.

Leg 13 - Safety

PAY ATTENTION: Be aware that it is Friday night and some drivers could be drinking.
If it is after 7pm, please use a reflective vest and headlamp or flashlight.
This road is narrow with little or no shoulder so be alert for vehicles.
No or spotty Cellular Service

Leg 13 - Details

State Road through a rural community
Distance: 4.2 miles
Elevation Gain/Loss: 760ft / 60ft
Grade Max/Min: 10.9% / -3.9%
Paved/Unpaved: 100% / 0%

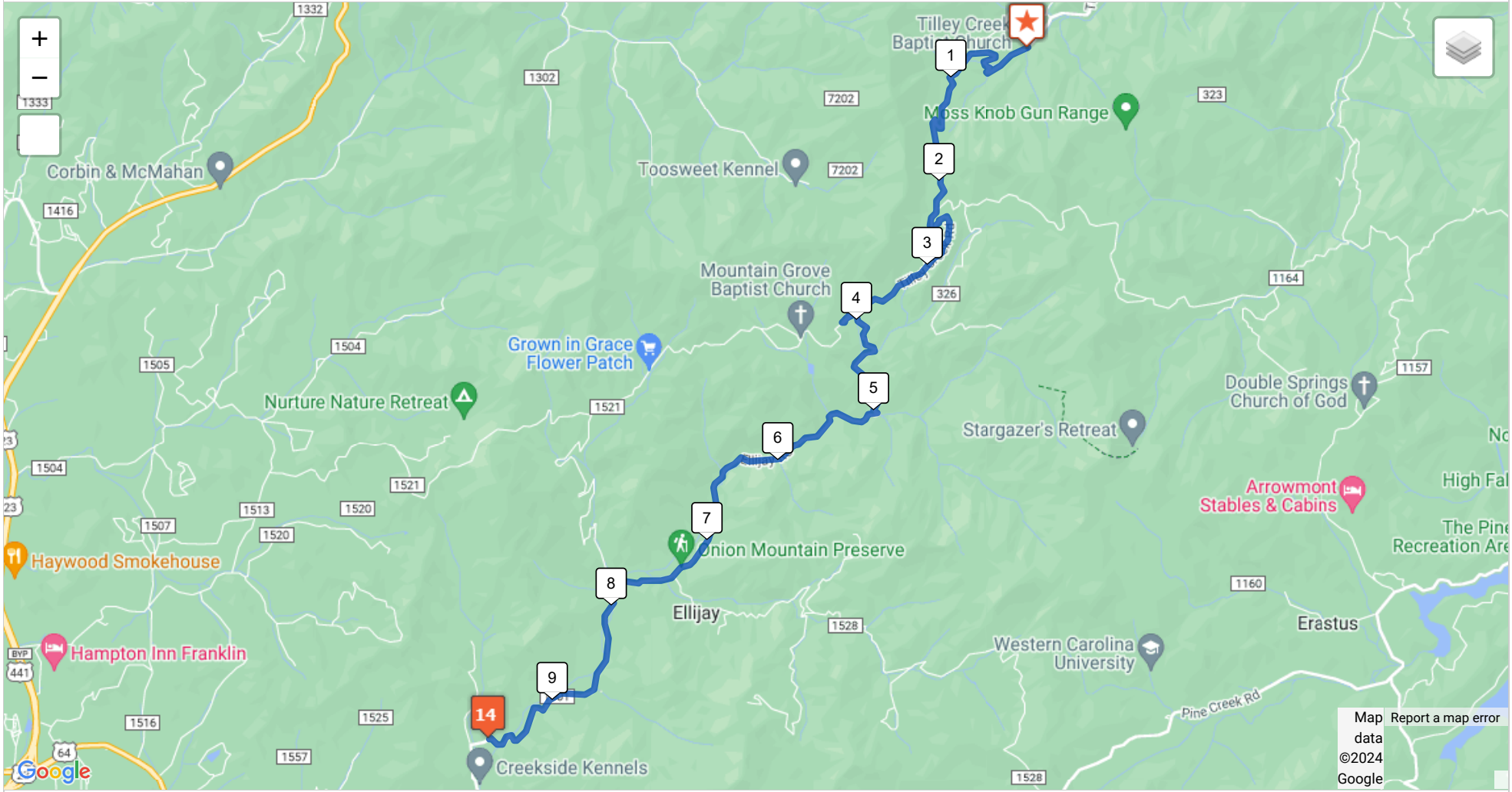
Cuesheet
0.0 mi - Exit the Recreation Center parking lot and Turn Right on Cullowhee Mountain Road/Tilley Creek Road
0.9 mi - Take the right fork, continue on Tilley Creek Rd
4.2 mi - XC at Tilley Creek Baptist Church Parking lot

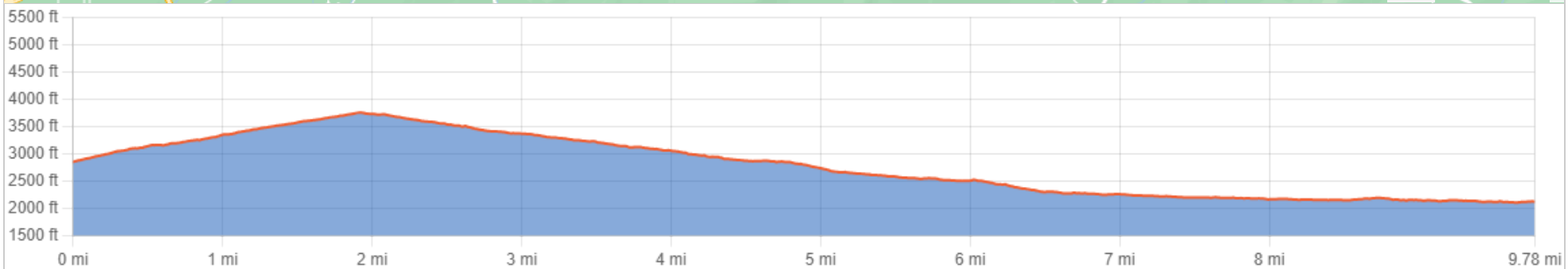
Exchange 13 / Start Leg 14

End of Leg 13; Start of Leg 14
Tilley Creek Baptist Church
35.252160, -83.227010

5 results

SMR - Leg 14 (9.8 mi +988 ft / -1727 ft) - EXTREME





Search markers

Marker ID

13

Exchange 13 / Start Leg 14

End of Leg 13; Start of Leg 14
Tilley Creek Baptist Church
35.252160, -83.227010

Leg 14 - Van Instructions

Follow runner's route

If pulling over to give runners water, make sure you are well to the side of the road and not blocking local traffic.
Exchange Parking - Turn Right into the Higdonville Church parking lot loop around the church and park behind the Exchange.

Leg 14 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

PAY ATTENTION: Be aware that it is Friday night and some drivers could be drinking.
If it is after 7pm, please use a reflective vest and headlamp or flashlight.
This road is narrow with little or no shoulder so be alert for vehicles.
No or spotty Cellular Service

Leg 14 - Details

Rural country roads with farms and horse property
Distance: 9.8 miles
Elevation Gain/Loss: 988ft / 1727ft
Grade Max/Min: 13.6% / -13.0%
Paved/Unpaved: 100% / 0%

Cuesheet
0.0 mi - Exit the parking lot and Turn Left onto Tilley Creek Road
1.2 mi - Stay to the right, and continue on Elijay Rd
3.8 mi - Stay to the left, and continue on Elijay Rd
5.1 mi - Stay to the right, and continue on Elijay Rd
9.8 mi - XC at Higdonville Baptist Church. Cross road cautiously.

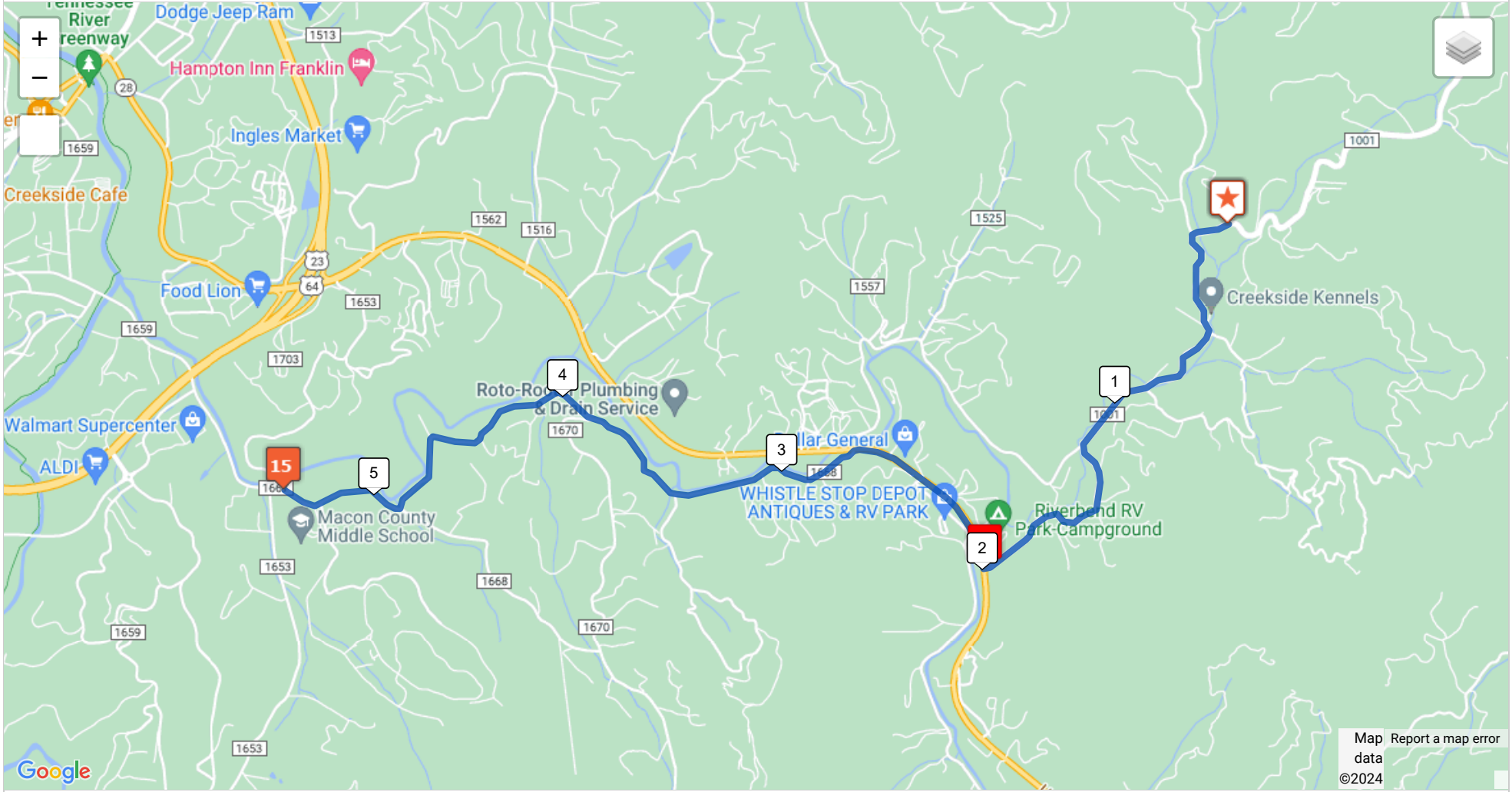
14

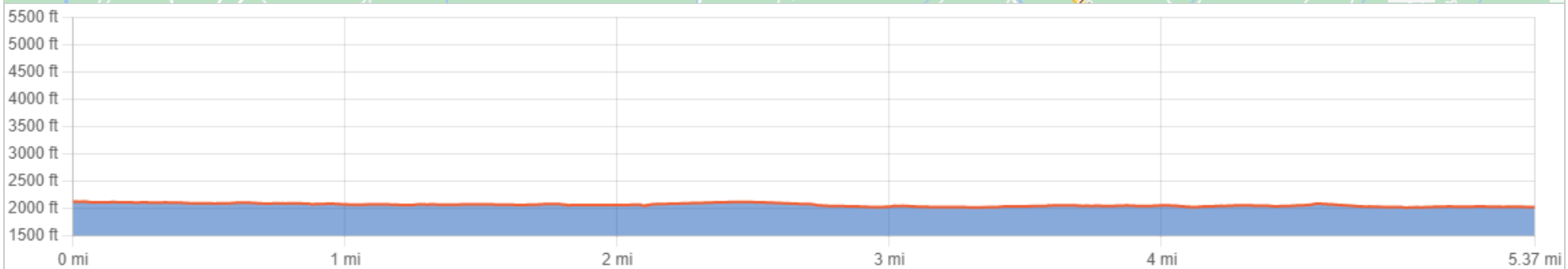
Exchange 14 / Start Leg 15

End of Leg 14; Start of Leg 15
Higdonville Baptist Church
35.178190, -83.297530

5 results

SMR - Leg 15 (5.4 mi +230 ft / -329 ft) - MODERATE





Search markers

Marker ID

Exchange 14 / Start Leg 15

End of Leg 14; Start of Leg 15
Higdonville Baptist Church
35.178190, -83.297530

Leg 15 - Van Instructions

Follow runner's route

If pulling over to give runners water, make sure you are well to the side of the road and not blocking local traffic.
DO NOT give water on HWY 64
Exchange Parking - Park in the parking lot of the Wells Grove Baptist Church.

Leg 15 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

PAY ATTENTION: Be aware that it is Friday night and some drivers could be drinking.
CAUTION: At the end of Elijay Road, the runner will cross Hwy 64 and run along this busy road for 0.7 miles.
If it is after 7pm, please use a reflective vest and headlamp or flashlight.
This road is narrow with little or no shoulder so be alert for vehicles.
Please be alert and watch for distracted drivers.
No or spotty Cellular Service

Leg 15 - Details

State Road through a rural community
Distance: 5.4 miles
Elevation Gain/Loss: 230ft / 329ft
Grade Max/Min: 6.2% / -7.1%
Paved/Unpaved: 100% / 0%

Cuesheet
0.0 mi - Continue on Elijay Road
2.0 mi - Cautiously crossover and Turn Right onto U.S. HWY 64
2.7 mi - Turn Left onto Fulton Road
4.9 mi - Turn Right onto Wells Grove Road
5.4 mi - XC at Wells Grove Baptist Church.

Leg 15 - EXTREME CAUTION

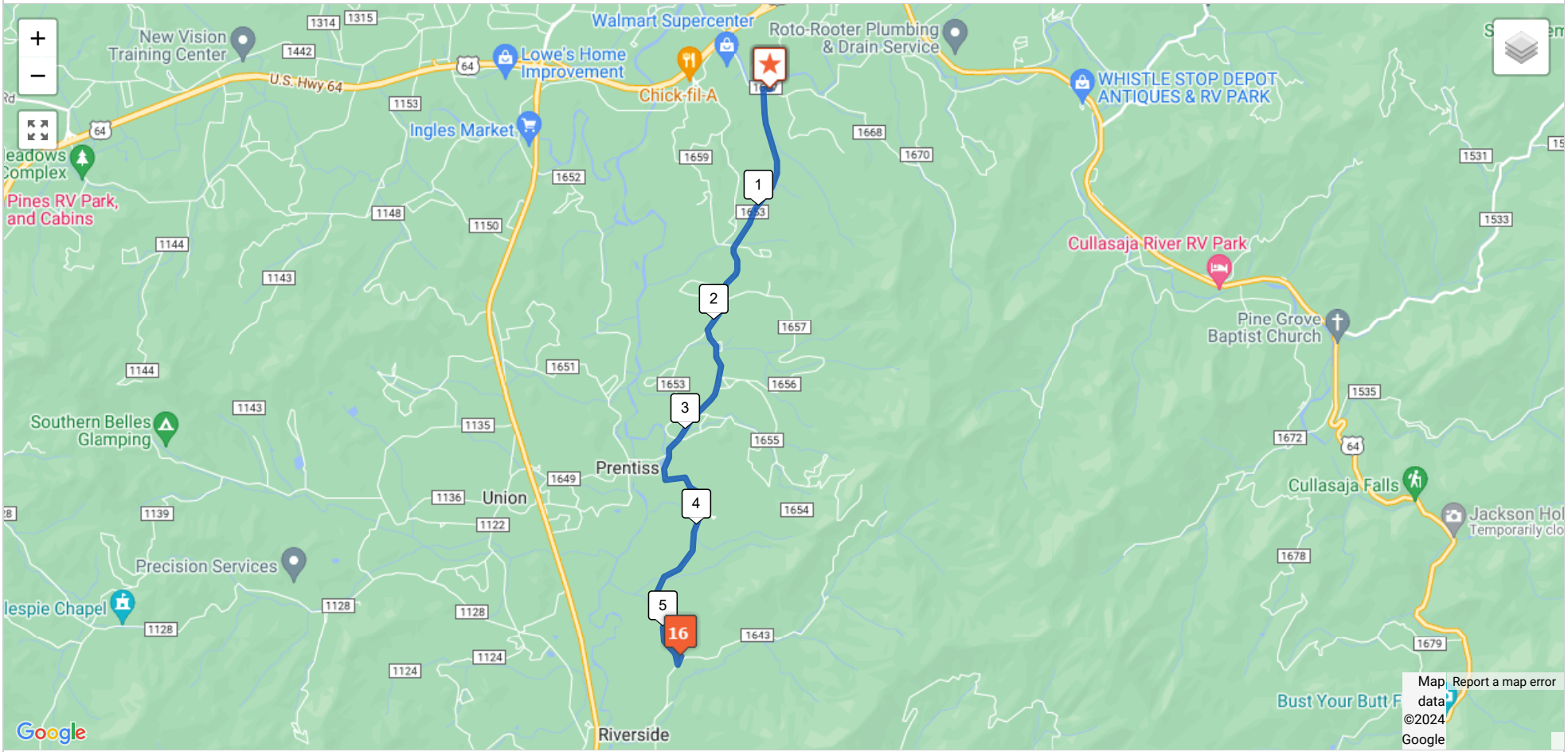
BE ALERT WHEN CROSSING OVER TO THE LEFT SIDE OF U.S. HWY 64

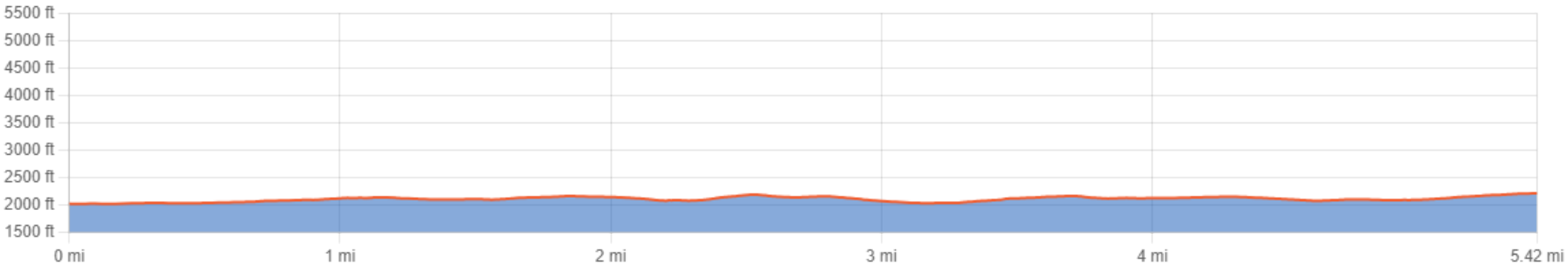
Exchange 15 / Start Leg 16

End of Leg 15; Start of Leg 16
Wells Grove Baptist Church
35.163950, -83.359360

6 results

SMR - Leg 16 (5.4 mi +600 ft / -411 ft) - MODERATE





Search markers

Marker ID

15 **Exchange 15 / Start Leg 16**

End of Leg 15; Start of Leg 16
Wells Grove Baptist Church

35.163950, -83.359360

Leg 16 - Van Instructions

Follow runner's route

If pulling over to give runners water, make sure you are well to the side of the road and not blocking local traffic.
Exchange Parking - Park in the parking lot at the Hickory Knoll Methodist Church.

Leg 16 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

PAY ATTENTION: Be aware that it is Friday night and some drivers could be drinking.
If it is after 7pm, please use a reflective vest and headlamp or flashlight.
This road is narrow with little or no shoulder so be alert for vehicles.
Please be alert and watch for distracted drivers.
No or spotty Cellular Service

Leg 16 - Details

State Road through a rural country setting, farms and horse property
Distance: 5.4 miles
Elevation Gain/Loss: 600ft / 411ft
Grade Max/Min: 10.0% / -8.7%
Paved/Unpaved: 100% / 0%

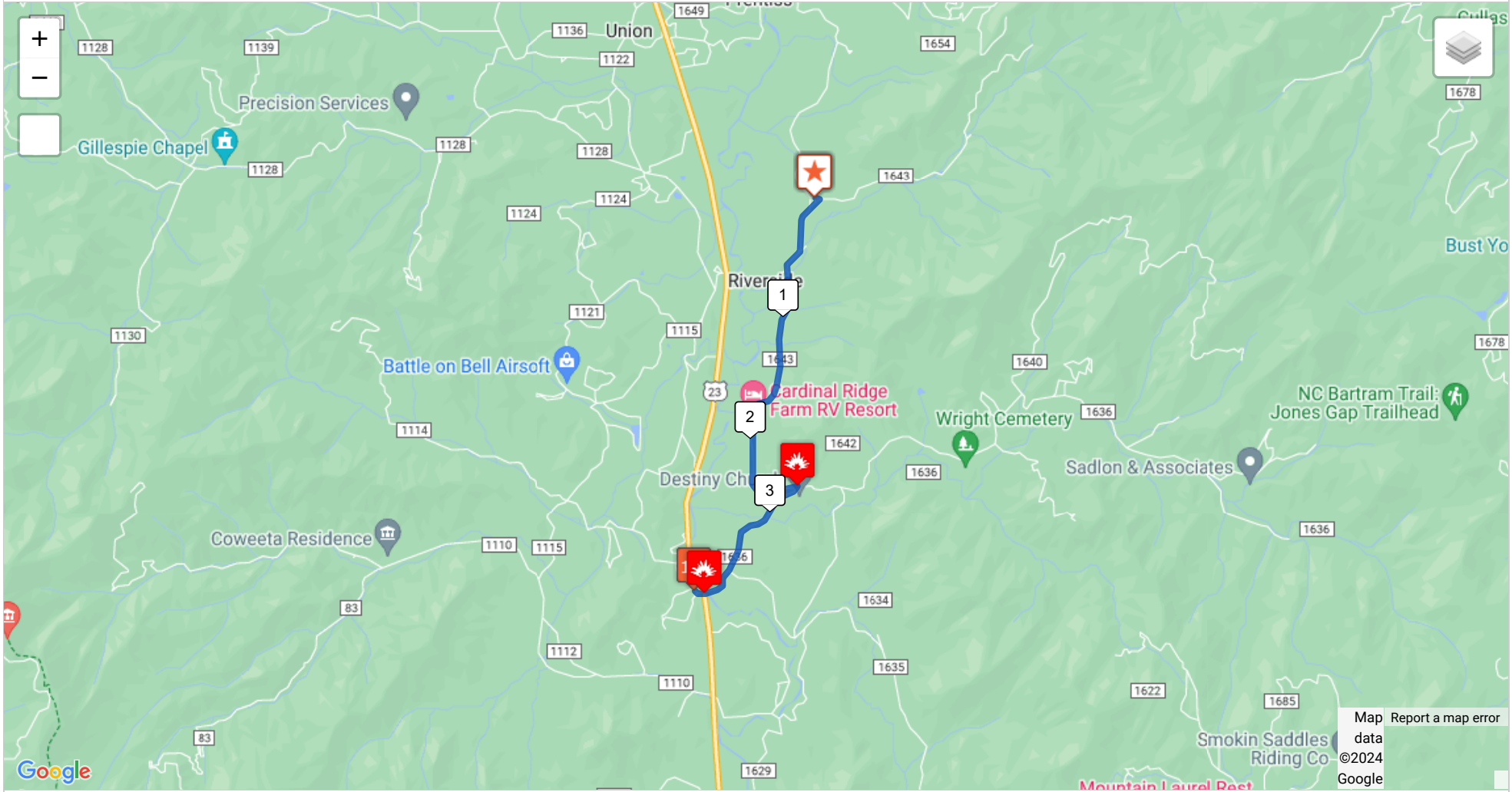
Cuesheet
0.0 mi - Exit parking lot and Turn Left onto Clarks Chapel Road
2.1 mi - Stay to the left and continue on Clarks Chapel Road
5.3 mi - Turn Left on Hickory Knoll Road
5.4 mi - Enter the parking lot of the church on the left. XC is behind the church.

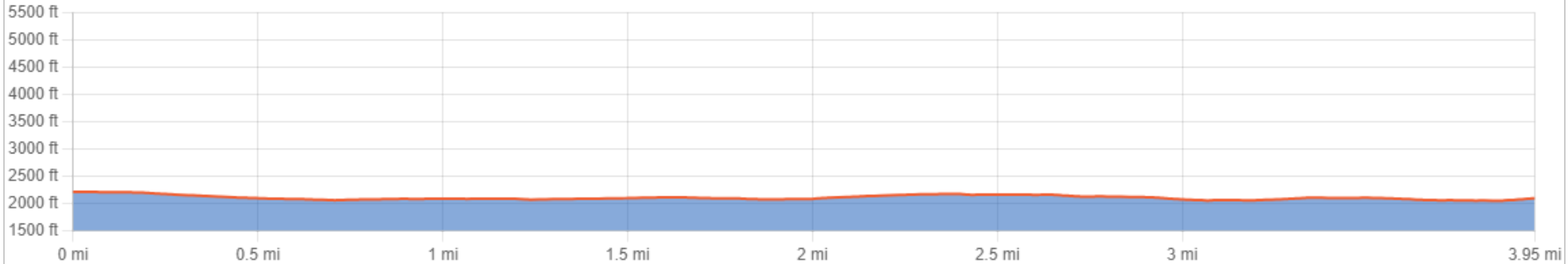
Exchange 16 / Start Leg 17

End of Leg 16; Start of Leg 17
Hickory Knoll Methodist Church
35.099759, -83.371696

5 results

SMR - Leg 17 (4.0 mi +238 ft / -358 ft) - EASY





Search markers

Marker ID

16

Exchange 16 / Start Leg 17

End of Leg 16; Start of Leg 17
Hickory Knoll Methodist Church
35.099759, -83.371696

Leg 17 - Van Instructions

Follow runner's route

If pulling over to give runners water, make sure you are well to the side of the road and not blocking local traffic.
Exchange Parking - Park in the Asbury Church parking lot.

Leg 17 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

Depending on your time of arrival, the intersection at 3.9 miles (HWY 441) could be busy. Please use extreme caution when crossing.
PAY ATTENTION: Be aware that it is Friday night and some drivers could be drinking.
If it is after 7pm, please use a reflective vest and headlamp or flashlight.
This road is narrow with little or no shoulder so be alert for vehicles.
Please be alert and watch for distracted drivers.
No or spotty Cellular Service

Leg 17 - Details

State Road through a rural country setting, farms and horse property
Distance: 4.0 miles
Elevation Gain/Loss: 238ft / 358ft
Grade Max/Min: 7.3% / -7.0%
Paved/Unpaved: 100% / 0%

Cuesheet
0.0 mi - Exit parking lot, turning right onto E Hickory Knoll Road
0.1 mi - Stay to the left and continue on Hickory Knoll Road
2.7 mi - Turn Right onto Tessentee Road
3.9 mi - The Road T's at the intersection of HWY 441. CROSS UNDER EXTREME CAUTION.
3.9 mi - Continue on Firehouse Rd running up to the church.
4.0 mi - XC is at the entrance of the Asbury Church parking lot on your right.

Leg 17 - EXTREME CAUTION

BE ALERT WHEN CROSSING OVER TO THE LEFT SIDE OF TESSENTEE ROAD

Leg 17 - EXTREME CAUTION

BE ALERT WHEN CROSSING OVER TO THE LEFT SIDE OF NC HWY 441

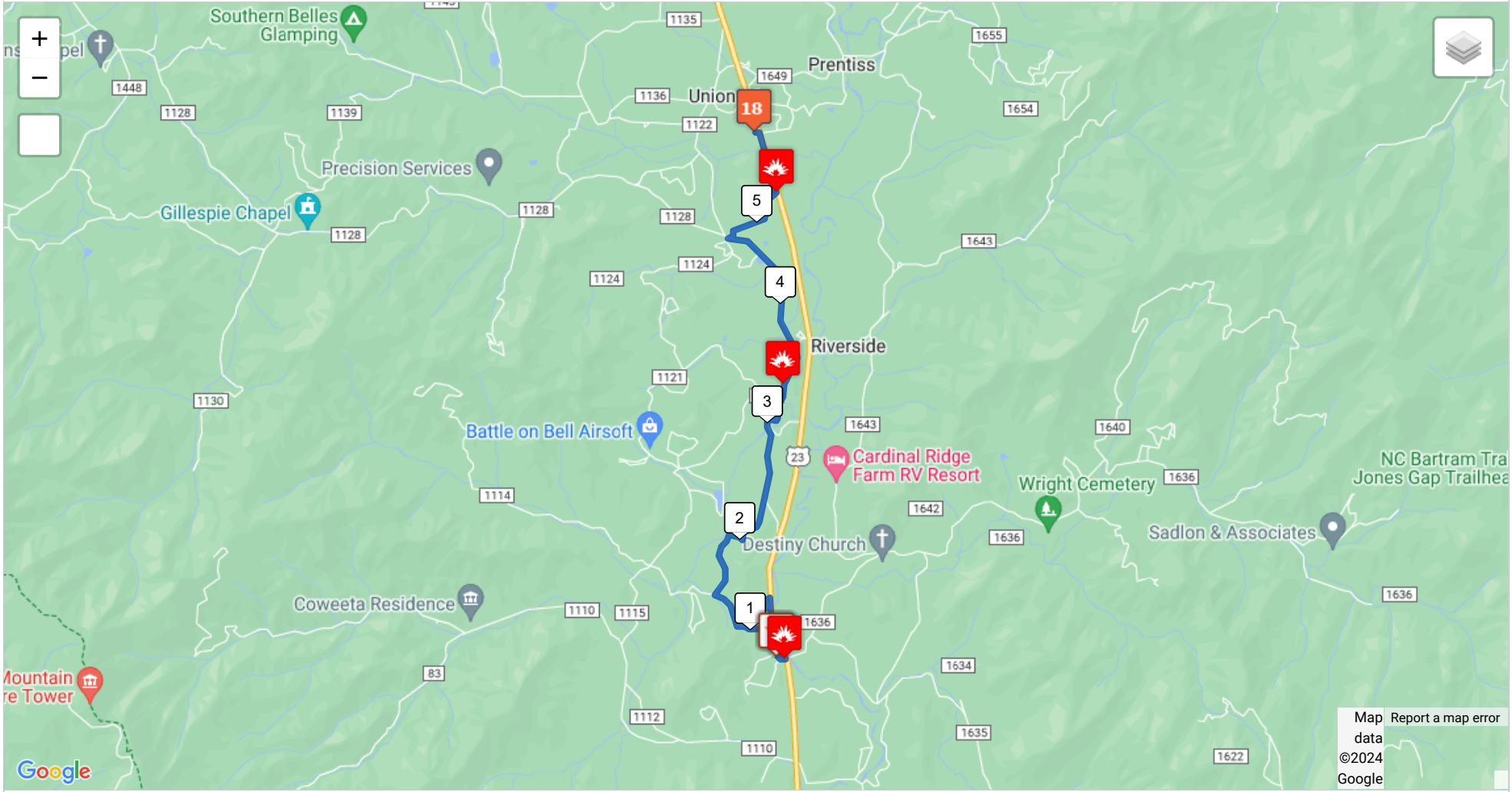
17

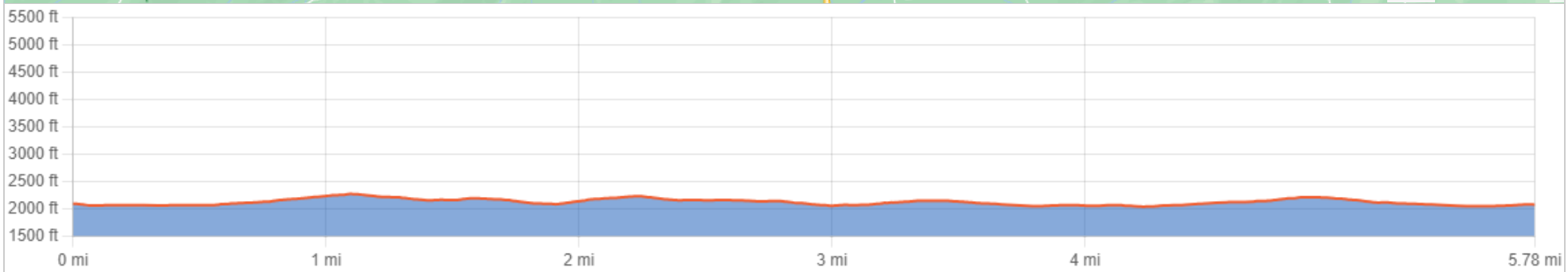
Exchange 17 / Start Leg 18

End of Leg 17; Start of Leg 18
Asbury Church

35.057720, -83.387400
7 results

SMR - Leg 18 (5.8 mi + 643ft / -651 ft) - CHALLENGING





Search markers

Marker ID

Exchange 17 / Start Leg 18

End of Leg 17; Start of Leg 18
Asbury Church
35.057720, -83.387400

Leg 18 - Van Instructions

Follow runner's route

HWY 441 is busy. Do not provide support to runner on this short section.
If pulling over to give runners water, make sure you are well to the side of the road and not blocking local traffic.
Exchange Parking - Find a spot in the Smoky Mountain Visitor Center parking to hang out. Try to make room for others.

Leg 18 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

CAUTION! Runners will be running on busy HWY 441 for the first 0.6 miles AND the last 0.4 miles. Use the wide shoulder to maximize the distance from distracted drivers.
PAY ATTENTION: Be aware that it is Friday night and some drivers could be drinking.
You must use a reflective vest and headlamp or flashlight. The more visibile you are, the safer you will be.
This road is narrow with little or no shoulder so be alert for vehicles.
Please be alert and watch for distracted drivers.
No or spotty Cellular Service

Leg 18 - Details

State Road through a rural country setting, some gravel and some highway
Distance: 5.8 miles
Elevation Gain/Loss: 643ft / 651ft
Grade Max/Min: 10.6% / -9.2%
Paved/Unpaved: 65% / 35%

Cuesheet
0.0 mi - Exit Asbury Church, running back down Firehouse Rd towards HWY 441
0.1 mi - Turn left and head north on HWY 441. Run ON THE LEFT - AS FAR AS YOU CAN BE - facing traffic 0.6 miles. BE VISIBLE! Use the wide shoulder to stay away from traffic.
0.5 mi - Turn Left onto Shope Rd
1.4 mi - Turn RIGHT onto Ed Conley Rd. This will become gravel.
2.4 mi - Keep LEFT turning onto Academy Rd
2.9 mi - Keep straight turning very slightly LEFT onto McClure Mill Rd
3.4 mi - Carefully cross over and turn RIGHT onto Coweeta Church Rd
3.6 mi - Turn LEFT onto Addington Bridge Rd
4.7 mi - Turn RIGHT onto Morrison Church Rd - be cautious crossing over Addington Bridge Rd
5.3 mi - Turn LEFT and head north on HWY 441. Run ON THE LEFT - AS FAR AS YOU CAN BE - facing traffic 0.4 miles. BE VISIBLE! Use the wide shoulder to stay away from traffic.
5.7 mi - Turn LEFT onto Popular Grove Rd
5.8 mi - XC is on the left about 200 feet onto Popular Grove Rd (the entrance to the Smoky Mountain Visitor Center)

Leg 18 - EXTREME CAUTION

BE ALERT. RUN ON THE LEFT AS FAR AS YOU CAN - EVEN USE THE GRASS. BE VISIBLE AND PAY ATTENTION.

Leg 18 - EXTREME CAUTION

BE ALERT WHEN CROSSING OVER COWEETA CHURCH RD TO RUN ON LEFT.

Leg 18 - EXTREME CAUTION

BE ALERT. RUN ON THE LEFT AS FAR AS YOU CAN - EVEN USE THE GRASS. BE VISIBLE AND PAY ATTENTION.

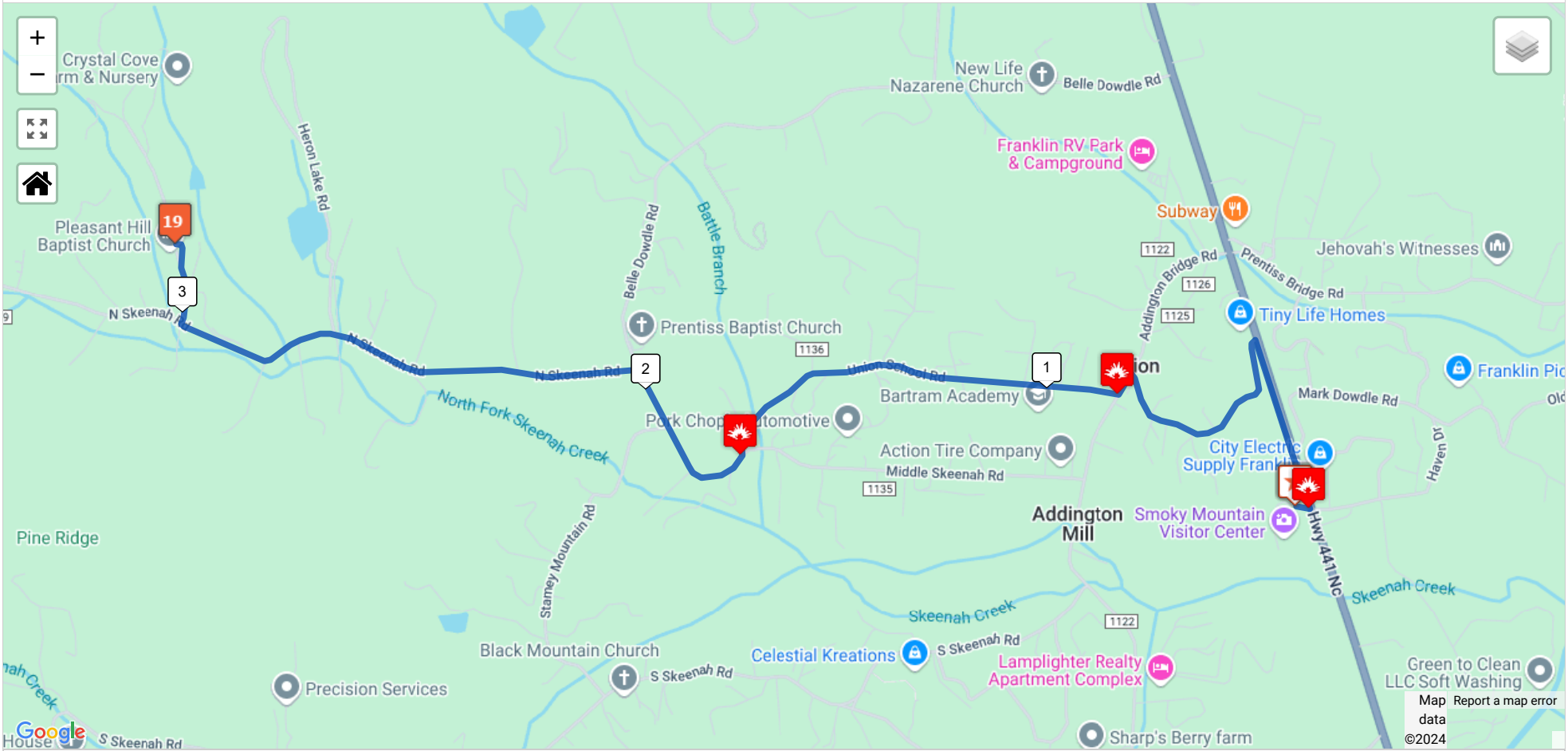
18

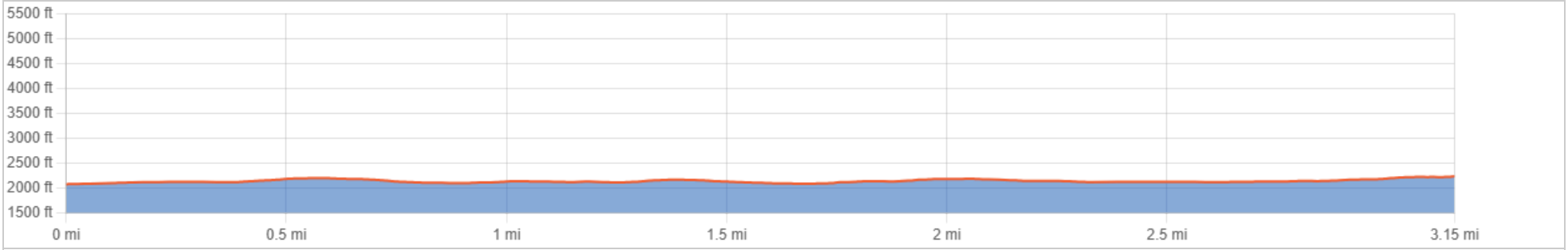
Exchange 18 / Start Leg 19

End of Leg 18; Start of Leg 19
Smoky Mountain Visitor Center
35.113910, -83.390390

8 results

SMR - Leg 19 (3.2 miles - +403 ft / -255 ft) - MODERATE





Search markers

Marker ID

18

Exchange 18 / Start Leg 19

End of Leg 18; Start of Leg 19
Smoky Mountain Visitor Center

35.113910, -83.390390

Leg 19 - Van Instructions

Follow runner's route

HWY 441 is busy. Do not provide support to runner on this short section.
If pulling over to give runners water, make sure you are well to the side of the road and not blocking local traffic.
Exchange Parking - Pleasant Hill Baptist Church parking lot. STAY OFF GRASS and BE RESPECTFUL OF THE CEMETERY. Make room for other vans.

Leg 19 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

CAUTION! Runners will be running on busy HWY 441 for the first 0.4 miles. Use the wide shoulder to maximize the distance from distracted drivers.
PAY ATTENTION: Be aware that it is Friday night and some drivers could be drinking.
You must use a reflective vest and headlamp or flashlight. The more visibile you are, the safer you will be.
This road is narrow with little or no shoulder so be alert for vehicles.
This is a winding, mountain road with blind corners. Pay attention. Be visible. Listen for cars. And run on the side where it is safest given the conditions.
Please be alert and watch for distracted drivers.
No or spotty Cellular Service

Leg 19 - Details

State Road through a rural country setting with rolling hills
Distance: 3.2 miles
Elevation Gain/Loss: 403ft / 2551ft
Grade Max/Min: 9.6% / -10.2%
Paved/Unpaved: 99% / 1%

Cuesheet
0.0 mi - Leave the exchange running back down Poplar Grove Rd towards HWY 441
0.1 mi - Turn LEFT and head north on HWY 441. Run ON THE LEFT - AS FAR AS YOU CAN BE - facing traffic 0.4 miles. BE VISIBLE! Use the wide shoulder to stay away from traffic.
0.5 mi - Turn LEFT onto Cheek Rd
0.8 mi - Turn hard LEFT onto Addington Bridge Rd and be prepared to turn again
0.9 mi - Turn RIGHT onto Union School Rd - be cautious crossing over Addington Bridge Rd
1.7 mi - Turn RIGHT onto Middle Skeenah Rd / Belle Doedle Rd. Be cautious when crossing over to run on left.
2.0 mi - Turn LEFT onto N. Skeenah Rd
3.0 mi - Turn RIGHT onto Pleasant Hill Rd
3.2 mi - Turn RIGHT into the parking lot and go behind the building. XC is on Pleasant Hill Rd at the north end of the building on the east side of the road.

Leg 19 - EXTREME CAUTION

BE ALERT. RUN ON THE LEFT AS FAR AS YOU CAN - EVEN USE THE GRASS. BE VISIBLE AND PAY ATTENTION.

Leg 19 - EXTREME CAUTION

BE ALERT WHEN CROSSING OVER ADDINGTON BRIDGE RD TO RUN ON UNION SCHOOL RD

Leg 19 - EXTREME CAUTION

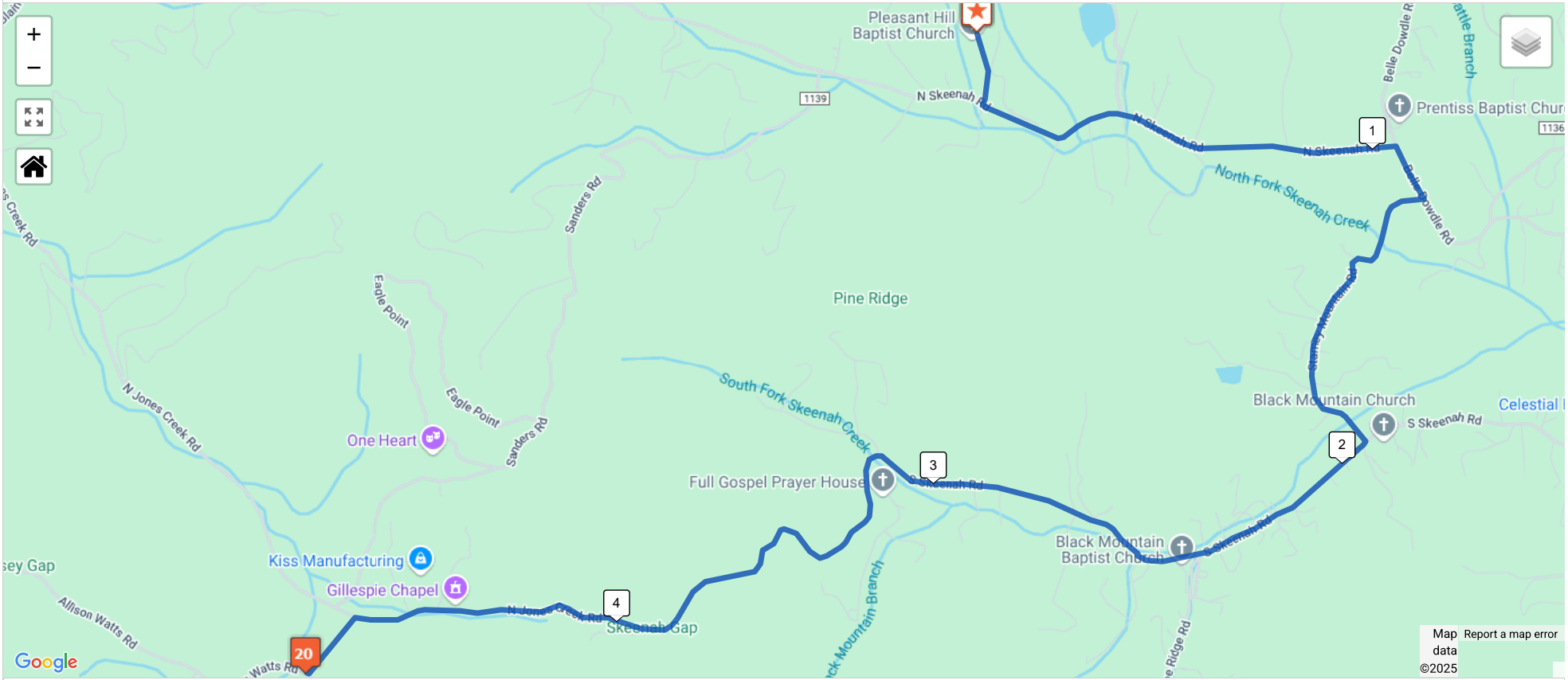
BE ALERT WHEN CROSSING OVER MIDDLE SKEENAH / BELLE DOWDLE RDs TO RUN ON LEFT.

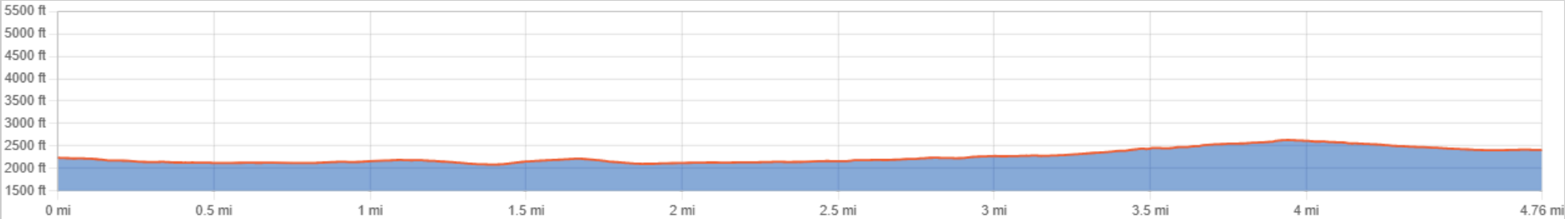
Exchange 19 / Start Leg 20

End of Leg 19; Start of Leg 20
Pleasant Hill Baptist Church
35.121298, -83.429087

8 results

SMR - Leg 20 (4.8 mi +718 ft / -538 ft) - CHALLENGING





Search markers

Marker ID

Exchange 19 / Start Leg 20

End of Leg 19; Start of Leg 20
Pleasant Hill Baptist Church
35.121298, -83.429087

Leg 20 - Van Instructions

Follow runner's route

If pulling over to give runners water, make sure you are well to the side of the road and not blocking local traffic.

Exchange Parking - Intersection Jones Creek Rd and Allison Watts Rd. Parking is tight here and it will be dark. Make room for other vans.

Leg 20 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

CAUTION! Just past the exchange, be especially alert to oncoming vehicles.
PAY ATTENTION: Be aware that it is Friday night/Saturday morning and some drivers could be drinking.
It will be dark. Please use a reflective vest and headlamp or flashlight.
This road is narrow with little or no shoulder so be alert for vehicles.
Please be alert and watch for distracted drivers.
No or spotty Cellular Service

Leg 20 - Details

Back-tracking a bit with some challenging climbing in the dark through a small farm community
Distance: 4.8 miles
Elevation Gain/Loss: 718ft / 538ft
Grade Max/Min: 12.1% / -12.4%
Paved/Unpaved: 100% / 0%

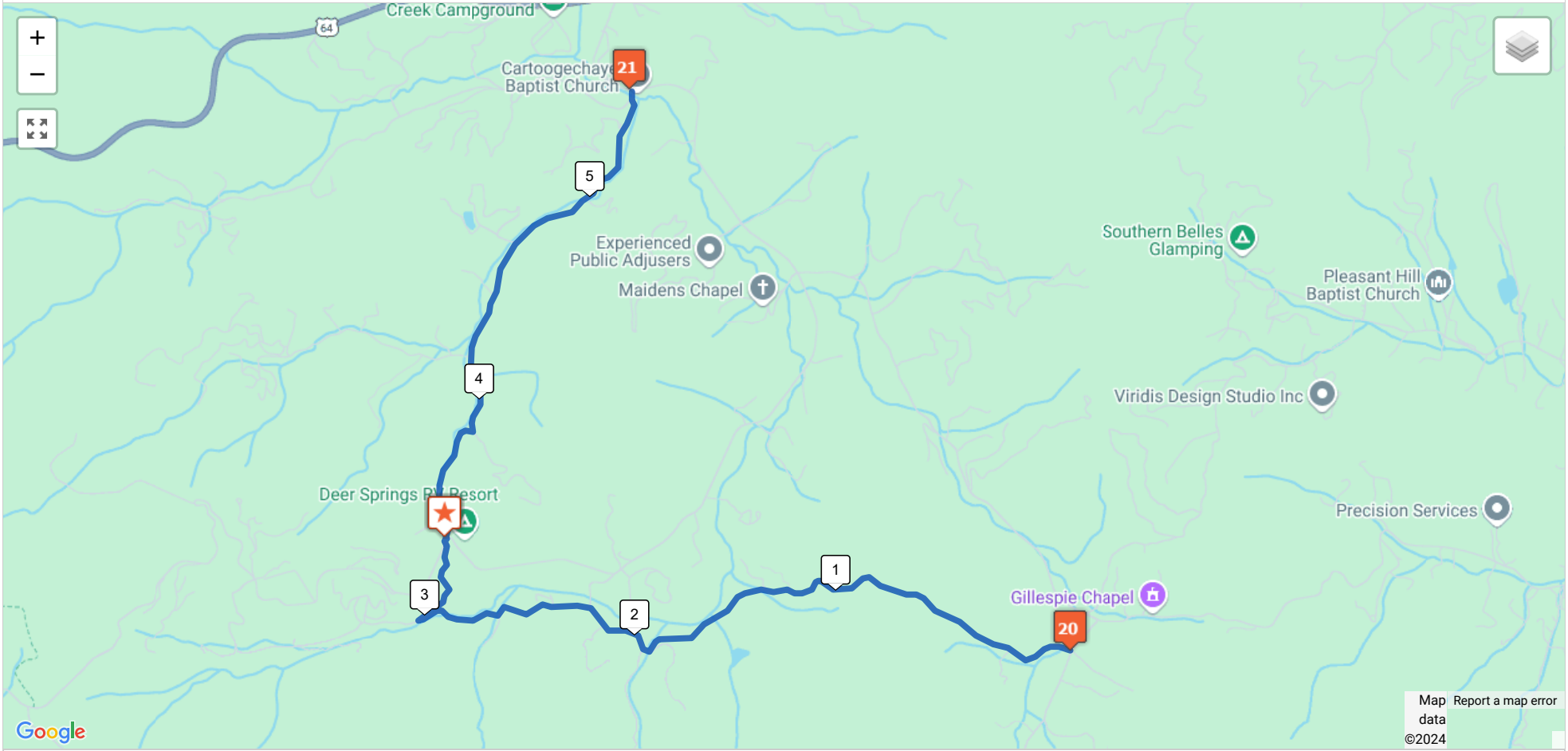
Cuesheet
0.0 mi - From the exchange head south on Pleasant Hill Rd towards N. Skeenah
0.2 mi - Turn LEFT onto N. Skeenah Rd
1.1 mi - Turn RIGHT onto Belle Dowdle Rd and get ready to climb!
1.2 mi - Almost immediately, turn RIGHT onto on Stamey Mountain Rd
1.9 mi - Turn RIGHT onto S. Skeenah Rd
2.0 mi - Begin climbing
3.1 mi - S. Skeenah Rd becomes N. Jones Creek Rd. Continue climbing.
3.9 mi - Top of the climb
4.6 mi - Turn LEFT onto Jones Creek Rd (watch out for vans)
4.8 mi - XC is at the intersection Jones Creek Rd and Allison Watts Rd

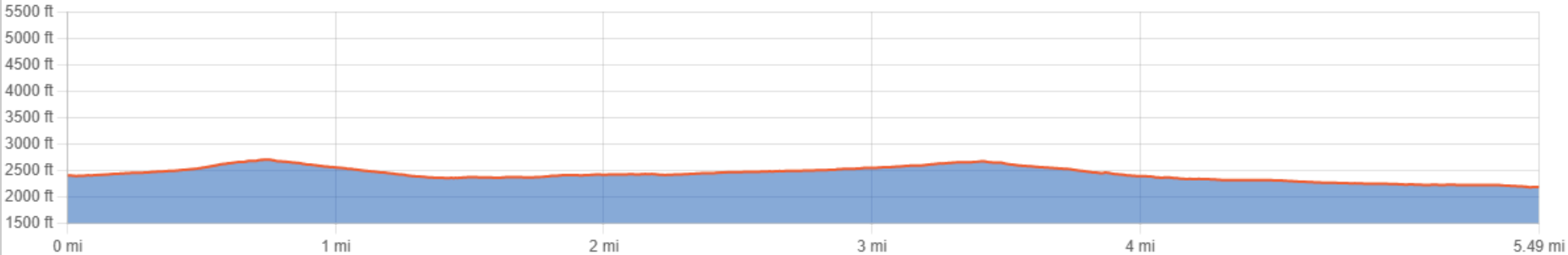
Exchange 20 / Start Leg 21

End of Leg 20; Start of Leg 21
Intersection Jones Creek Rd and Allison Watts Rd
35.101242, -83.454766

5 results

SMR - Leg 21 (5.5 mi +594 ft / -807 ft) - MODERATE





Search markers

Marker ID

20

Exchange 20 / Start Leg 21

End of Leg 20; Start of Leg 21
Intersection Jones Creek Rd and Allison Watts Rd

35.101242, -83.454766

Leg 21 - Van Instructions

Follow runner's route

If pulling over to give runners water, make sure you are well to the side of the road and not blocking local traffic.
Exchange Parking - Park in the Cartoogechaye Baptist Church parking lot.

Leg 21 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

PAY ATTENTION: Be aware that it is Friday night/Saturday morning and some drivers could be drinking.
It will be dark. Please use a reflective vest and headlamp or flashlight.
This road is narrow with little or no shoulder so be alert for vehicles.
Please be alert and watch for distracted drivers.
No or spotty Cellular Service

Leg 21 - Details

Two climbs and two descents through a small farming community
Distance: 5.5 miles
Elevation Gain/Loss: 594ft / 807ft
Grade Max/Min: 15.8% / -11.4%
Paved/Unpaved: 50% / 50%

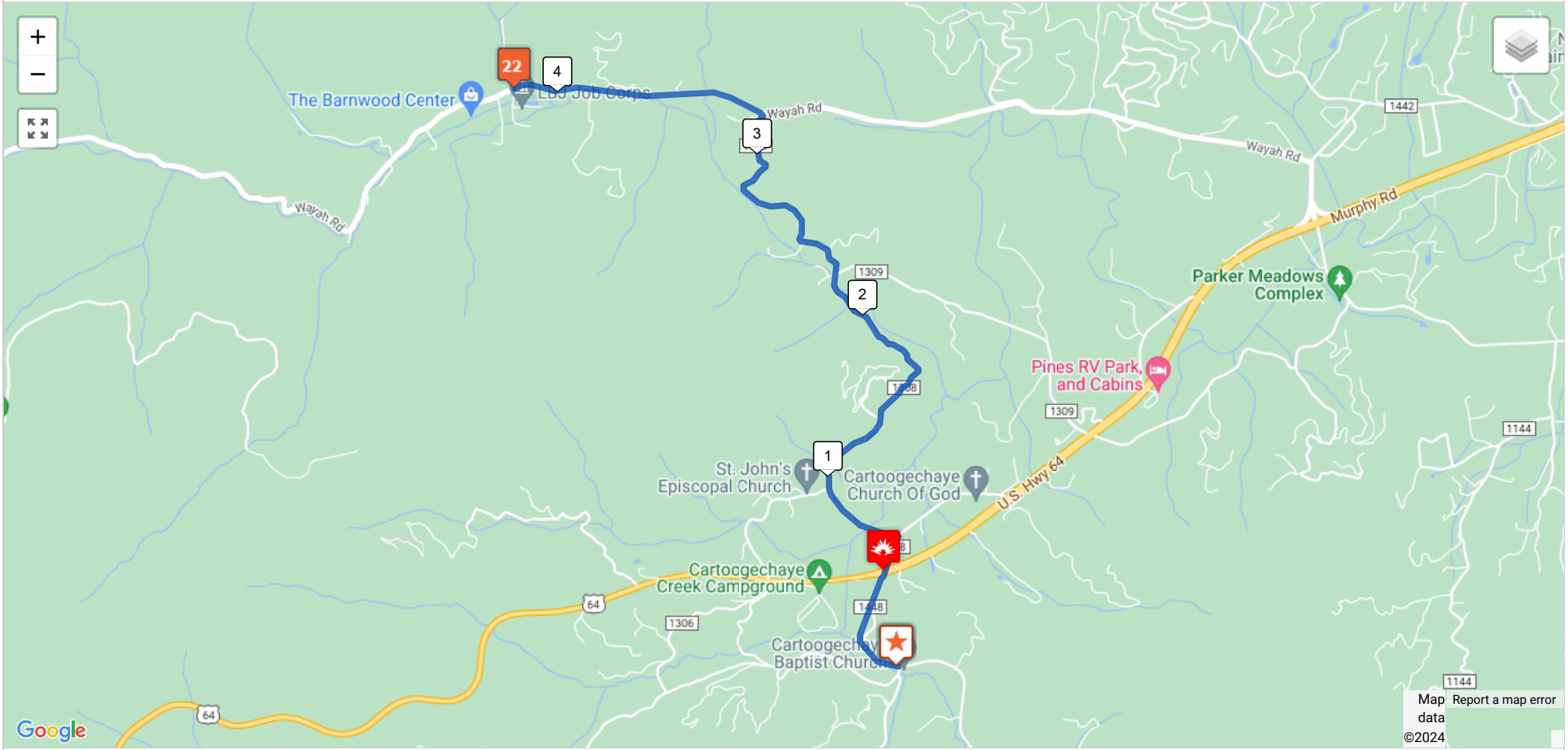
Cuesheet
0.0 mi - From the exchange run west on Allison Watts Road
2.2 mi - Turn Left onto the continuation of Allison Watts Road
3.0 mi - Hard Right onto Harrison Gap Road
3.4 mi - Continue on W Dill Creek Road (SR 1448) which is gravel
4.3 mi - Gravel changes back to pavement
5.5 mi - XC is up on the left at the Cartoogechaye Baptist Church parking lot at the intersection with W Old Murphy Rd

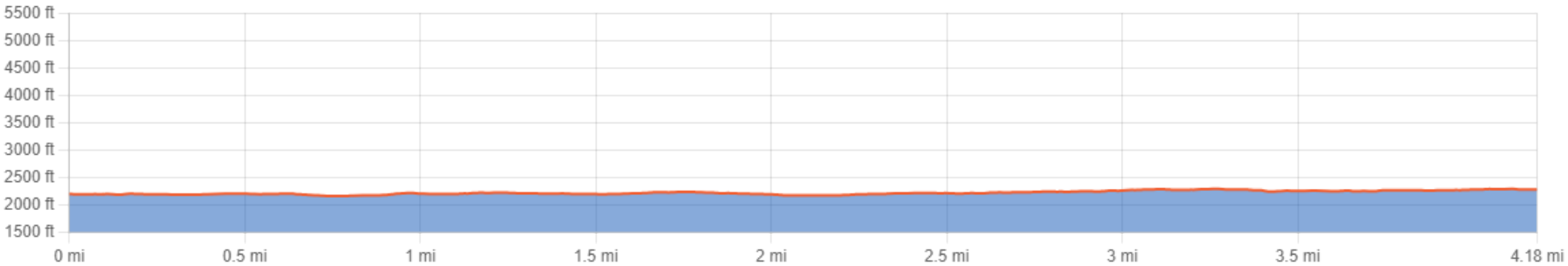
Exchange 21 / Start Leg 22

End of Leg 21; Start of Leg 22
Cartoogechaye Baptist Church
35.132948, -83.485155

5 results

SMR - Leg 22 (4.2 mi +310 ft / -223 ft) - MODERATE





Search markers

Marker ID

21

Exchange 21 / Start Leg 22

End of Leg 21; Start of Leg 22
Cartoogechaye Baptist Church

35.132948, -83.485155

Leg 22 - Van Instructions

Follow runner's route

If pulling over to give runners water, make sure you are well to the side of the road and not blocking local traffic.
Exchange Parking - Park in the LBJ Job Corps parking lot.

Leg 22 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

CAUTION!! When crossing US HWY 64, USE EXTREME CAUTION. Do not try to stop any cars that might be on the road at this time of the night. Wait and cross when there is no traffic in sight.
PAY ATTENTION: Be aware that it is Friday night/Saturday morning and some drivers could be drinking.
It will be dark. Please use a reflective vest and headlamp or flashlight.
This road is narrow with little or no shoulder so be alert for vehicles.
Please be alert and watch for distracted drivers.
No or spotty Cellular Service

Leg 22 - Details

Meander through a small community
Distance: 4.2 miles
Elevation Gain/Loss: 310ft / 223ft
Grade Max/Min: 7.5% / -6.5%
Paved/Unpaved: 100% / 0%

Cuesheet
0.0 mi - Continue on W Old Murphy Road (SR 1448)
0.5 mi - Cross US HWY 64 - CAUTION!!!!
0.6 mi - Turn Left onto Setzer Road
1.0 mi - Veer Right onto Crawford Road
2.2 mi - After bridge on Crawford, continue through intersection. Slight Left to stay on Crawford Road
3.2 mi - Turn Left onto Wayah Road
4.2 mi - XC is on the left at the LBJ Job Corps

Leg 22 - EXTREME CAUTION

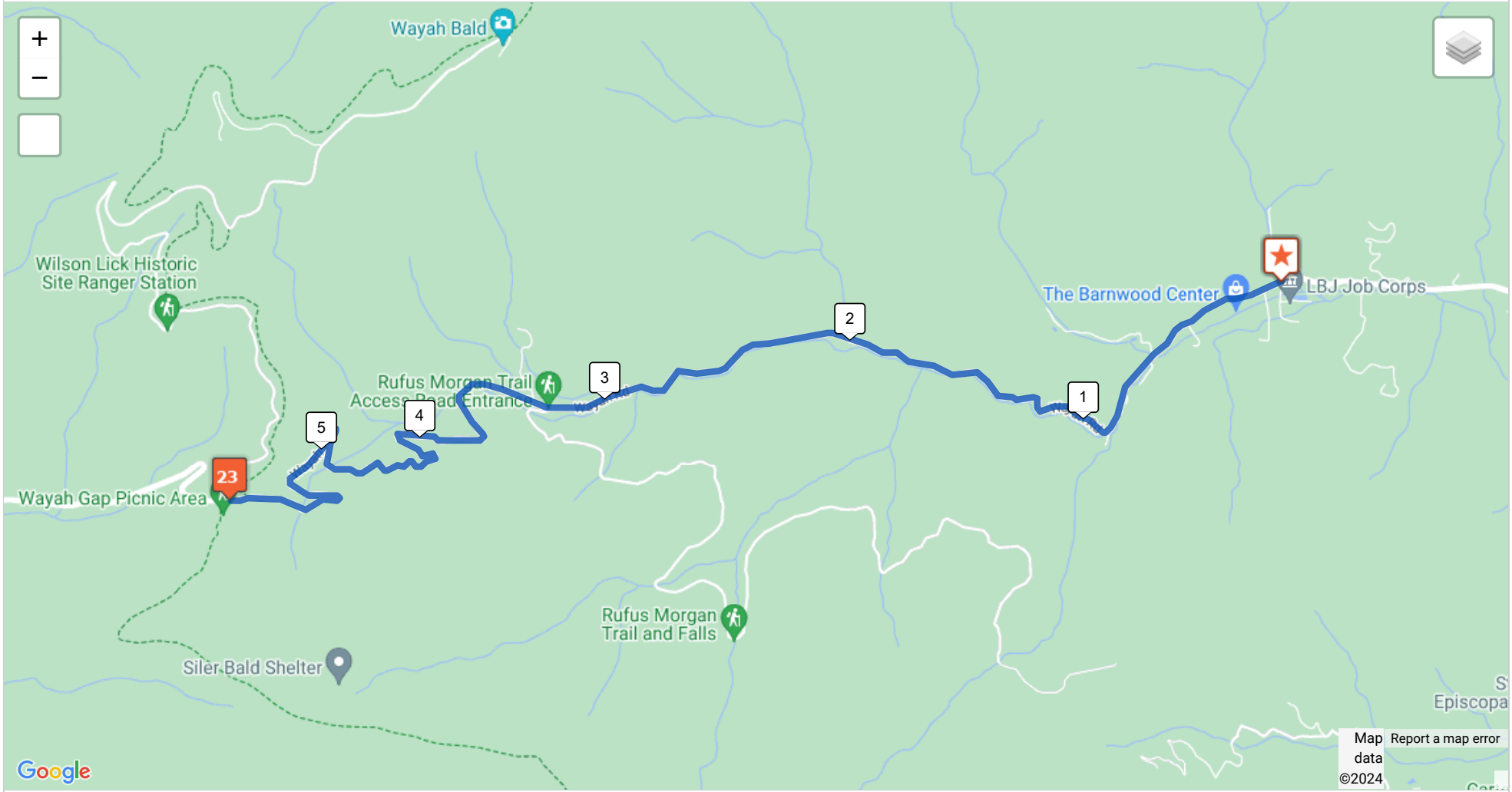
USE EXTREME CAUTION - BE ALERT WHEN CROSSING OVER US HWY 64!

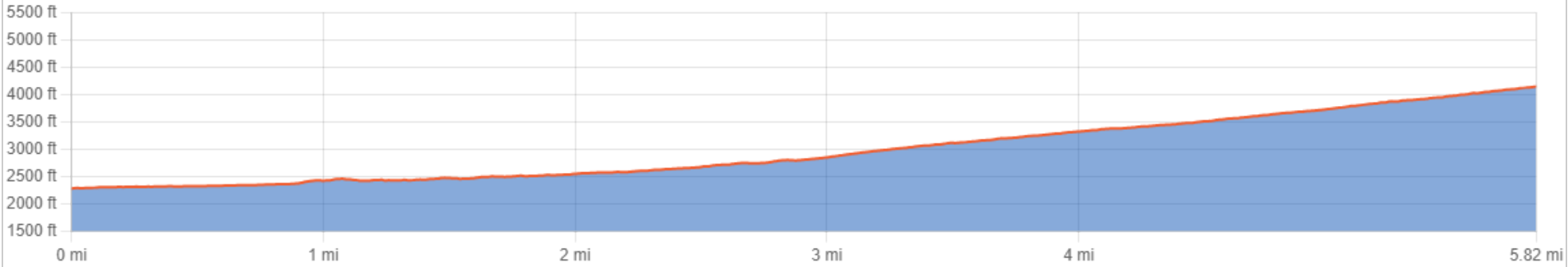
Exchange 22 / Start Leg 23

End of Leg 22; Start of Leg 23
LBJ Job Corps, Franklin
35.165688, -83.511637

6 results

SMR - Leg 23 (5.8 mi +1874 ft / -26 ft) - EXTREME





Search markers

Marker ID

22

Exchange 22 / Start Leg 23

End of Leg 22; Start of Leg 23
LBJ Job Corps, Franklin
35.165688, -83.511637

Leg 23 - Van Instructions

Follow runner's route

If pulling over to give runners water, make sure you are well to the side of the road and not blocking local traffic.
Exchange Parking - Tight parking at the intersection of Wayah Rd and Appalachian Trail. Make room for other teams.

Leg 23 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

PAY ATTENTION: Be aware that it is Friday night/Saturday morning and some drivers could be drinking.
It will be dark. Please use a reflective vest and headlamp or flashlight.
This road is narrow with little or no shoulder so be alert for vehicles.
Please be alert and watch for distracted drivers.
No or spotty Cellular Service

Leg 23 - Details

A crazy fun road for driving, riding and running - a steady climb
Distance: 5.8 miles
Elevation Gain/Loss: 1874ft / 26ft
Grade Max/Min: 11.8% / -4.8%
Paved/Unpaved: 100% / 0%

Cuesheet
0.0 mi - Continue on Wayah Road
5.8 mi - XC is at the top on the left where the Appalachian Trail crosses Wayah Road

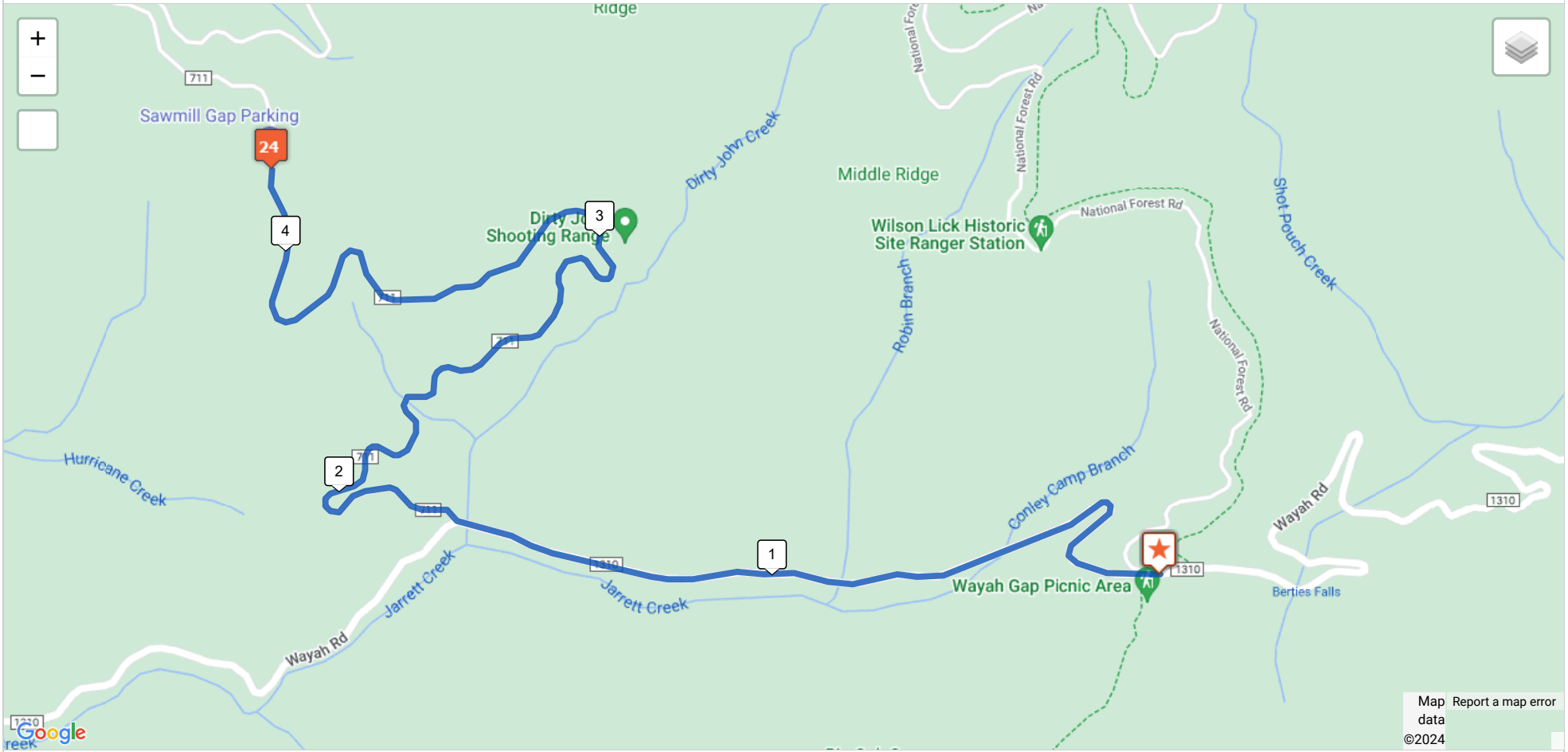
23

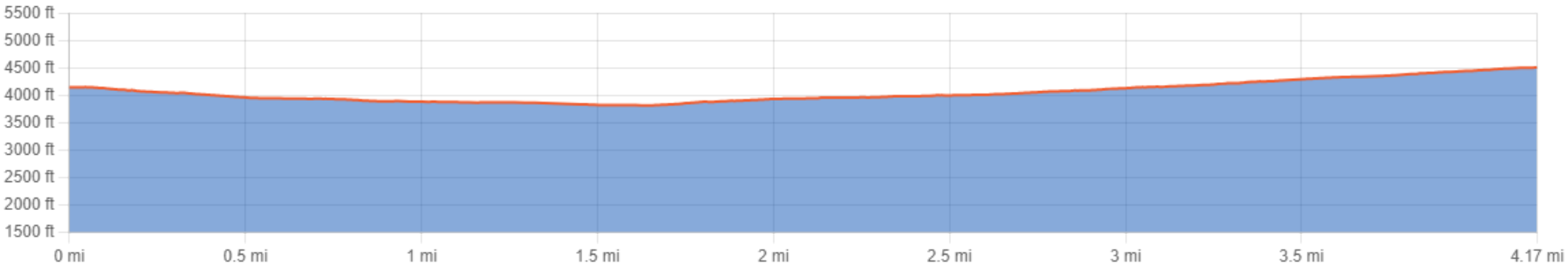
Exchange 23 / Start Leg 24

End of Leg 23; Start of Leg 24
Wayah Rd, Appalachian Trail crossing
35.153920, -83.580470

5 results

SMR - Leg 24 (4.2 mi +684 ft / -326 ft) - CHALLENGING





Search markers

Marker ID

23 **Exchange 23 / Start Leg 24**

End of Leg 23; Start of Leg 24
Wayah Rd, Appalachian Trail crossing

35.153920, -83.580470

Leg 24 - Van Instructions

Follow runner's route

If pulling over to give runners water, make sure you are well to the side of the road and not blocking local traffic.
Keep your runner safe. Keep them in site.
Exchange Parking - Park in the Sawmill Gap parking lot on Wayah Rd (2 mi south of Wine Springs Equestrian Camp

Leg 24 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

Look at the stars!!!
PAY ATTENTION: Be aware that it is Friday night/Saturday morning and some drivers could be drinking.
It will be dark. Please use a reflective vest and headlamp or flashlight.
This road is narrow with little or no shoulder so be alert for vehicles.
Please be alert and watch for distracted drivers.
No or spotty Cellular Service

Leg 24 - Details

A crazy fun road for driving, riding and running - a descent and some more climbing!
Distance: 4.2 miles
Elevation Gain/Loss: 684ft / 326ft
Grade Max/Min: 8.0% / -9.0%
Paved/Unpaved: 40% / 60%

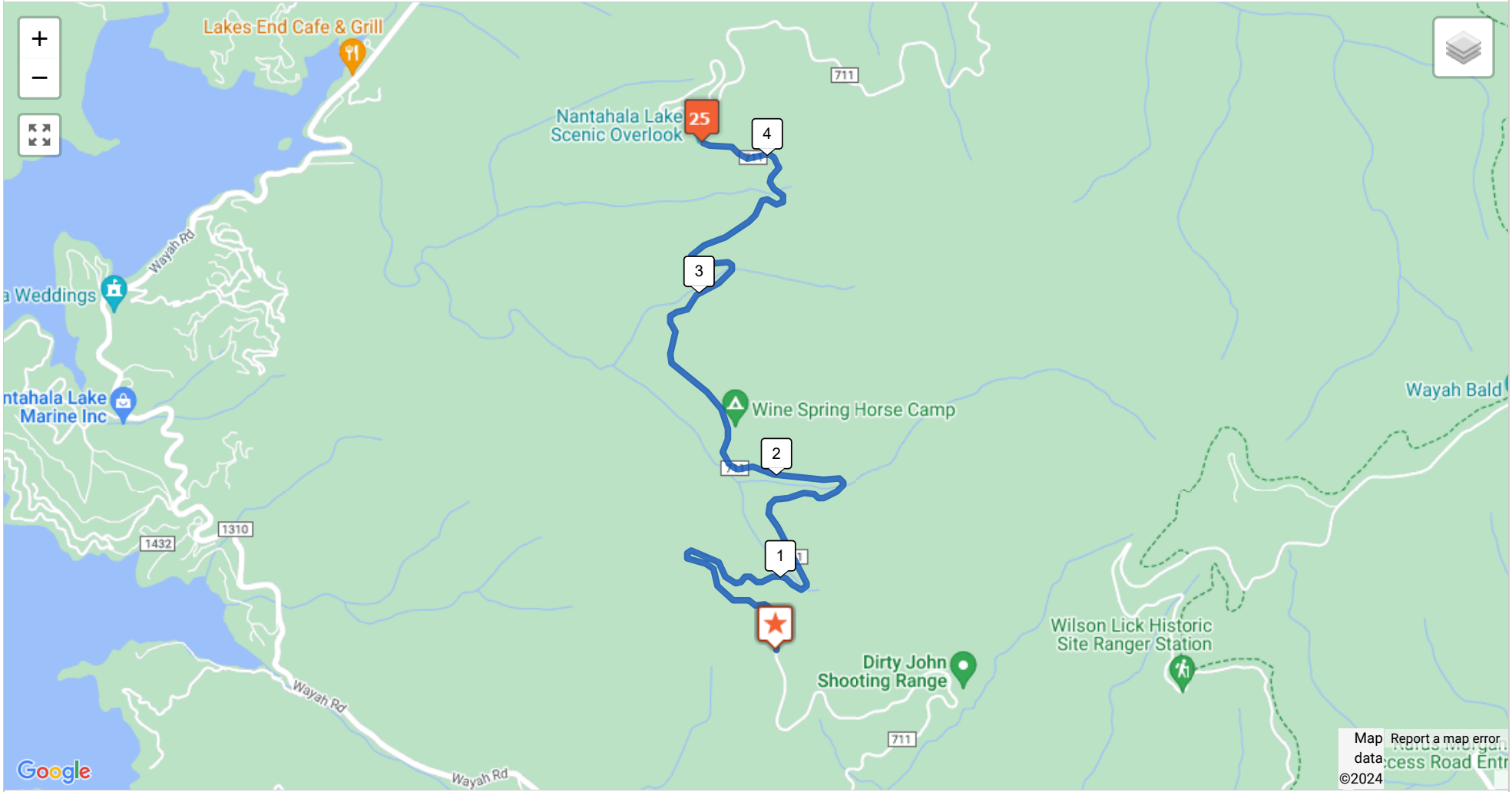
Cuesheet
0.0 mi - Continue on Wayah Road
1.7 mi - Veer right onto FS 711
4.2 mi - XC is on the left at Sawmill Gap

Exchange 24 / Start Leg 25

End of Leg 24; Start of Leg 25
Sawmill Gap on Wayah Rd (2 mi south of Wine Springs Equestrian Camp)
35.165350, -83.611210

5 results

SMR - Leg 25 (4.3 mi +492 ft / -577 ft) - MODERATE



Search markers

Marker ID

24

Exchange 24 / Start Leg 25

End of Leg 24; Start of Leg 25
Sawmill Gap on Wayah Rd (2 mi south of Wine Springs Equestrian Camp)
35.165350, -83.611210

Leg 25 - Van Instructions

Follow runner's route

If pulling over to give runners water, make sure you are well to the side of the road and not blocking local traffic.
Keep your runner safe. Keep them in site.
Exchange Parking - Park in the Nantahala Lake Scenic Overlook parking lot. Make room for other vans.

Leg 25 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

PAY ATTENTION: Be aware that it is Friday night/Saturday morning and some drivers could be drinking.
It will be dark. Please use a reflective vest and headlamp or flashlight.
It can be foggy here at the higher elevations early in the morning. Continue to wear a headlamp and reflective vest until it is clear.
This road is narrow with little or no shoulder so be alert for vehicles.
Please be alert and watch for distracted drivers.
No or spotty Cellular Service

Leg 25 - Details

Forest service road through the Nantahala wilderness
Distance: 4.3 miles
Elevation Gain/Loss: 492ft / 577ft
Grade Max/Min: 8.5% / -9.9%
Paved/Unpaved: 100% / 0%

Cuesheet
0.0 mi - Continue on FS Road 711
4.3 mi - XC is on the left at the Nantahala Lake Scenic Overlook

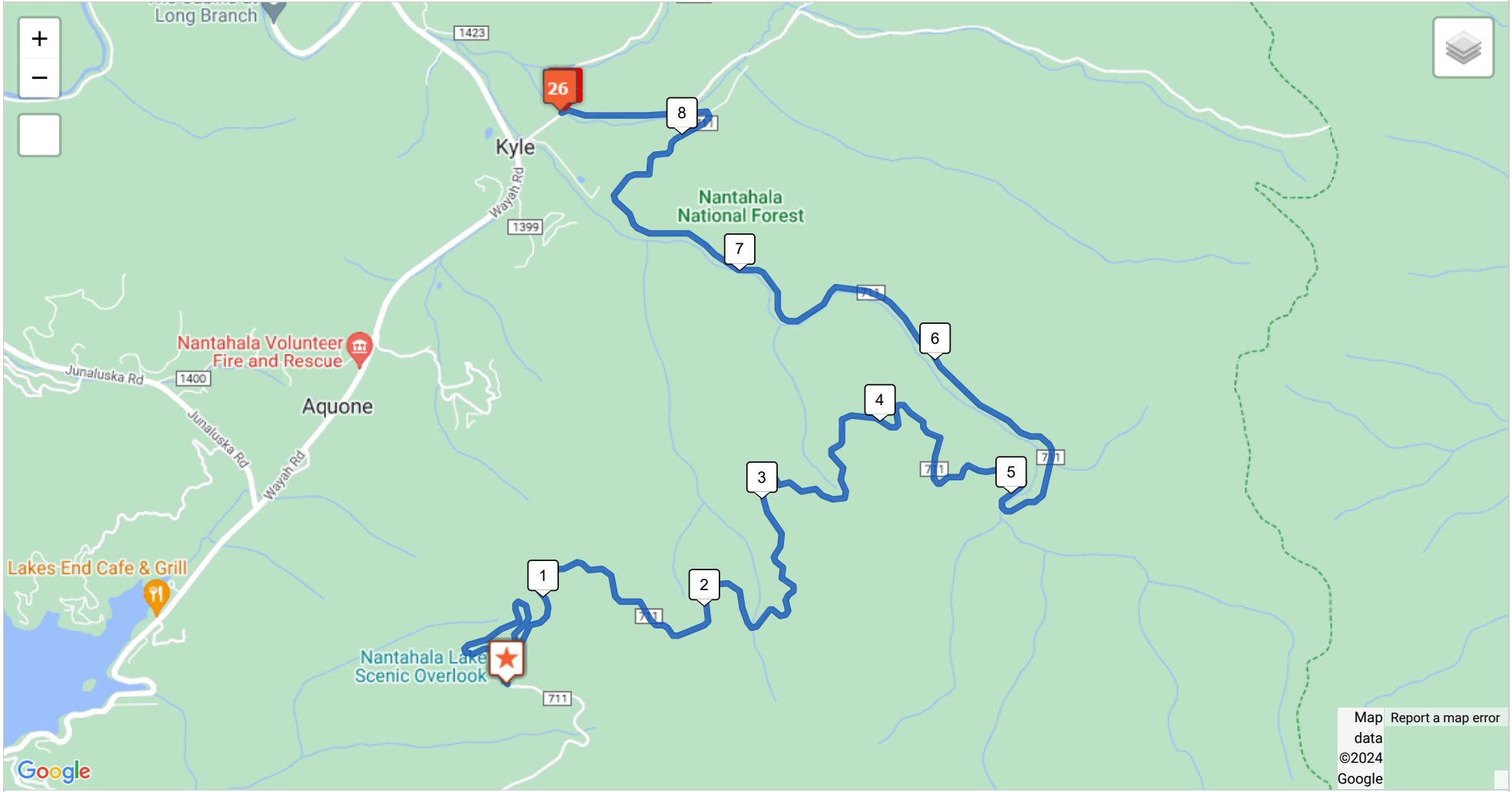
25

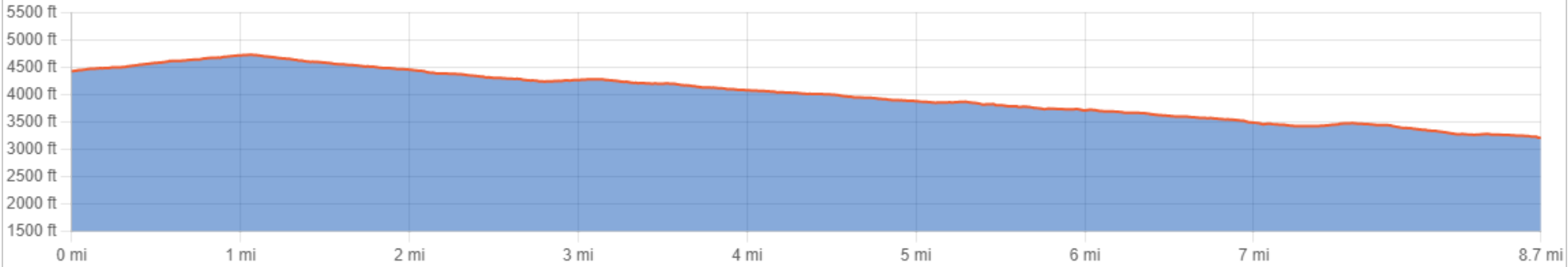
Exchange 25 / Start Leg 26

End of Leg 25; Start of Leg 26
Nantahala Lake Scenic Overlook
35.192461, -83.615988

5 results

SMR - Leg 26 (8.7 mi +404 ft / -1623 ft) - HARD





Search markers

Marker ID

Exchange 25 / Start Leg 26

End of Leg 25; Start of Leg 26
Nantahala Lake Scenic Overlook
35.192461, -83.615988

Leg 26 - Van Instructions

Follow runner's route

If pulling over to give runners water, make sure you are well to the side of the road and not blocking local traffic.
Keep your runner safe. Keep them in site.
Exchange Parking - Park in the Whiteoak Flats Church parking lot. Make room for other vans.

Leg 26 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

CAUTION: Use caution when crossing over White Oak Lane to make the exchange
It can be foggy here at the higher elevations early in the morning. Continue to wear a headlamp and reflective vest until it is clear.
This road is narrow with little or no shoulder so be alert for vehicles.
Please be alert and watch for distracted drivers.
No or spotty Cellular Service

Leg 26 - Details

A long downhill on forest service road through the Nantahala wilderness
Distance: 8.7 miles
Elevation Gain/Loss: 404ft / 1623ft
Grade Max/Min: 7.7% / -9.6%
Paved/Unpaved: 100% / 0%

Cuesheet
0.0 mi - Continue on FS Road 711
8.2 Turn Left onto Cold Springs Road
8.7 Turn Left onto White Oak Lane, run across bridge
8.7 mi - XC is on the right at the Whiteoak Flats Church

Leg 26 - EXTREME CAUTION

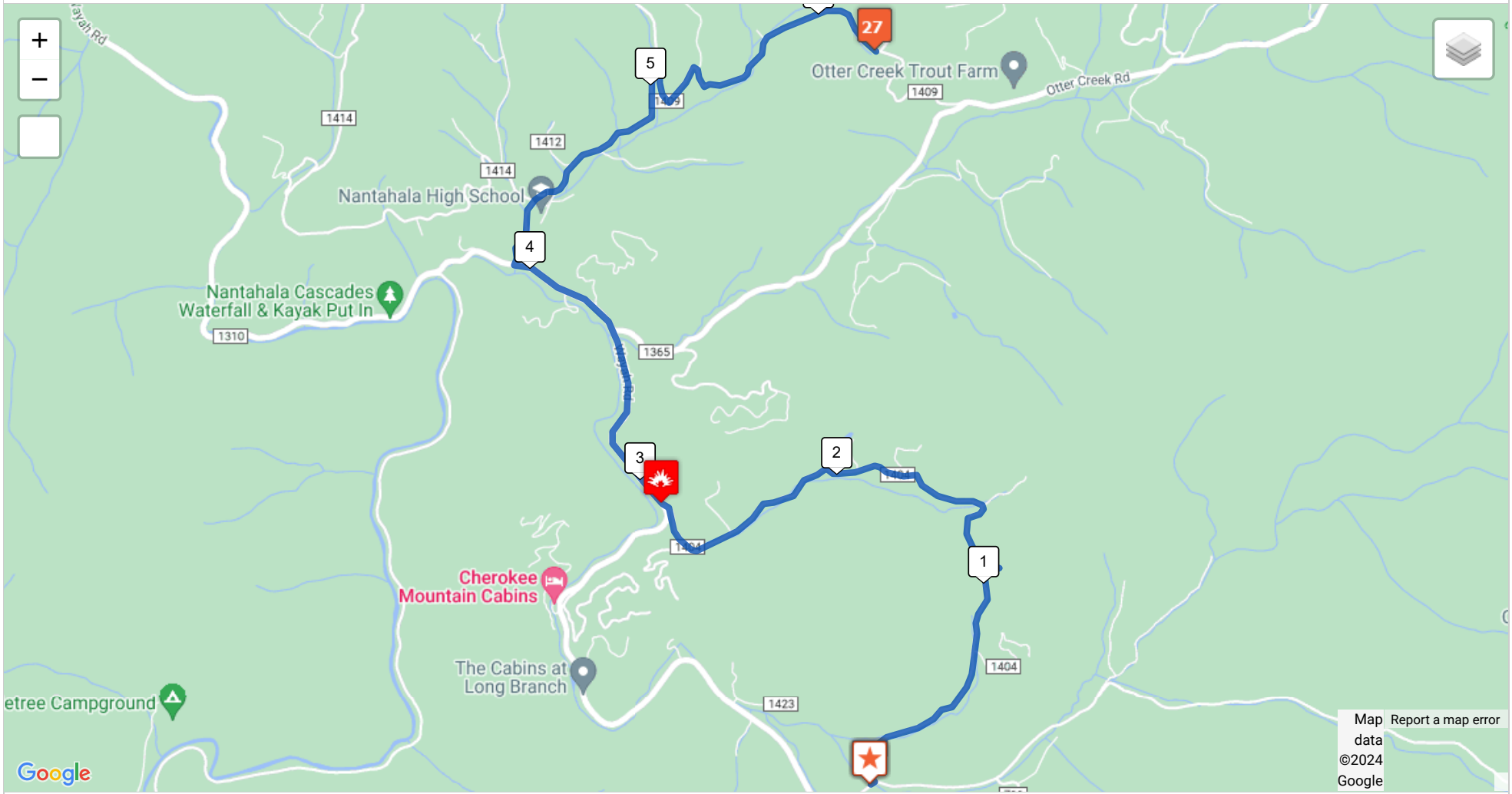
USE EXTREME CAUTION - BE ALERT WHEN CROSSING OVER WHITE OAK LANE FOR THE EXCHANGE!

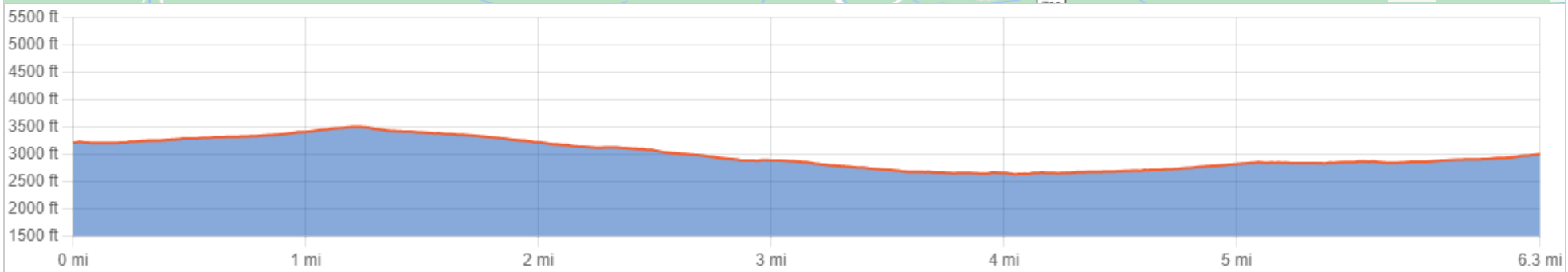
Exchange 26 / Start Leg 27

End of Leg 26; Start of Leg 27
Whiteoak Flats Church
35.223017, -83.612439

6 results

SMR - Leg 27 (6.3 mi +691 ft / -911 ft) - CHALLENGING





Search markers

Marker ID

Exchange 26 / Start Leg 27

End of Leg 26; Start of Leg 27
Whiteoak Flats Church
35.223017, -83.612439

Leg 27 - Van Instructions

Follow runner's route

If pulling over to give runners water, make sure you are well to the side of the road and not blocking local traffic.
Exchange Parking - Tight parking here. Park on the right side of the road before and after the XC at Briartown Baptist Church

Leg 27 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

It can be foggy here at the higher elevations early in the morning. Continue to wear a headlamp and reflective vest until it is clear.
This road is narrow with little or no shoulder so be alert for vehicles.
Please be alert and watch for distracted drivers.
No or spotty Cellular Service

Leg 27 - Details

A morning run on state roads through the rural countryside!
Distance: 6.3 miles
Elevation Gain/Loss: 691ft / 911ft
Grade Max/Min: 9.2% / -11.5%
Paved/Unpaved: 100% / 0%

Cuesheet
0.0 mi - Exit parking lot and Turn Left onto White Oak Lane
0.1 mi - Cross bridge and Turn Left onto Long Branch Rd
2.9 mi - Turn Right onto Wayah road, crossing road with caution to run on left side
4.1 mi - Turn Right onto Winding Stairs Rd
5.1 mi - Turn Right onto Briartown Baptist Church Branch Road
6.3 mi - XC at the Briartown Baptist Church

Leg 27 - EXTREME CAUTION

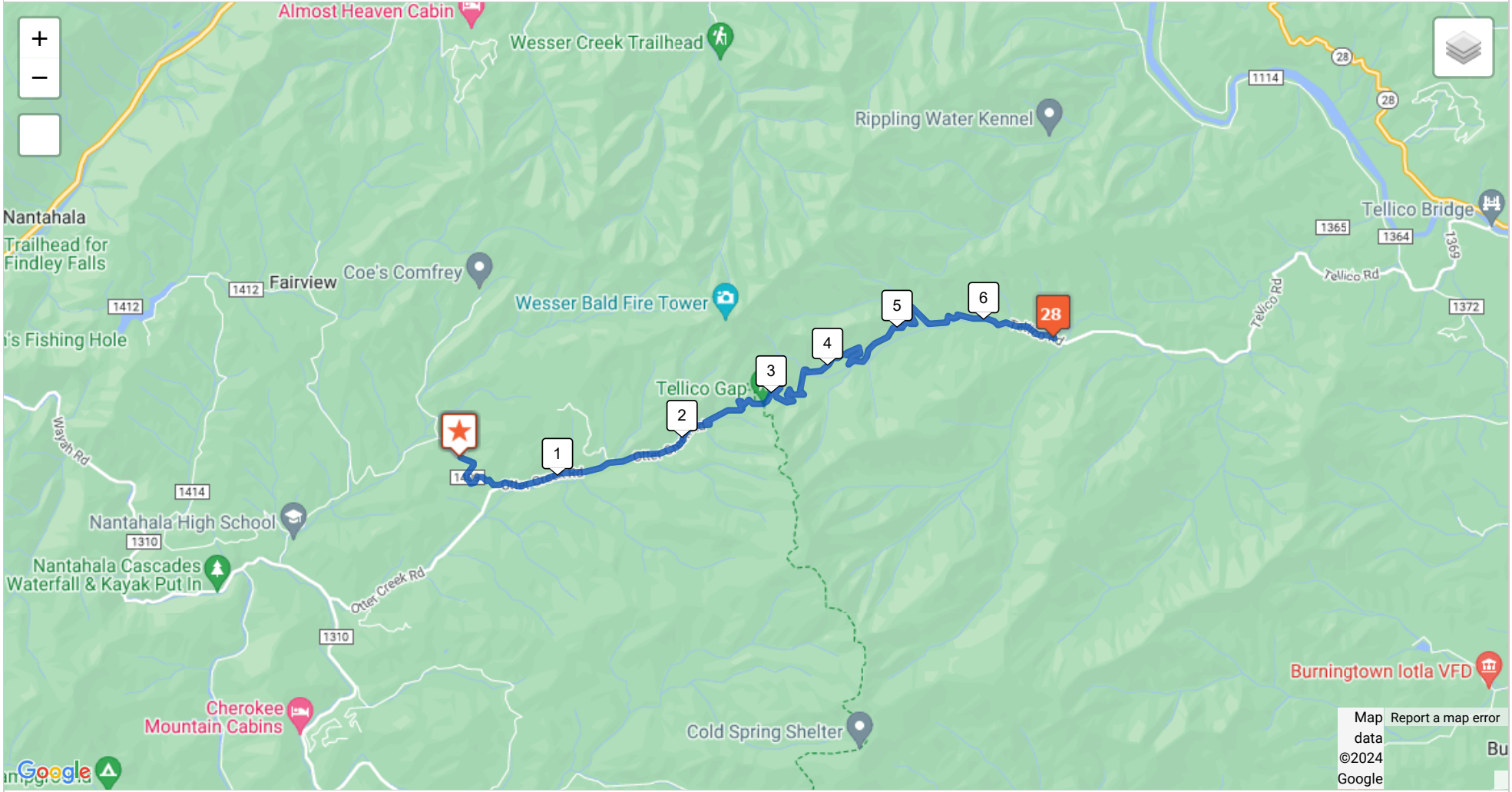
USE EXTREME CAUTION - BE ALERT WHEN CROSSING OVER TO RUN ON THE LEFT SIDE OF WAYAH ROAD!

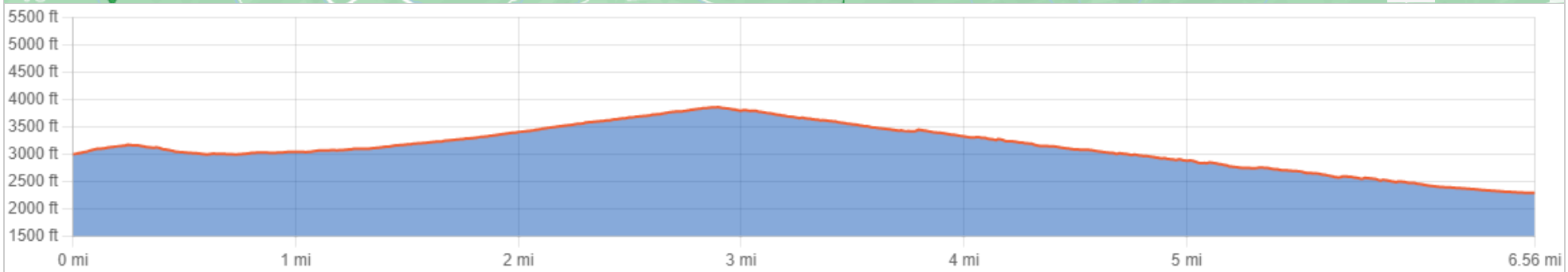
Exchange 27 / Start Leg 28

End of Leg 27; Start of Leg 28
Briartown Baptist Church
35.262260, -83.612124

6 results

SMR - Leg 28 (6.6 mi +1014 ft / -1731 ft) - HARD





Search markers

Marker ID

Exchange 27 / Start Leg 28

End of Leg 27; Start of Leg 28
Briartown Baptist Church
35.262260, -83.612124

Leg 28 - Van Instructions

Follow runner's route

CAUTION!!! This road is gravel with tight switchbacks and very little room on either side. No room for driver mistakes here!
If pulling over to give runners water, make sure you are well to the side of the road and not blocking local traffic.
Exchange Parking - Parking is tight. Park on the left under the direction of a volunteer. Exchange is at the intersection of Tellico Rd and Sugar Cove Rd.

Leg 28 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

Very little to no shoulder; be cautious when encountering traffic.
It can be foggy here at the higher elevations early in the morning. Continue to wear a headlamp and reflective vest until it is clear.
Enjoy the view!
No or spotty Cellular Service

Leg 28 - Details

A winding and steep, gravel climb to Appalachian Trail and then down again!
Distance: 6.6 miles
Elevation Gain/Loss: 1014ft / 1731ft
Grade Max/Min: 17.2% / -14.7%
Paved/Unpaved: 30% / 70%

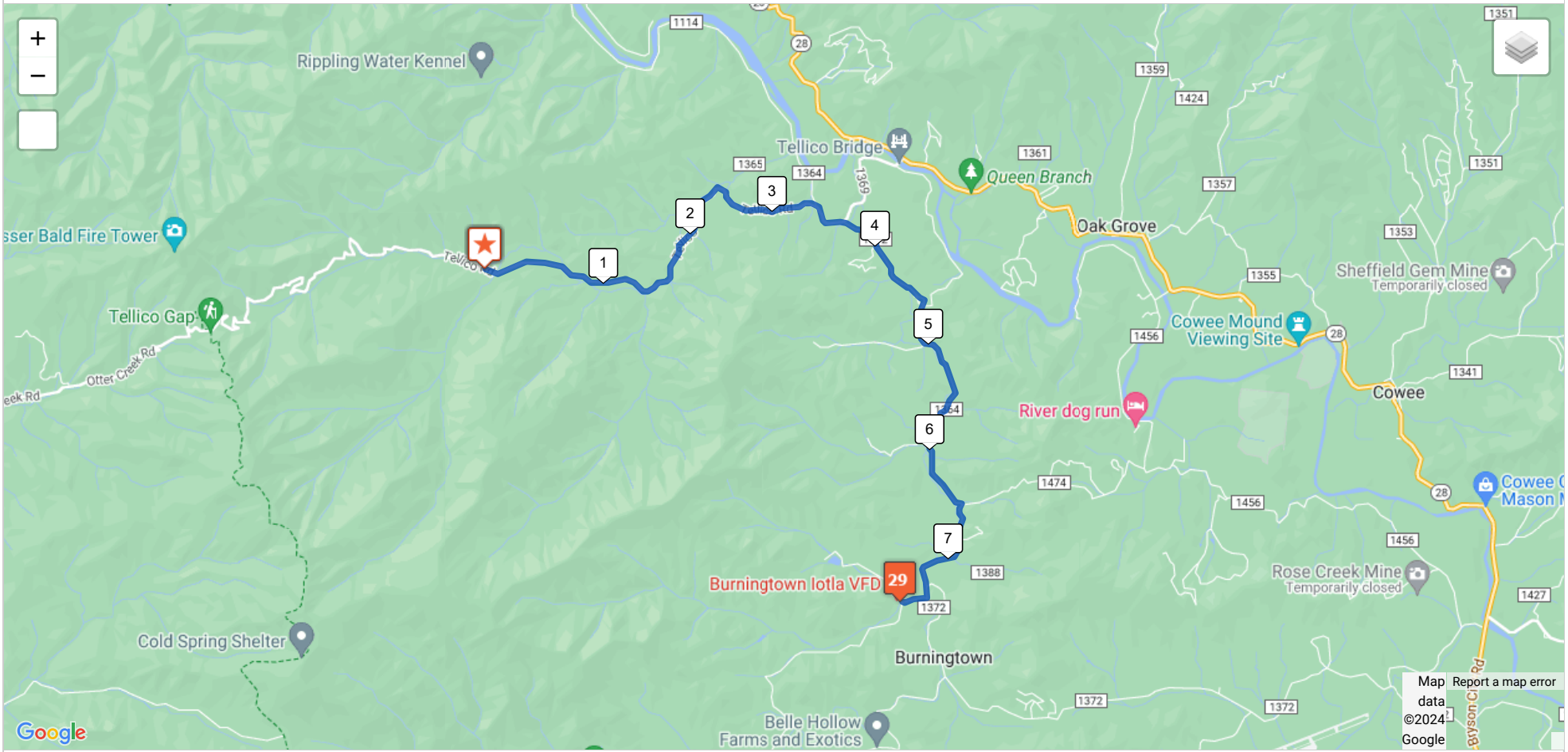
Cuesheet
0.0 mi - Continue on Briartown Church Road
0.6 mi - Turn Left onto Otter Creek Road
2.9 mi - Tellico Gap. Cross the AT. Otter Creek turns into Tellico Road
6.6 mi - XC at the intersection of Tellico Rd and Sugar Cove Rd

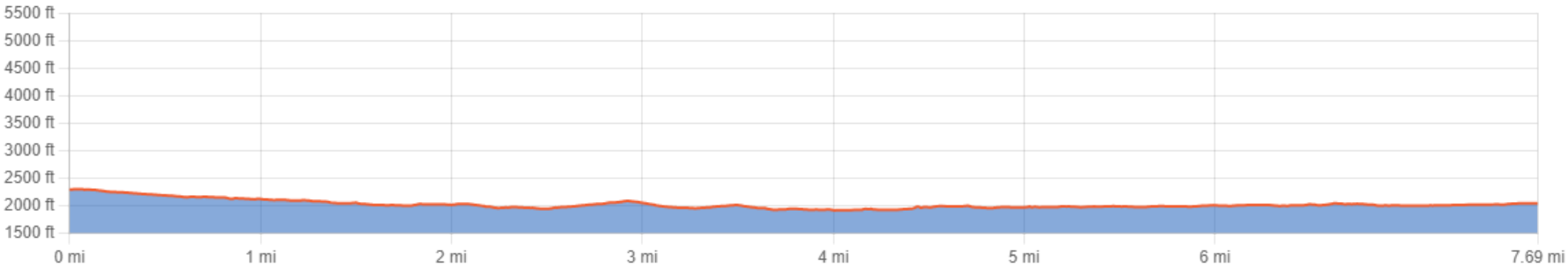
Exchange 28 / Start Leg 29

End of Leg 28; Start of Leg 29
Intersection of Tellico Rd and Sugar Cove Rd
35.275087, -83.534335

5 results

SMR - Leg 29 (7.7 mi +525 ft / -778 ft) - CHALLENGING





Search markers

Marker ID

28

Exchange 28 / Start Leg 29

End of Leg 28; Start of Leg 29
Intersection of Tellico Rd and Sugar Cove Rd

35.275087, -83.534335

Leg 29 - Van Instructions

Follow runner's route

If pulling over to give runners water, make sure you are well to the side of the road and not blocking local traffic.
Exchange Parking - Park in the Burningtown Iotla Volunteer Fire Department parking lot.

Leg 29 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

Very little to no shoulder; be cautious when encountering traffic.
Please be alert and watch for distracted drivers.
No or spotty Cellular Service

Leg 29 - Details

A gentle rolling run on state roads through the rural countryside.
Distance: 7.7 miles
Elevation Gain/Loss: 525ft / 778ft
Grade Max/Min: 10% / -11.7%
Paved/Unpaved: 92% / 8%

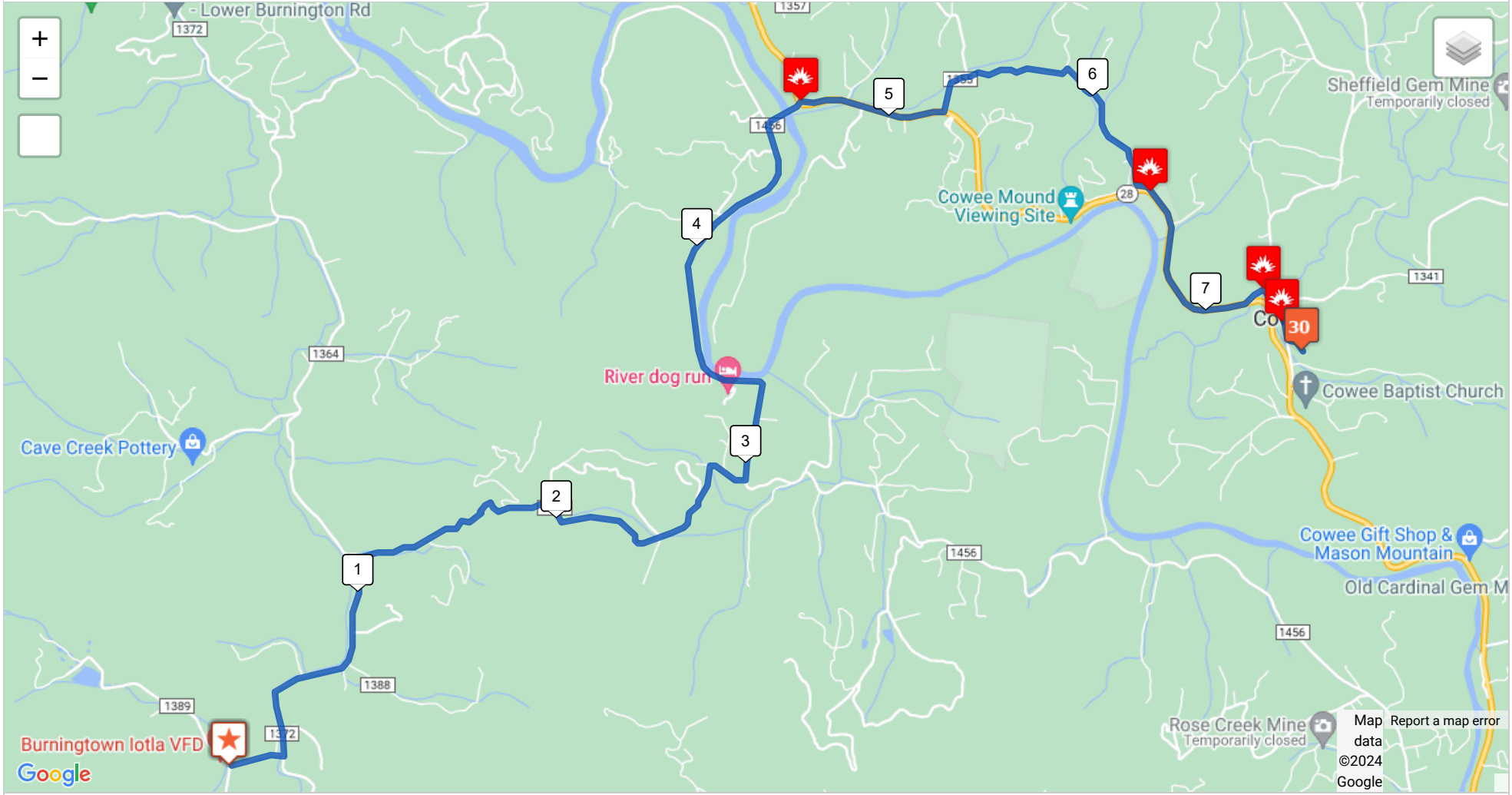
Cuesheet
0.0 mi - Continue on Tellico Road
2.5 mi - At the fork, stay to the right on Tellico Road
3.6 mi - Turn right at the intersection onto Lower Burningtown Road
7.5 mi - Turn right onto Younce Creek Rd (Daves Creek Rd)
7.7 mi - XC in front of the Burningtown Iotla VFD, where Younce Creek Rd and Daves Creek Rd intersect

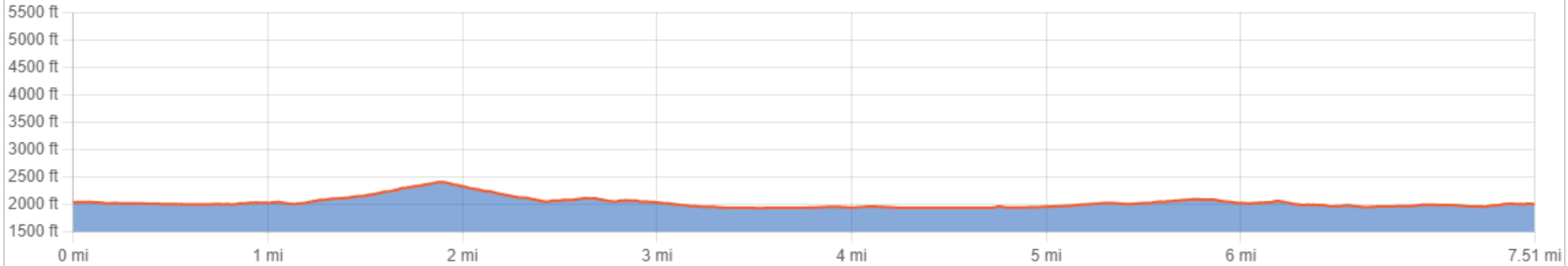
Exchange 29 / Start Leg 30

End of Leg 29; Start of Leg 30
Burningtown Iotla VFD (Daves Creek Rd)
35.237382, -83.476787

5 results

SMR - Leg 30 (7.5 mi +809 ft / -842 ft) - HARD





Search markers

Marker ID

Exchange 29 / Start Leg 30

End of Leg 29; Start of Leg 30
Burningtown Iotla VFD (Daves Creek Rd)
35.237382, -83.476787

Leg 30 - Van Instructions

Van and runner's route split at Bryson City Rd (4.5 mi)

No support for runners while on Bryson City Road. When van turns right on to Bryson City Road (4.7 mi), immediately continue to the next exchange, because the runners travel a different route.
If pulling over to give runners water, make sure you are well to the side of the road and not blocking local traffic.
Exchange Parking - At Cowee School, under the direction of staff, park in the West Village parking area and along the road.

Leg 30 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

CAUTION!!! This leg takes runners on a busy two lane road with no shoulder for 1 mile.
Be very alert and wear a reflective vest for this leg, even if it is in the daylight.
This road is narrow with little or no shoulder so be alert for vehicles.
Please be alert and watch for distracted drivers.
No or spotty Cellular Service

Leg 30 - Details

Rolling hills that build to a steep climb and two short sections of BUSY, BUSY road!
Distance: 7.5 miles
Elevation Gain/Loss: 809ft / 842ft
Grade Max/Min: 13.9% / -14.1%
Paved/Unpaved: 99% / 1%

Cuesheet
0.0 mi - Begin at the Burningtown Iotla VFD (Daves Creek Rd)
0.2 mi - Left onto Lower Burningtown Road (heading north)
1.1 mi - Right on to Saldeer Mountain Road (1st ascent)
2.9 mi - Turn Left on to Rose Creek Rd
4.6 mi - Cross the Old McCoy Steel Bridge
4.7 mi - Turn Right onto Bryson City Road (HWY 28), cross to the left side
5.3 mi - Turn Left onto Carl Sorrells Road
6.5 mi - Turn Left on to Bryson City Road
7.2 mi - Turn Left onto West Mills Road
7.3 mi - Turn Right onto Cowee Creek Rd - carefully cross over
7.4 mi - Continue straight onto Cowee Creek Rd - carefully cross over
7.5 mi - XC turn left into the Cowee school drive through and run to front of school

Leg 30 - EXTREME CAUTION

USE EXTREME CAUTION - BE ALERT WHEN CROSSING OVER TO RUN ON THE LEFT SIDE OF BRYSON CITY ROAD!

Leg 30 - EXTREME CAUTION

USE EXTREME CAUTION - BE ALERT WHEN RUNNING ON THE LEFT SIDE OF BRYSON CITY ROAD! THIS ROAD IS VERY BUSY, BUSY, BUSY!!!!

Leg 30 - EXTREME CAUTION

USE EXTREME CAUTION - BE ALERT WHEN CROSSING OVER TO RUN ON THE LEFT SIDE OF COWEE CREEK ROAD FROM WEST MILLS ROAD

Leg 30 - EXTREME CAUTION

USE EXTREME CAUTION - BE ALERT WHEN CROSSING OVER TO RUN ON THE LEFT SIDE OF COWEE CREEK ROAD AT THE MERGE.

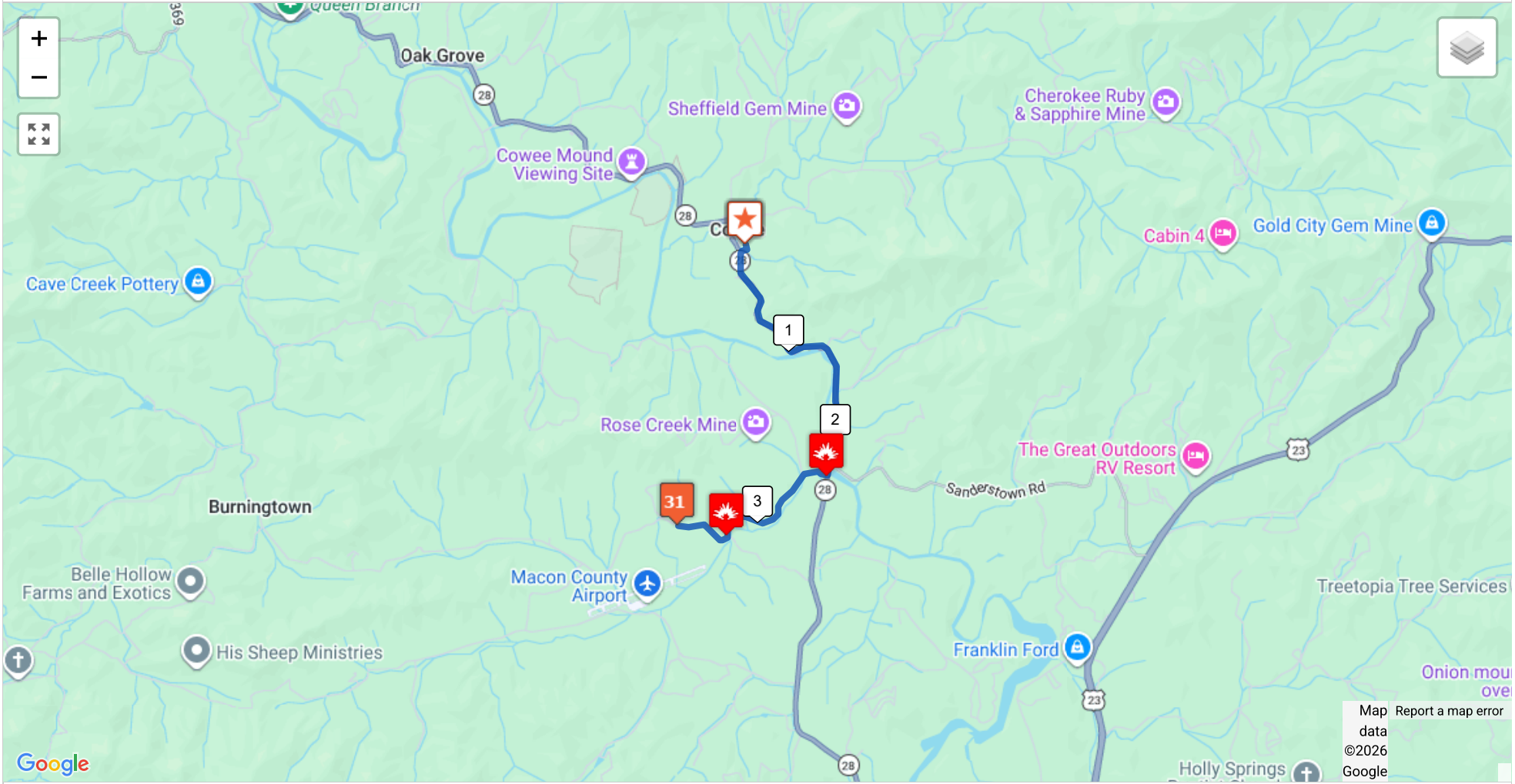
30

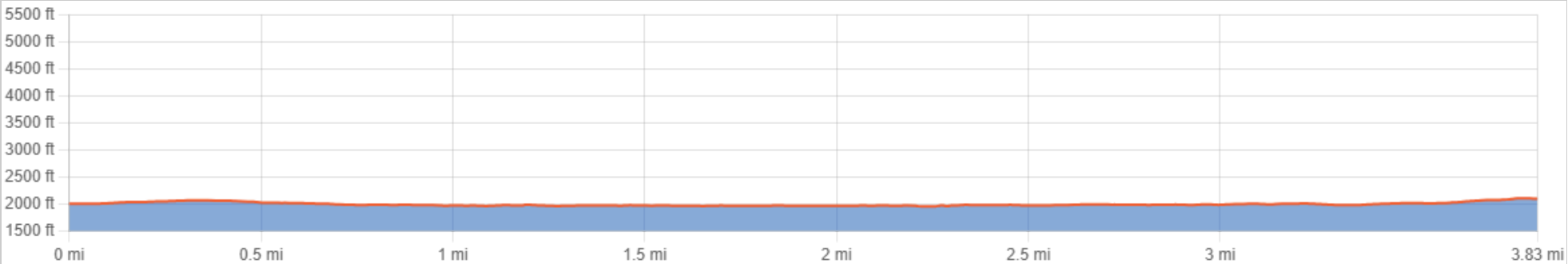
Exchange 30 / Start Leg 31

End of Leg 30; Start of Leg 31
Cowee School
35.259460, -83.406776

9 results

SMR - Leg 31 (3.8 mi +285 ft / -192 ft) - MODERATE





Search markers

Marker ID

Exchange 30 / Start Leg 31

End of Leg 30; Start of Leg 31
Cowee School
35.259460, -83.406776

Leg 31 - Van Instructions

Follow runner's route

NO stopping to support runners on HWY 28 (Bryson City Rd); there will be plenty of opportunities later in the leg.
If pulling over to give runners water, make sure you are well to the side of the road and not blocking local traffic.
Exchange Parking - Vans should park in the parking lot of Iotla Valley Elementary School. Runners exchange on the road at the second (western most entrance).

Leg 31 - Safety

RUNNERS: RUN WITH TRAFFIC ON RIGHT WHILE ON HWY 28

CAUTION!!! Use caution when running along HWY 28 with traffic. Then run facing traffic on Iotla Church Rd and Burningtown Rd.
CAUTION!!! This leg takes runners on a busy two lane road.
Be very alert and wear a reflective vest for this leg, even if it is in the daylight.
Please be alert and watch for distracted drivers.
No or spotty Cellular Service

Leg 31 - Details

Busy road, followed by a scenic stroll through Burningtown Valley
Distance: 3.8 miles
Elevation Gain/Loss: 285ft / 192ft
Grade Max/Min: 8.2% / -6.2%
Paved/Unpaved: 100% / 0%

Cuesheet
0.0 mi - Begin at Cowee School and turn left on Cowee Creek Road
0.1 mi - Turn Right and CAREFULLY cross Hwy 28, run with traffic - PAY ATTENTION!!
2.3 mi - Turn Right on Bennett Road and CROSS OVER TO THE LEFT SIDE
3.4 mi - Turn Right on Iotla Church Road
3.8 mi - Exchange on Iolta Church Rd at the second entrance to Iotla Valley Elementary School

Leg 31 - EXTREME CAUTION

USE EXTREME CAUTION - BE ALERT WHEN CROSSING OVER TO RUN ON THE LEFT SIDE OF BENNET ROAD.

Leg 31 - EXTREME CAUTION

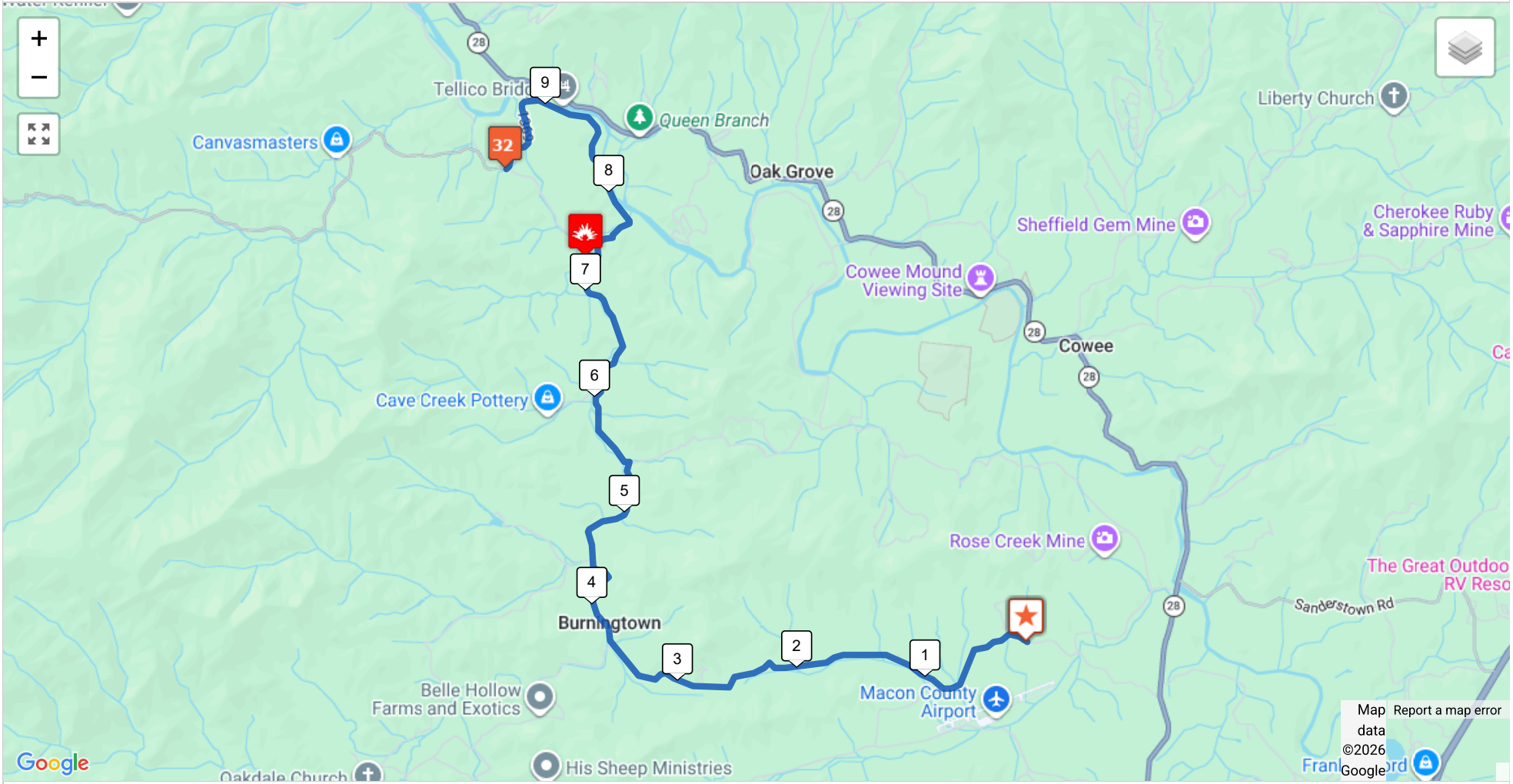
USE EXTREME CAUTION - BE ALERT WHEN CROSSING OVER TO RUN ON THE LEFT SIDE OF IOLTA ROAD.

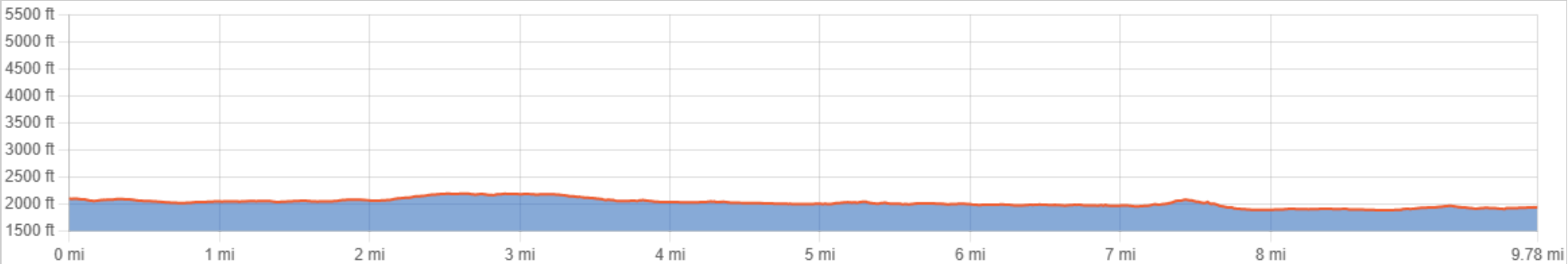
Exchange 31 / Start Leg 32

End of Leg 31; Start of Leg 32
Iotla Valley Elementary School
35.229140, -83.415841

7 results

SMR - Leg 32 (9.8 mi +638 ft / -795 ft) - HARD





Search markers

Marker ID

Exchange 31 / Start Leg 32

End of Leg 31; Start of Leg 32
Iotla Valley Elementary School
35.229140, -83.415841

Leg 32 - Van Instructions

Follow runner's route

BE CAUTIOUS AND AWARE while on the section starting as you pass Saldeer Mountain Roadd until runners turn right on Carnes Road.
Pay special attention when passing the Exchange 29 turnoff at Younce Creek Rd. There will be vans and runners going in multiple directions.
If pulling over to give runners water, make sure you are well to the side of the road and not blocking local traffic.
Exchange Parking - As quick as possible at Tellico Christian Camp. NO Support of runners at this exchange to reduce potential congestion.

Leg 32 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

This road is narrow with little or no shoulder so be alert for oncoming vehicles.
Please be alert and watch for distracted drivers.
Past Younce Creek Road will be fun as you will be sharing the road with other teams going in multiple directions. Give them encouragement.
No or spotty Cellular Service

Leg 32 - Details

A long scenic run through Burningtown Valley, crossing the ridgeline to run along the Little Tennessee River
Distance: 9.8 miles
Elevation Gain/Loss: 638ft / 795ft
Grade Max/Min: 12.2% / -12.6%
Paved/Unpaved: 95% / 5%

Cuesheet
0.0 mi - Continue from exchange - Iotla Church Road becomes Burningtown Road
3.8 mi - Pass the Burningtown Baptist Church footbridge on the left
7.2 mi - Turn Right on Carnes Road
8.9 mi - Take Left Fork onto Tellico Road
9.8 mi - Exchange at the Tellico Christian Camp

Leg 32 - EXTREME CAUTION

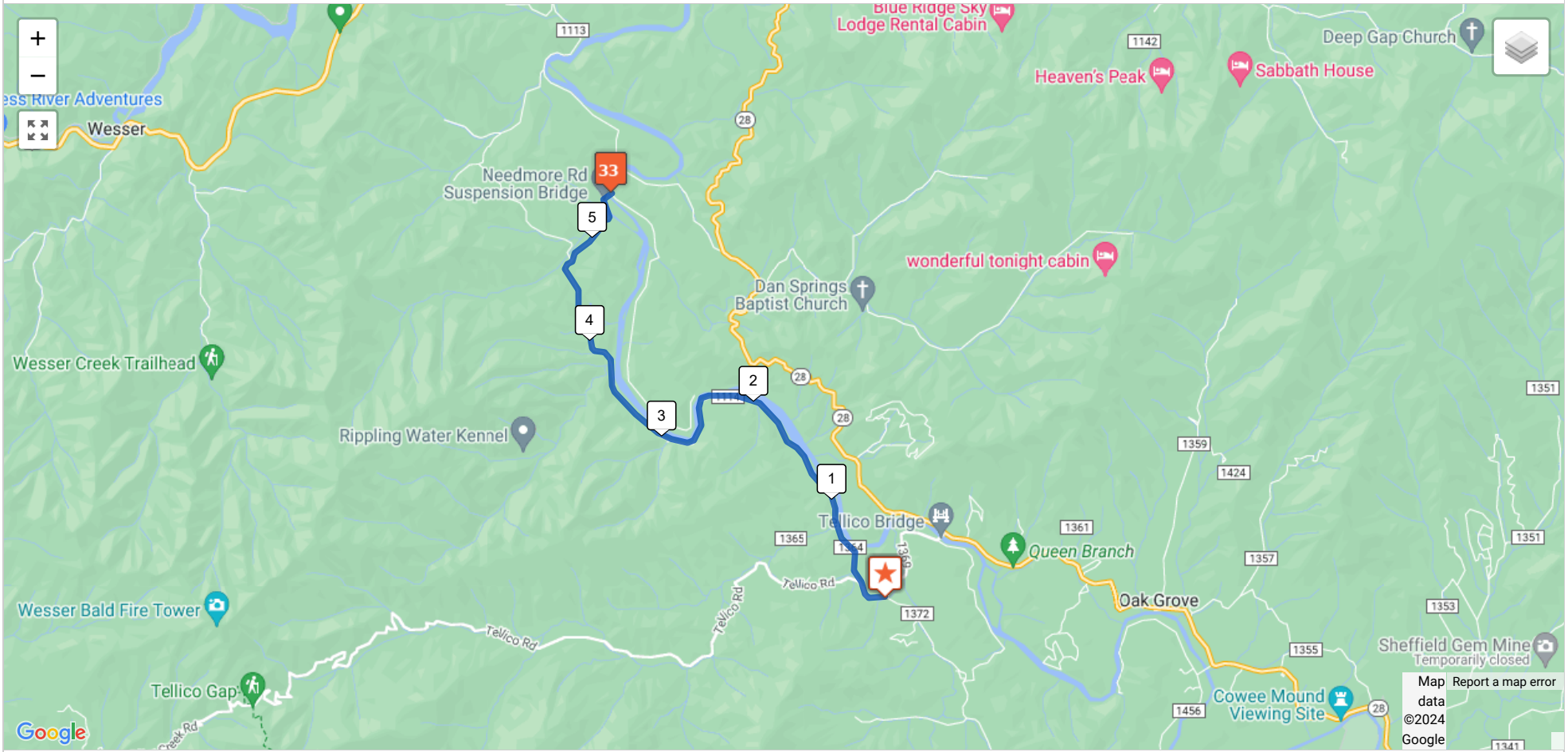
USE EXTREME CAUTION - BE ALERT WHEN CROSSING OVER TO RUN ON THE LEFT SIDE OF CARNES ROAD.

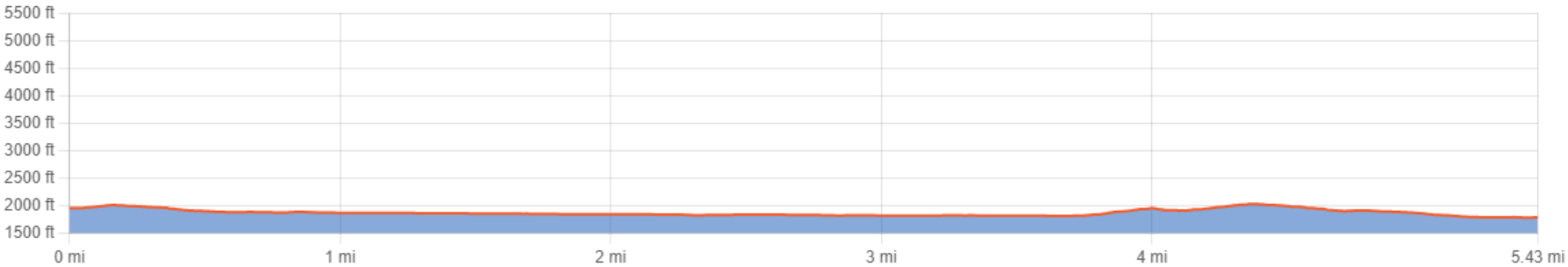
Exchange 32 / Start Leg 33

End of Leg 32; Start of Leg 33
Tellico Christian Camp
35.280292, -83.484848

6 results

SMR - Leg 33 (5.4 mi +317 ft / -488 ft) - MODERATE





Search markers

Marker ID

32 **Exchange 32 / Start Leg 33**

End of Leg 32; Start of Leg 33
Tellico Christian Camp

35.280292, -83.484848

Leg 33 - Van Instructions

Follow runner's route

If pulling over to give runners water, make sure you are well to the side of the road and not blocking local traffic.
Exchange Parking - Park on right near swinging bridge. There is past past it as well. Runner's exchange is on the other side of the river. Send your next runner across to wait.

Leg 33 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

BE CAUTIOUS when crossing over to the right side of Needmore Road to the swinging bridge.
This road is narrow with little or no shoulder so be alert for oncoming vehicles. Much of this traffic will be our vans!
Please be alert and watch for distracted drivers.
No or spotty Cellular Service

Leg 33 - Details

A mind-altering run along the Little Tennessee River. This is what running in Western North Carolina is all about!
Distance: 5.4 miles
Elevation Gain/Loss: 317ft / 488ft
Grade Max/Min: 10.3% / -8.9%
Paved/Unpaved: 20% / 80%

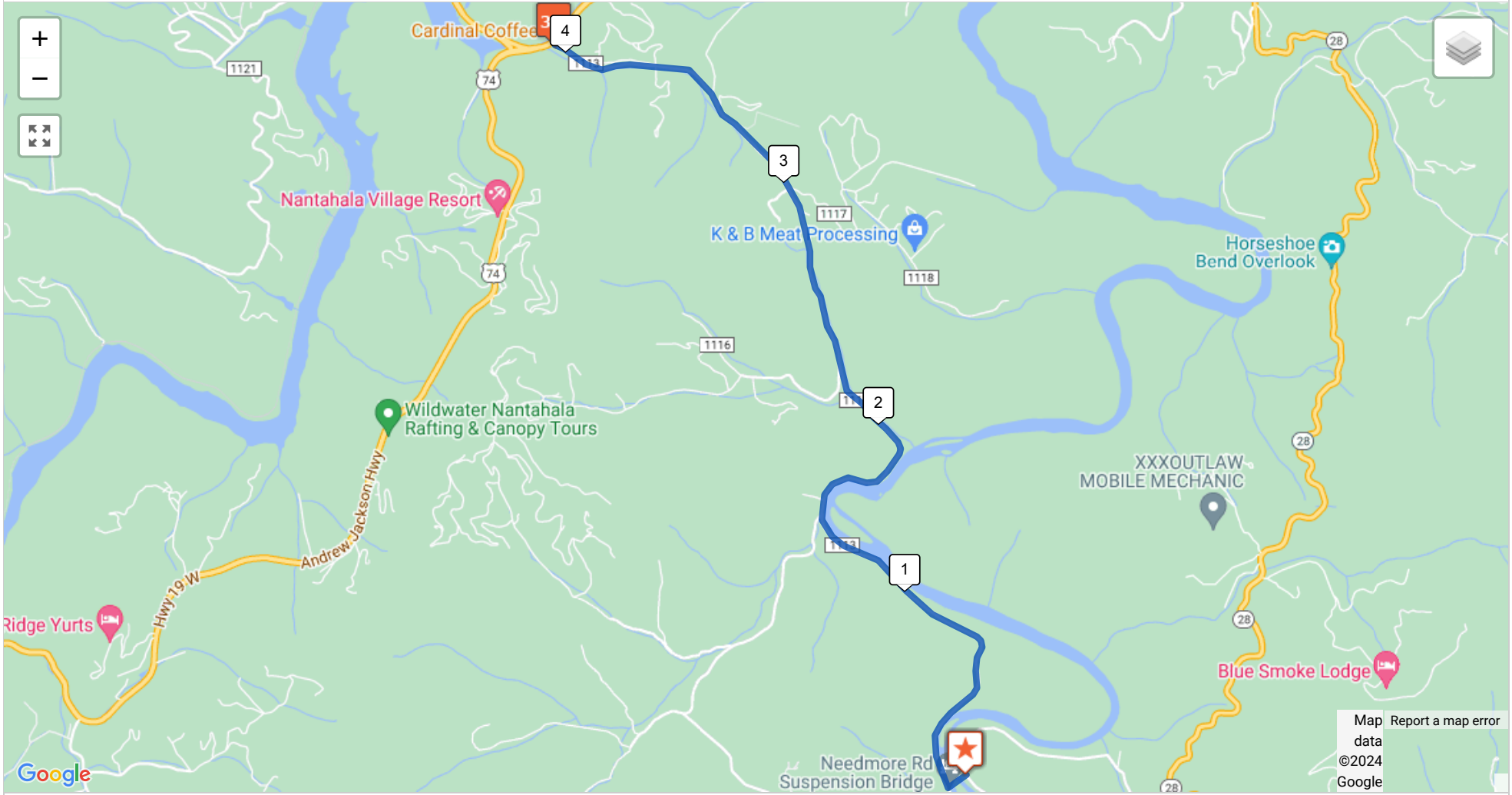
Cuesheet
0.0 mi - Left from Tellico Christian Camp and run on Tellico Road
0.3 mi - Turn Right onto Needmore Road
5.3 mi - Cross over to right of Needmore Road and run across Swinging bridge
5.4 mi - XC is on the other side of the bridge. Share the bridge!!!

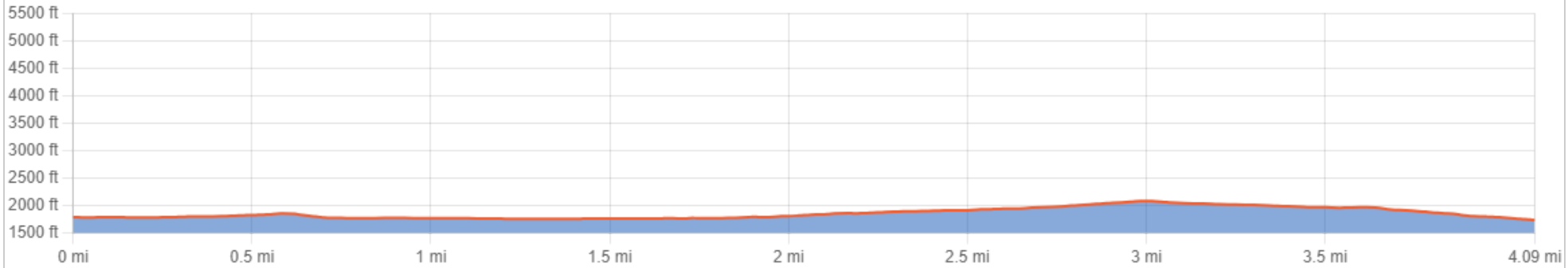
Exchange 33 / Start Leg 34

End of Leg 33; Start of Leg 34
East side of Needmore Rd Suspension Bridge
35.325880, -83.522740

5 results

SMR - Leg 34 (4.1 miles - +373 ft / -412 ft) - MODERATE





Search markers

Marker ID

Exchange 33 / Start Leg 34

End of Leg 33; Start of Leg 34
East side of Needmore Rd Suspension Bridge
35.325880, -83.522740

Leg 34 - Van Instructions

Follow runner's route

DO NOT STOP OR PARK IN THE MAPLE SPRINGS BAPTIST CHURCH PARKING LOT. THIS IS NO LONGER AN EXCHANGE.
If pulling over to give runners water, make sure you are well to the side of the road and not blocking local traffic.
Exchange Parking - Choose a spot in the Cardinal Coffee (buy a cup!!!) parking lot or the Park and Ride on the other side of Needmore Road. Make space for other vans and don't stay long.

Leg 34 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

BE CAUTIOUS when crossing over to the Left side of Needmore Road after exiting the swinging bridge.
Watch for agressive drivers.
This road is narrow with little or no shoulder so be alert for oncoming vehicles.
Please be alert and watch for distracted drivers.
No or spotty Cellular Service

Leg 34 - Details

This leg takes us out of the slow-paced rural setting and to an amazing coffee shop!
Distance: 4.1 miles
Elevation Gain/Loss: 373ft / 412ft
Grade Max/Min: 7.3% / -9.8%
Paved/Unpaved: 100% / 0%

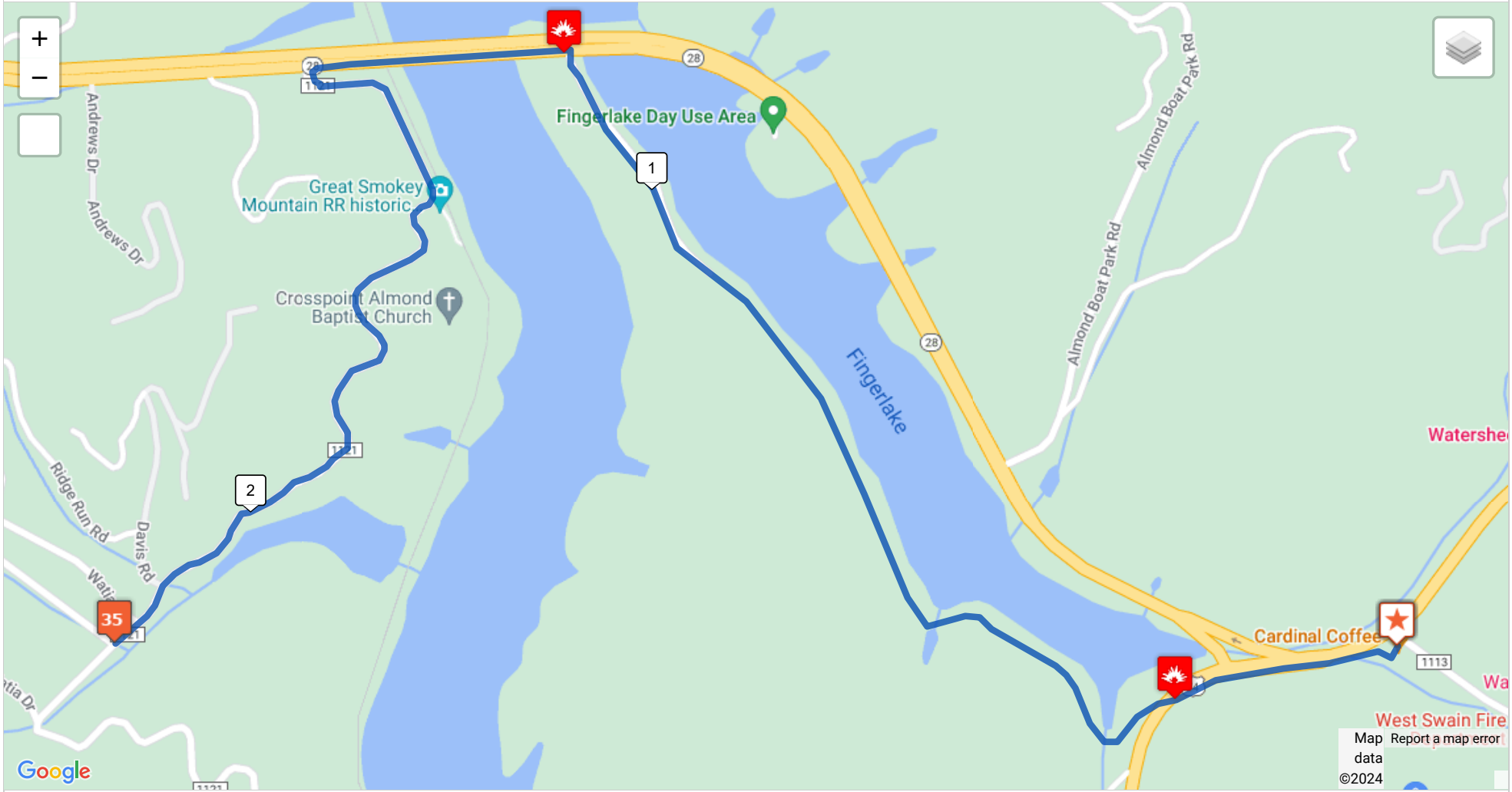
Cuesheet
0.0 mi - Cross back over the Little Tennessee River using the swinging bridge
0.1 mi - Turn Right onto Needmore Road, crossing over to left side and running against traffic
4.1 mi - XC is on Needmore Road at the back entrance to Cardinal Coffee.

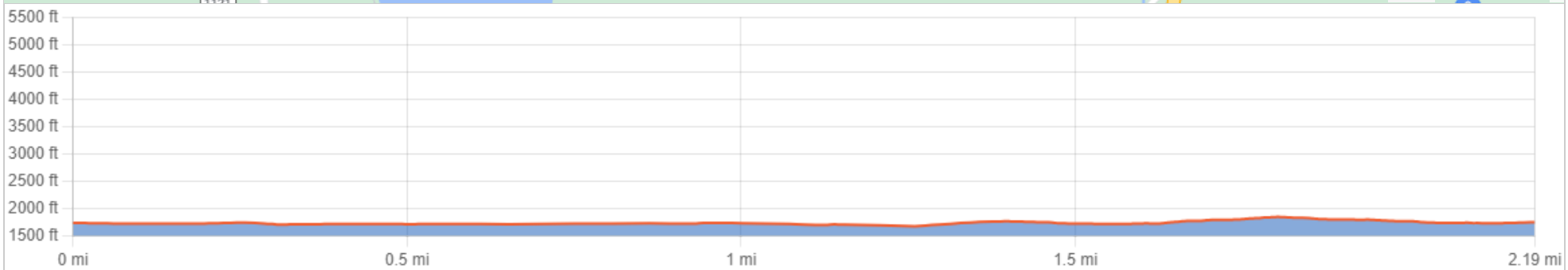
Exchange 34 / Start Leg 35

End of Leg 34; Start of Leg 35
Cardinal Coffee
35.364723, -83.549571

5 results

SMR - Leg 35 (2.2 mi +172 ft / -158 ft) - EASY





Search markers

Marker ID

Exchange 34 / Start Leg 35

End of Leg 34; Start of Leg 35
Cardinal Coffee
35.364723, -83.549571

Leg 35 - Van Instructions

DO NOT FOLLOW RUNNERS - USE ALTERNATE ROUTE

VAN ROUTE (download GPX here): https://ridewithgps.com/routes/38232718
Follow van route to meet runner at the next exchange. There is plenty of time to catch up with them if you drive directly there.
Exchange Parking - This is very tight. Be alert. Turn your van around and prepare to go out the way you came in. Don't stay too long.

Van Route Cuesheet
0.0 mi - Turn left onto Andrew Jackson Highway, US 19, US 74, NC 28
0.1 mi - Keep right onto NC 28
1.3 mi - Turn left onto Watia Road
2.1 mi - Arrived at "Old" Almond Estate entrance (gravel)

Leg 35 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

CAUTION!!!! 0.2 miles into this leg you will crossover Hwy 74. You need to focus on following our signs and listen to the directions of the Swain County Sheriffs.
CAUTION!!!! You will run against traffic on the left side of the bridge. BE VERY ALERT TO ONCOMING TRAFFIC!
Watia Road is narrow with little or no shoulder so be alert for oncoming vehicles.
Please be alert and watch for distracted drivers.
No or spotty Cellular Service

Leg 35 - Details

A short and sweet leg with a busy highway crossing, a trail, great views of Fontana Lake, and a climb!
Distance: 2.2 miles
Elevation Gain/Loss: 172ft / 158ft
Grade Max/Min: 8.6% / -7.1%
Paved/Unpaved: 50% / 50%

Cuesheet
0.0 mi - Continue down Needmore Road and take an immediate left onto HWY 28/74
0.2 mi - Cross Hwy 74 under the direction of law enforcement
0.3 mi - Follow signs uphill to the grassy knoll (start of trail)
1.2 mi - Turn Left onto HWY 28 and run against traffic on the bridge. (Be very alert of oncoming traffic)
1.4 mi - Turn Left on Watia Road
2.2 mi - XC at the "Old" Almond Estate entrance (gravel)

Leg 35 - EXTREME CAUTION

USE EXTREME CAUTION - BE ALERT AND LISTEN TO THE DIRECTIONS OF THE SWAIN COUNTY SHERIFFS WHEN CROSSING OVER HWY 74.

Leg 35 - EXTREME CAUTION

USE EXTREME CAUTION - BE ALERT WHILE RUNNING AGAINST TRAFFIC ON HWY 28 AND CROSSING THE BRIDGE.

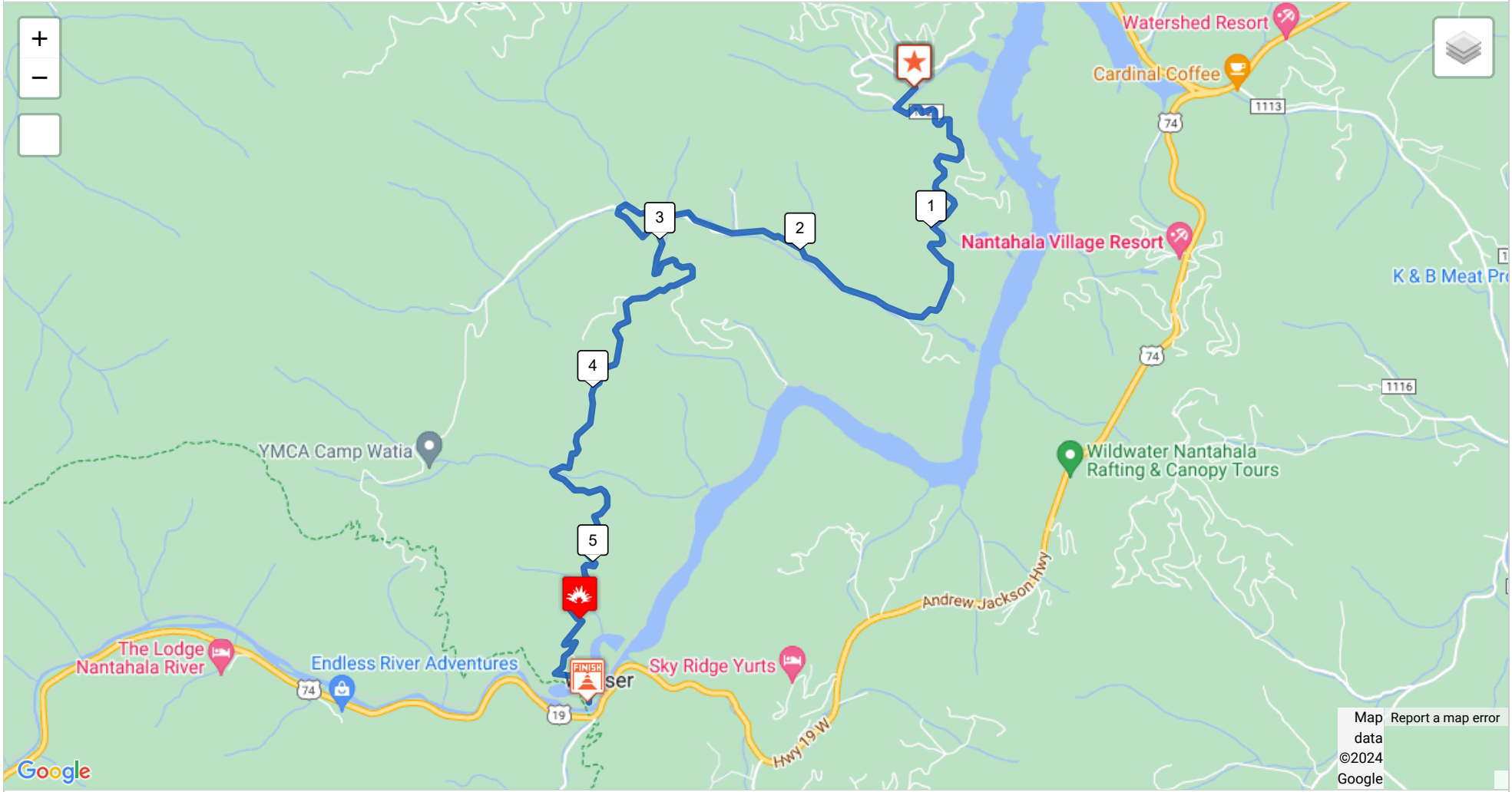
35

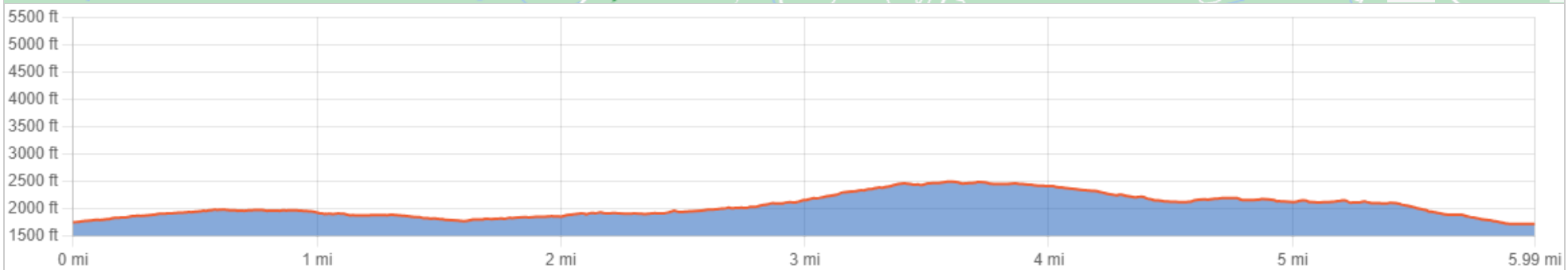
Exchange 35 / Start Leg 36

End of Leg 35; Start of Leg 36
Old Almond Estate Entrance
35.364760, -83.570560

7 results

SMR - Leg 36 (6.0 mi +978 ft / -1025 ft) - HARD





Search markers

Marker ID

Exchange 35 / Start Leg 36

End of Leg 35; Start of Leg 36
Old Almond Estate Entrance
35.364760, -83.570560

Leg 36 - Van Instructions

DO NOT FOLLOW RUNNERS - USE ALTERNATE ROUTE

VAN ROUTE (download GPX here): https://ridewithgps.com/routes/38232735
Follow van route to meet runner at the next exchange. There is plenty of time to catch up with them if you drive directly there.
Exchange Parking - This is going to be busy. Find a spot and try to make room for others.
YOU JUST FINISHED THE SMOKY MOUNTAIN RELAY!!!

Van Route Cuesheet
0.0 mi - Head back to the highway on Watia Road
0.8 mi - Turn right onto NC 28
1.9 mi - Turn sharp right onto Andrew Jackson Highway, US 19, US 74
6.2 mi - Turn right into the Nantahala Outdoor Center

Leg 36 - Safety

RUNNERS: STAY ON LEFT SIDE OF ROAD

Road is narrow with little or no shoulder so be alert for oncoming vehicles.
No or spotty Cellular Service
YOU JUST FINISHED THE SMOKY MOUNTAIN RELAY!!!

Leg 36 - Details

A great way to end the race: a quirky county road, a gravel road, steep climbs and fast descents to glory!
Distance: 6.0 miles
Elevation Gain/Loss: 978ft / 1025ft
Grade Max/Min: 16.5% / -18.9%
Paved/Unpaved: 40% / 60%

Cuesheet
0.0 mi - Exit the "Old" Almond Estates entrance and continue along Watia Road
2.8 mi - Turn Left and pass the left side of the gate to climb a few more hills and follow signs to the finish. You will see a volunteer between 1 mile and 0.5 miles from the finish. They will be asking your team name so they can call us to get your team ready to join you at the finish.
6.0 mi - YOU JUST FINISHED THE SMOKY MOUNTAIN RELAY!!!

Leg 36 - EXTREME CAUTION

You will see a volunteer between 1 mile and 0.5 miles from the finish. They will be asking your team name so they can call us to get your team ready to join you at the finish.

Finish

Finish
Nantahala Outdoor Center
35.331946, -83.591932

6 results