



SMR 2026

RACE BIBLE



Updated 4.18.2026

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Sponsors

Victor G.
Dostrow MD



Community

Huge thanks to ALL of our exchange hosts and everyone who helps make this happen:

- US Forest Service
- NC Dept of Transportation
- Shoal Creek Baptist Church
- Woods Memorial Church
- Blue Ridge Parkway
- Sugar Creek Baptist Church
- West Cullowhee Fire Dept
- Jackson County Recreation Complex
- Tilley Creek Baptist Church
- Higdonville Baptist Church
- Wells Grove Baptist Church
- Hickory Knoll Methodist Church
- Asbury Church
- Smoky Mountain Visitor Center
- Cartoogechaye Baptist Church
- Pleasant Hill Baptist Church
- LBJ Job Corps
- Whiteoak Flats Church
- Briartown Baptist Church
- Burningtown Iotla VFD
- Cowee School
- Iotla Baptist Church
- Tellico Christian Camp
- Cardinal Coffee

CONTACTING RACE CENTRAL



Teams are able to communicate with race staff throughout the race provided that they are in an area with coverage. Each key staff personnel will have a cell phone and an Iridium satellite phone. Both are capable of talk and text, however, because of the terrain, satellite phones should have more complete coverage.

Before the start, each team will be required to provide at least one cell number to receive important and/or emergency text messages from the race staff. These may include weather updates, emergency situations, road closures, race day changes, and other personal safety related messages.

Teams should contact race staff for race day questions, to report other teams breaking safety rules, and for emergencies. In all serious (medical) emergencies, teams should dial 9-1-1 for emergency services before contacting the Race Staff.

Race Staff - For non-emergency situations, you can text race the race directors.

- Tim Grotenhuis, Race Director (On the course)
 - Race Satellite phone:

 - Mobile: 828-301-3071
- Leslie Grotenhuis, Race Director (Start and Finish Line)
 - Mobile: 828-301-3075
- _____



SAFETY



FOR EMERGENCIES IN ALL COUNTIES DIAL: 9-1-1

Your safety is of utmost concern to us. We ask that you follow all of our race rules as they have been put in place to help keep you as safe on the road as possible. Please note that the **Smoky Mountain Relay is an open course, which means you will encounter traffic.** While it is easy to get caught up in the spirit of the relay, never forget that you are on open roads.



The course will be marked with bright pink utility flags, yellow/white signs, and/or spray paint arrows. Do not follow any other course markings. Carry your cell phone if you are able to on those legs that suggest it. If you get lost during your leg, don't panic. Stop and retrace your steps to the last point where you know you were on course. It is better to do this than to keep moving forward and ending up being hopelessly lost. We have marked the course with flags and signs at critical turns; go back and look for them carefully and you should be able to get back on course.

The best way to stay on course is to use the OSMAND App



Running at night. You may maintain visual contact with your van within reason along the course. When your van is shadowing a runner, emergency flashers should be on. You may also pace your runner on bike or foot if your runner is uncomfortable running alone, but all pacers (on bike or foot) should be wearing a safety vest, red blinking lights and reflectors. **Shadowing by the van is allowed during dark hours except for Wayah Rd.**



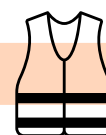
Wear your bib number on your front when you are the active runner. Bib numbers are used to call out incoming runners at exchanges, and they identify participants as being a part of the race. If you want to run shirtless, you can attach your bib number to your shorts. **YOU MUST WRITE YOUR EMERGENCY CONTACT INFO ON THE BACK OF YOUR BIB.**

SAFETY CON'T



Reflective Gear

All runners must wear reflective gear between 7 pm and 7 am (or earlier). You **MUST wear reflective gear starting when** exiting Exchange 12. This might be earlier than 7pm for some. Reflective gear includes a reflective vest, a red blinking light on your backside, and some sort of illumination for your route - a headlamp, waist lamp or flashlight. If visibility is low because of fog or other conditions, please continue to wear reflective gear until visibility improves. We also request that teammates getting out of the van after dark have some kind of reflective gear on so that other vans and traffic can see them.



Headphones

We allow participants to listen to musical devices. You must have one ear uncovered or use bone conducting headphones. NO BEATS or other noise cancelling headphones.



Course Aid

This is a self supported event. Stay hydrated during the race. The most common problem runners have experienced has been dehydration. This means not only drinking while you are running but also taking care that you are eating and drinking throughout the day and night. Support your runners multiple times throughout their leg if the course allows, and if you see a runner from another team having any issues, please offer your help. We are all on this adventure together.



Giving aid along the course. Do not cross a busy street or intersection to assist a runner with water. Vans should pull completely off the road in a safe area to provide support; do not obstruct traffic . Most of this course is on quiet country roads, but we do have a couple of spots that require extreme caution. Please note on leg details specific concerns on each leg.

LOST RUNNERS



Lost Runner Protocol

If your runner is taking much longer than anticipated, follow this procedure.

If it is a trail leg don't double back, just contact us.

1. Leave next runner at the exchange and an additional member at the exchange with cell phone and take the vehicle back on the leg to look for them.
2. If you drive the entire leg and so don't see them, alert the RACE WEEKEND text #. Text your team name, runner name, and leg that runner is lost on, time they left the last exchange.
3. If one of the race directors hasn't reached you, contact us again in 30 minutes and call the satellite phone numbers.

PENALTIES



These time penalties will be added to your overall time if violations are noted by exchange staff of race directors.

-  **RACE NUMBERS ON COURSE.** Bibs must be worn at all times while on the course. Emergency contact info **MUST** be written on the back of your bib and it must match what you've given us.
-  **TEAM VEHICLE SIGNS.** Teams are provided with dashboard signs that have your team number on them. They must be displayed at all times on the course.
-  **START TIME VIOLATION.** Starting at a different time than your assigned starting time.
-  **SAFETY GEAR** must be worn between 7pm and 7am or from Exchange 12 till 7am. Since Exchange 12 is located on a busy road during Friday rush hour we require safety gear from that point forward.
-  **HEADPHONES.** No headphones covering both ears and **NO FULL COVERAGE HEADPHONES** (like Beats). Bone conducting headphones are fine or an earbud in one ear.
-  **PUBLIC NUISANCE.** We've been uninvited to exchanges due to inconsiderate teams. Participants who are reported to have littered, urinated, or defecated on private property will immediately be disqualified.
-  **NO DRINKING.** We need you to have your wits about you during this race so there is absolutely no drinking during the race.
-  **No Dropping Off or Picking Up runners mid leg.** Unless there is an emergency and you are withdrawing from the race we do not allow picking up and dropping off except at designated Exchange areas.
-  **NOT HOLDING.** Failure to follow **HOLD PROCEDURES.** see pg 47.
-  **NO DOGS ASSOCIATED WITH YOUR TEAM** on the course or at exchanges!!!! Due to a dog bite situation last year we have to have this as a firm rule.
-  **Failure to check in at the Exchange #12 Pace Check Point.** see pg 8

AREA HOSPITALS



Transylvania County

- Transylvania Emergency Management: 828-884-3108
- On Call Emergency Management Coordinator: 828-884-3188
- Animal Control Services: (828) 883-3713

- Transylvania Regional Hospital (24 hours)
260 Hospital Dr, Brevard, NC 28712
828-884-9111
- Mercy Urgent Care Brevard
22 Trust Ln, Brevard, NC 28712
828-883-2600

Jackson County

- Jackson County Rescue Squad (non-emergency): 828-586-8719
- Animal Control Services: 828-586-6138 or 828-586-1911 (After Hours)

- Harris Regional Hospital (24 hours)
68 Hospital Rd., Sylva NC 28779
828-586-7000

- Harris Regional Urgent Care
176 Walmart Plaza, Sylva, NC, 28779
828-631-9462

Macon County

- Macon County Emergency Services
Office: 828-349-2548 and 828-369-3393
- Animal Control Services: 828-349-2106 or 828-349-2106 (after hours)

- Smoky Mountain Urgent Care
195 Franklin Plaza
Franklin, NC 28734
828-278-8665

Swain County

- For Emergency Services, dial 9-1-1.
- EM Director - 828-488-6021 After hours: 828-488-2196

- Swain Community Hospital (24 hours)
45 Plateau St., Bryson City, NC 28713
828-488-2155

Haywood County

- For Emergency Services, dial 9-1-1.
- EM Director - 828-452-6600
- Animal Control: 828-456-5338

- Haywood Regional Medical Center (24 hours)
262 Leroy George Dr. Clyde, NC 28721
828-456-7311



- In case of emergency, find cell service and call 911, and inform a member of the race staff as soon as possible.
- We do have staff with Wilderness EMT training assisting runners on the course. These EMTs are limited in the level of care that they can provide.
- If someone is facing a life threatening situation, please call 911.
- Helicopters are available in the area; if it is necessary to seek that type of transport, have members of your team find an appropriate landing zone.

EXCHANGE 12 CHECKPOINT

What does the team captain (or an authorized rep of the team) need to do?



Follow these **MANDATORY** steps:

- Record the time your runner leaves exchange 11.
- Immediately after your runner leaves exchange 11, drive to exchange 12.
- Report to the Pace Checkpoint table at exchange 12.
- Show the Pace Checker your bib which should have your team name and team number on it and provide the time your runner left exchange 11.
- The Pace Checker will look up and confirm with you the time your team started the race.
- The Pace Checker will look up your EXPECTED ARRIVAL time at exchange 12 based on your estimated pace and start time.
- If your arrival time is as expected, then your pace estimate and start time were accurate.
 - Nice work! Your team may continue on without a pause.
- **If your arrival time is earlier than expected then your team's pace estimate was too slow and you started too early.**
 - Your team will be given an amount of time to wait at exchange 12 equivalent to the difference between your actual start time and the start time you SHOULD have had based on your pace.

If our team is required to wait at the Pace Checkpoint, does this hurt our time? **No.** Your final time will take into account the amount of time you waited at the Pace Checkpoint.

Failing to check in at the Pace Checkpoint table will result in Disqualification.

More about the Pace Checkpoint here



FOOD & PROVISIONS

Here's our rundown, but there are many other options:

- Exchange #11 (Cullowhee)- Western Carolina University Campus is less than a mile from this exchange with many food options and gas.
- Exchange #15 (Franklin)
 - Walmart Super Center 1 mile from the Exchange
 - Lazy Hiker Brewing is 2 miles from Exchange. Hikers Kitchen food truck usually on hand.
 - Tons of options in downtown Franklin
- Exchange #18 (Franklin)
 - 1 mile just past the Smoky Mountain Visitor Center is a **Subway** that closes at 9pm.
 - 3 miles past Ingles grocery store that closes at 11pm.
- **Exchange #24** - Dave Linn will be raising money for the Shriner's Children's Hospital by selling hot coffee and goodies. Bring along some cash to get your caffeine fix and support this excellent cause.
- **Exchange #30** - Hot breakfast at Cowee School. Included as part of your entry. **THIS CLOSSES AT 11am!** So sorry if you miss it.
- Exchange #34 - **Cardinal Coffee.** We appreciate their support this year in allowing us to use their property as an exchange.
- Finish Line - Donut and coffee truck. Big Wesser pub. Rivers End Restaurant.



LEG #1

TRANSYLVANIA COUNTY

7.8 MILES - +1,614 FT / -490 FT - EXTREME



START - PISGAH RANGER
OPENS 3:00AM - 1:00PM
STATION/VISITOR CENTER
35.285310, -82.727000



EXCHANGE 1 - OPENS 4:00AM - CLOSES 2:00PM
FINISH- PINK BEDS PICNIC AREA
35.353030, -82.779520



Runner Directions

A climb out of Brevard, mostly on forest service road and trail

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 (NO VANS)

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

[Link to Leg Map](#)



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!
- EXTREME CAUTION
 - BE ALERT WHEN CROSSING AND RUNNING ON HWY 276

Van Instructions

DO NOT FOLLOW RUNNERS - USE ALTERNATE ROUTE

- 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.

[Link to Full Van Route](#)



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 #2

TRANSYLVANIA COUNTY



7.3 MILES - +361 FT / -1,288 FT - CHALLENGING

EXCHANGE 1 - OPENS 4:00AM - CLOSES 2:00PM

START- PINK BEDS PICNIC AREA

35.353030, -82.779520



EXCHANGE 2 - OPENS 5:15AM - CLOSES 2:45PM

FINISH - PISGAH WILDLIFE EDUCATION CENTER

35.285410, -82.791740



Runner Directions

Very scenic through the Pisgah NF with views of Shining Rock

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

[Link to Leg Map](#)



Safety:

- RUNNERS: STAY ON LEFT SIDE OF ROAD
- Cross HWY 276 under the direction
- 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
- EXTREME CAUTION
 - BE ALERT WHEN CROSSING AND RUNNING ON HWY 276

Van Instructions

DO NOT FOLLOW RUNNERS - USE ALTERNATE ROUTE

- 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.

[Link to Full Van Route](#)



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 #3

TRANSYLVANIA COUNTY



8.4 MILES - +1,231 FT / -668 FT - HARD

EXCHANGE 2 - OPENS 5:15AM - CLOSES 2:45PM
START - PISGAH WILDLIFE EDUCATION CENTER
35.285410, -82.791740



EXCHANGE 3 - OPENS 6:45AM - CLOSES 3:45PM
END - SHOAL CREEK BAPTIST CHURCH
35.230610, -82.857890



Runner Directions

Beautiful climb up Balsam Grove through Pisgah NF. Mostly flat, but two miles are pretty steep.

Grade Max/Min: 15.4% / -11.2%

Paved/Unpaved: 29% / 71%

[Link to Leg 3 Map](#)

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



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!

[Alternate Van Route](#)



Van Instructions

- Vans must follow the alternate van route through Brevard since there is a portion of Leg 3 closed to vehicle traffic. Don't waste time. Drive directly there.
- Exchange Parking - Park in the parking lot at the Shoal Creek Baptist Church.

Van 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 #4

TRANSYLVANIA COUNTY



3.7 MILES - +246 FT / -234 FT - MODERATE

EXCHANGE 3 - OPENS 6:45AM - CLOSES 3:45PM

START - SHOAL CREEK BAPTIST CHURCH

35.230610, -82.857890



EXCHANGE 4 - OPEN 7:15AM - CLOSE 4:00PM

END - WOOD'S MEMORIAL CHURCH

35.218130, -82.902790



Runner Directions

Rural State roads through Balsam Grove Community

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.

[Link to Leg 4 Map](#)



Safety:

- RUNNERS: STAY ON LEFT SIDE OF ROAD
- 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!
- EXTREME CAUTION
 - BUSY ROAD. AT 0.5 MILES, USE EXTREME CAUTION WHEN CROSSING AND RUNNING ON HWY 215

Van Instructions

- Follow Runners 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.
- Exchange Parking - Park at Wood's Memorial Church parking lot.

LEG #5 JACKSON COUNTY



8.0 MILES - +980 FT / -871 FT - HARD

EXCHANGE 4 - OPEN 7:15AM - CLOSE 4:00PM

START - WOOD'S MEMORIAL CHURCH

35.218130, -82.902790



EXCHANGE 5 - OPEN 8:45AM - CLOSE 5:00PM

END - PARADISE FALLS PARKING AREA

35.225600, -83.003280



Runner Directions

State roads through a rural country setting with tree farms and lakeshore running

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

[Link to Leg 5 Full Map](#)



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!
- EXTREME CAUTION
 - BE ALERT WHEN CROSSING TO THE LEFT SIDE OF HWY 281

Van Instructions

- Follow Runners 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 #6 JACKSON COUNTY



7.4 MILES - +1386 FT / -858 FT - HARD

EXCHANGE 5 - OPEN 8:45AM - CLOSE 5:00PM
START - PARADISE FALLS PARKING AREA
35.225600, -83.003280



EXCHANGE 6 - OPEN 10:00 AM - CLOSE 5:45 PM
END - BALSAM LAKE RECREATIONAL AREA
35.273430, -82.969790



Runner Directions

State roads through a rural country setting. Wolf Creek to Balsam Lake.

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

[Link to Leg 6 Map](#)

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!
- EXTREME CAUTION
 - BE ALERT WHEN CROSSING TO THE LEFT SIDE OF SR 1756



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 staying on the gravel. Do not block traffic. Do Not park on the grass. Take your garbage with you.

LEG #7

TRANSYLVANIA COUNTY



6.0 MILES +1,302 FT / -478 FT - HARD

EXCHANGE 6 - OPEN 10:00AM - CLOSE 5:45 PM

START - BALSAM LAKE RECREATIONAL AREA

35.273430, -82.969790



EXCHANGE 7 - OPEN 11:15AM - CLOSE 6:30PM

END - NC-215 PULLOUT BEFORE ROCKY KNOB

35.271470, -82.918650



Runner Directions

State road approaching Blue Ridge Parkway.

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

[Link to Leg 7 Map](#)



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!
- EXTREME CAUTION
 - BE ALERT WHEN TURNING ONTO NC-215

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 #8

TRANSYLVANIA COUNTY



2.9 MILES - +968 FT / -0 FT - HARD

EXCHANGE 7 - OPEN 11:15 AM - CLOSE 6:30PM
START - NC-215 PULLOUT BEFORE ROCKY KNOB
35.271470, -82.918650 

EXCHANGE 8- OPEN 11:45 AM - CLOSE 7:00 PM
END - COURTHOUSE VALLEY OVERLOOK
35.297410, -82.913720 

Runner Directions

State road approaching Blue Ridge Parkway, cliffs and vistas! Short but steep!

Grade Max/Min: 9.3% / -0%

Paved/Unpaved: 100% / 0%

[Link to Leg 8 Map](#)

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



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!
- EXTREME CAUTION
 - BE ALERT WHEN CROSSING TO THE LEFT SIDE OF THE BLUE RIDGE PARKWAY

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 #9

JACKSON COUNTY



4.1 MILES - +505 FT / -312 FT - MODERATE

EXCHANGE 8- OPEN 11:45AM - CLOSE 7:00PM

START - COURTHOUSE VALLEY OVERLOOK

35.297410, -82.913720



EXCHANGE 9 OPEN - 12:30PM - CLOSE 7:30PM

END - BEAR PEN GAP OVERLOOK

35.321368, -82.965033



Runner Directions

A beautiful journey along the Blue Ridge Parkway!

Grade Max/Min: 6.6% / -0%

Paved/Unpaved: 100% / 0%

[Link to Leg 9 Map](#)

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.



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

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 #10

GEAR CHECK FOR THIS LEG
JACKSON COUNTY



10.5 MILES - +262 FT / -3,181 FT - HARD

EXCHANGE 9 OPEN - 12:30PM - CLOSE 7:30 PM

START - BEAR PEN GAP OVERLOOK

35.321368, -82.965033



EXCHANGE 10 OPEN - 2:00PM - CLOSE 8:30 PM

END - SUGAR CREEK BAPTIST CHURCH

35.321018, -83.050784



Runner Directions

Technical trail from BRP to Caney Fork with lush forests and creek crossings

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 and 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 and 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

[Link to Leg 10 Map](#)



LEG #10 CONT.



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

Van Instructions

- DO NOT FOLLOW RUNNERS - USE ALTERNATE ROUTE
- 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

[Link to Van Map](#)



LEG #11 JACKSON COUNTY



4.5 MILES +60 FT / -372 FT - EASY

EXCHANGE 10 OPEN - 2:00 PM - CLOSE 8:30 PM

START -SUGAR CREEK BAPTIST CHURCH

35.321018, -83.050784



EXCHANGE 11 OPEN - 2:45 PM - CLOSE 9:00 PM

END -WEST CULLOWHEE FIRE DEPT

35.295000, -83.098321



Runner Directions

Gentle run through the Caney Fork Valley

Grade Max/Min: 4.2% / -5.5%

Paved/Unpaved: 100% / 0%

[Link to Leg 11 Map](#)

Cuesheet

0.0 mi - Continue on Caney Fork Rd

4.5 mi - XC at West Cullowhee Fire Department



Safety

- RUNNERS: STAY ON RIGHT 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

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 parking lot of the West Cullowhee Volunteer Fire Department. Don't park in front of the fire department.

LEG #12 JACKSON COUNTY



6.7 MILES - +309 FT / -467 FT - MODERATE

EXCHANGE 11 OPEN - 2:45 PM - CLOSE 9:00 PM

START - WEST CULLOWHEE FIRE DEPT

35.295000, -83.098321



EXCHANGE 12 OPEN - 3:45 PM - CLOSE 9:45 PM

END - JACKSON COUNTY RECREATION COMPLEX

35.291370, -83.179130



Toilets in Rec Center

Runner Directions

Country road through a beautiful valley (with aliens) and then a very busy state road.

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

[Link to Leg 12 Map](#)



Safety

- RUNNERS: STAY ON RIGHT SIDE OF ROAD on Caney Fork to HWY 107
- STAY ON LEFT SIDE OF ROAD on HWY 107 to the Exchange
- 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.
- EXTREME CAUTION
 - BE ALERT WHEN CROSSING OVER TO THE LEFT SIDE OF NC-107

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.

LEG #13

REFLECTIVE GEAR REQUIRED ⚠

JACKSON COUNTY



4.2 MILE - +760 FT / -60 FT - CHALLENGING

EXCHANGE 12 OPEN - 3:45 PM - CLOSE 9:45 PM

START - JACKSON COUNTY RECREATION COMPLEX

35.291370, -83.179130



Toilets in Rec Center

EXCHANGE 13 OPEN - 4:30 PM - CLOSE 10:15 PM

END - TILLEY CREEK BAPTIST CHURCH

35.252160, -83.227010



Runner Directions

State Road through a rural community

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

[Link to Leg 13 Map](#)



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

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 #14

MACON COUNTY



9.8 MILES - +988 FT / -1727 FT - EXTREME

EXCHANGE 13 OPEN - 4:30 PM - CLOSE 10:15 PM

START - TILLEY CREEK BAPTIST CHURCH

35.252160, -83.227010



EXCHANGE 14 OPEN - 6:00 PM - CLOSE 11:15 PM

END - HIGDONVILLE BAPTIST CHURCH

35.178190, -83.297530



Runner Directions

Rural country roads with farms and horse property

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.

[Link to Leg 14 Map](#)



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

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 #15

MACON COUNTY



5.4 MILES - +230 FT / -329 FT - MODERATE

EXCHANGE 14 OPEN - 6:00 PM - CLOSE 11:15 PM

START - HIGDONVILLE BAPTIST CHURCH

35.178190, -83.297530



EXCHANGE 15 OPEN - 7:00 PM - CLOSE 11:45 PM

END - WELLS GROVE BAPTIST CHURCH

35.163950, -83.359360



Runner Directions

State Road through a rural community

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.

[Link to Leg 15 Map](#)



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

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 #16

MACON COUNTY



5.4 MILES - +600 FT / -411 FT - MODERATE

EXCHANGE 15 OPEN - 7:00 PM - CLOSE 11:45 PM

START - WELLS GROVE BAPTIST CHURCH

35.163950, -83.359360



EXCHANGE 16 OPEN - 7:45 PM - CLOSE 12:30 AM

END - HICKORY KNOLL METHODIST CHURCH

35.099759, -83.371696



Runner Directions

State Road through a rural country setting, farms and horse property

Grade Max/Min: 10.0% / -8.7%

Paved/Unpaved: 100% / 0%

[Link to Leg 16 Map](#)

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.



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

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 #17

MACON COUNTY



4.0 MILES - +238 FT / -358 FT - EASY

EXCHANGE 16 OPEN - 7:45 PM - CLOSE 12:30 AM
START - HICKORY KNOLL METHODIST CHURCH
35.099759, -83.371696 

EXCHANGE 17 OPEN - 8:30 PM - CLOSE 12:45 AM
END - ASBURY CHURCH (81 FIREHOUSE RD)
35.057720, -83.387400 

[Link to Leg 17 Map](#)

Runner Directions

State Road through a rural country setting, farms and horse property

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.

Safety

- RUNNERS: STAY ON LEFT SIDE OF ROAD
- Depending on your time of arrival, the intersection at 3.9 miles 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
- EXTREME CAUTION
 - BE ALERT WHEN CROSSING OVER TO THE LEFT SIDE OF TESSENTEE ROAD
 - BE ALERT WHEN CROSSING OVER TO THE LEFT SIDE OF NC HWY 441

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 - In the parking lot of Asbury Church (81 Firehouse Rd)

LEG #18

MACON COUNTY



5.8 MILES - + 643FT / -651 FT - CHALLENGING

EXCHANGE 17 OPEN - 8:30 PM - CLOSE 12:45 AM

END - ASBURY CHURCH (81 FIREHOUSE RD)

35.057720, -83.387400



EXCHANGE 18 OPEN - 9:30 PM - CLOSE 1:30 AM

END - SMOKY MOUNTAIN VISITOR CENTER

35.113910, -83.390390



facilities onsite

Runner Directions

Rural roads through the outskirts of Franklin to the visitor center.

Grade Max/Min: 10.6% / -9.2%

Paved/Unpaved: 100% / 0%

[Link to Leg 18 Map](#)

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

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.

5.7 mi - Turn LEFT onto Popular Grove Rd

5.8 mi - XC is on the left about 200 feet into the entrance to the Smoky Mountain Visitor Center



Safety

- RUNNERS: STAY ON LEFT SIDE OF ROAD
- CAUTION! Runners will be running on a busy HWY for the first 0.5 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.
- If it is after 7pm, please use a reflective vest and headlamp or flashlight.
- Please be alert and watch for distracted drivers.
- EXTREME CAUTION
 - BE ALERT. RUN ON THE LEFT AS FAR AS YOU CAN - EVEN USE THE GRASS. BE VISIBLE AND PAY ATTENTION.
 - BE ALERT WHEN CROSSING OVER COWEETA CHURCH RD TO RUN ON LEFT.

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 #19

MACON COUNTY



3.2 MILES - +403 FT / -255 FT - MODERATE

EXCHANGE 18 OPEN - 9:30 PM - CLOSE 1:30 AM

START - SMOKY MOUNTAIN VISITOR CENTER

35.113910, -83.390390



facilities onsite

EXCHANGE 19 OPEN - 10:00 PM - CLOSE 1:45 AM

END - PLEASANT HILL BAPTIST CHURCH

35.121298, -83.429087



Runner Directions

State Road through a rural country setting with rolling hills, a steady climb and a nice descent to the XC

Grade Max/Min: 9.6% / -10.2%

Paved/Unpaved: 99% / 1%

[Link to Leg 19 Map](#)



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.

Safety

- *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 visible 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*

Van Instructions

- 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 #20

MACON COUNTY



4.8 MILES - +711FT / -538 FT - CHALLENGING

EXCHANGE 19 OPEN - 10:00 PM - CLOSE 1:45 AM

END - PLEASANT HILL BAPTIST CHURCH

35.121298, -83.429087



EXCHANGE 20 OPEN - 10:30 PM - CLOSE 2:30 AM

START - INTERSECTION JONES CREEK RD & ALLISON

WATTS RD

35.101242, -83.454766



Runner Directions

Over the mountain on gravel in the dark through a small farm community

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 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

[Link to Leg 20 Map](#)



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

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 #21

MACON COUNTY



5.5 MILES - +594 FT / -807 FT - EASY

EXCHANGE 20 OPEN - 10:30 PM - CLOSE 2:30 AM

START - INTERSECTION JONES CREEK RD & ALLISON
WATTS RD

35.101242, -83.454766



EXCHANGE 21 OPEN - 11:15 PM - CLOSE 3:15 AM

END - CARTOOGECHAYE BAPTIST CHURCH

35.132948, -83.485155



Runner Directions

Two climbs and two descents through a small farming community

Grade Max/Min: 15.8% / -11.4% Paved/Unpaved: 50% / 50%

[Link to Leg 21 Map](#)



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

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

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 #22

MACON COUNTY



4.2 MILES - +310 FT / -223 FT - MODERATE

EXCHANGE 21 OPEN - 11:15 PM - CLOSE 3:15AM
START - CARTOOGECHAYE BAPTIST CHURCH
35.132948, -83.485155



EXCHANGE 22 OPEN - 12:00 AM - CLOSE 4:00AM
END - LBJ JOB CORPS, FRANKLIN
35.165688, -83.511637



Runner Directions

Meander through a small community

Grade Max/Min: 7.5% / -6.5% Paved/Unpaved: 100% / 0%

[Link to Leg 22 Map](#)



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

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
- EXTREME 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.

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 #23

MACON COUNTY



5.8 MILES - +1874 FT / -26 FT - EXTREME

EXCHANGE 22 OPEN - 12:00 AM - CLOSE 4:00 AM

START - LBJ JOB CORPS, FRANKLIN

35.165688, -83.511637 

EXCHANGE 23 OPEN - 1:15 AM - CLOSE 5:30 AM

END - WAYAH RD, APPALACHIAN TRAIL CROSSING

35.153920, -83.580470 

Runner Directions

A crazy fun road for driving, riding and running - a steady climb

Grade Max/Min: 11.8% / -4.8% Paved/Unpaved: 100% / 0%

[Link to Leg 23 Map](#)



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

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

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 #24

MACON COUNTY



4.2 MILES - +684 FT / -326 FT - CHALLENGING

EXCHANGE 23 OPEN - 1:15 AM - CLOSE 5:30 AM

START - WAYAH RD, APPALACHIAN TRAIL CROSSING
35.153920, -83.580470



EXCHANGE 24 OPEN - 2:00 AM - CLOSE 6:30 AM

END - SAWMILL GAP ON WAYAH RD (2 MI SOUTH OF
WINE SPRINGS EQUESTRIAN CAMP)

35.165350, -83.611210



Runner Directions

A crazy fun road for driving, riding and running - a descent and some more climbing!

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

[Link to Leg 24 Map](#)



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

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 sight
- Exchange Parking - Park in the Sawmill Gap parking lot on Wayah Rd (2 mi south of Wine Springs Equestrian Camp)

LEG #25

MACON COUNTY



4.3 MILES - +492 FT / -577 FT - MODERATE

EXCHANGE 24 OPEN - 2:00 AM - CLOSE 6:15 AM

START - SAWMILL GAP ON WAYAH RD (2 MI SOUTH OF WINE SPRINGS EQUESTRIAN CAMP)

35.165350, -83.611210



EXCHANGE 25 OPEN - 2:45 AM - CLOSE 7:15 AM

END - NANTAHALA LAKE SCENIC OVERLOOK

35.192461, -83.615988



Runner Directions

Forest service road through the Nantahala wilderness

Grade Max/Min: 8.5% / -9.9% Paved/Unpaved: 100% / 0%

[Link to Leg 25 Map](#)

Cuesheet

0.0 mi - Continue on FS Road 711

4.3 mi - XC is on the left at the Nantahala Lake Scenic Overlook



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

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 sight.
- Exchange Parking - Park in the Nantahala Lake Scenic Overlook parking lot. Make room for other vans.

LEG #26

MACON COUNTY



8.7 MILES - +404 FT / -1623 FT - HARD

EXCHANGE 25 OPEN -2:45 AM - CLOSE 7:15 AM
START - NANTAHALA LAKE SCENIC OVERLOOK
35.192461, -83.615988 

EXCHANGE 26 OPEN - 4:15 AM - CLOSE 8:45 AM
END - WHITEOAK FLATS CHURCH
35.223017, -83.612439 

Runner Directions

A long downhill on forest service road through the Nantahala wilderness

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

[Link to Leg 26 Map](#)



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

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 sight.
- Exchange Parking - Park in the Whiteoak Flats Church parking lot. Make room for other vans.

LEG #27

MACON COUNTY



6.3 MILES - +691 FT / -911 FT - CHALLENGING

EXCHANGE 26 OPEN - 4:15 AM - CLOSE 8:45 AM

START - WHITEOAK FLATS CHURCH

35.223017, -83.612439



EXCHANGE 27 OPEN - 5:00 AM - CLOSE 10 AM

END - BRIARTOWN BAPTIST CHURCH

35.262260, -83.612124



Runner Directions

A morning run on state roads through the rural countryside!

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

[Link to Leg 27 Map](#)



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

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 #28

MACON COUNTY



6.6 MILES - +1014 FT / -1731 FT - HARD

EXCHANGE 27 OPEN - 5:00 AM - CLOSE 10 AM

START - BRIARTOWN BAPTIST CHURCH

35.262260, -83.612124



EXCHANGE 28 OPEN - 5:45 AM - CLOSE 11:15 AM

END - INTERSECTION OF TELlico RD AND SUGAR COVE RD

35.275087, -83.534335



Runner Directions

A winding and steep, gravel climb to Appalachian Trail and then down again!

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

[Link to Leg 28 Map](#)



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

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 #29

MACON COUNTY



7.7 MILES - +525 FT / -778 FT - CHALLENGING

EXCHANGE 28 OPEN - 5:45 AM - CLOSE 11:15 AM
START - INTERSECTION OF TELlico RD & SUGAR
COVE RD
35.275087, -83.534335 

EXCHANGE 29 OPEN - 6:30 AM - CLOSE 12:45 PM
END - BURNINGTOWN IOTLA VOLUNTEER FIRE
DEPARTMENT
35.237382, -83.476787 

Runner Directions

A gentle rolling run on state roads through the rural countryside.

Grade Max/Min: 10.1% / -11.7% Paved/Unpaved: 92% / 8%

[Link to Leg 29 Map](#)

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



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

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 side gravel parking lot.

LEG #30

Breakfast 6:30am - 11am

MACON COUNTY

7.5 MILES - +809 FT / -842 FT - HARD



EXCHANGE 29 OPEN - 6:30 AM - CLOSE 12:45 PM

START - BURNINGTOWN IOTLA VOLUNTEER

FIRE DEPARTMENT

35.237382, -83.476787



EXCHANGE 30 OPEN - 7:30 AM - CLOSE 1:45 PM

END - COWEE SCHOOL

35.259460, -83.406776

THE SCHOOL OPENS USUALLY THE NIGHT BEFORE TO ALLOW RUNNERS TO STRETCH OUT ON THE FLOOR

INSIDE



Runner Directions

Mostly a gentle rolling run but with a steep climb and short section of BUSY, BUSY road!

Grade Max/Min: 13.9% / -14.1%

Paved/Unpaved: 99% / 1%

Cuesheet

[Link to Leg 30 Map](#)

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



Safety

- RUNNERS: STAY ON LEFT SIDE OF ROAD
- 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.
- EXTREME CAUTION
 - WHEN CROSSING OVER TO RUN ON THE LEFT SIDE OF BRYSON CITY ROAD! THIS ROAD IS VERY BUSY, BUSY, BUSY!!!!
 - WHEN CROSSING OVER TO RUN ON THE LEFT SIDE OF COWEE CREEK ROAD FROM WEST MILLS ROAD AND WHEN CROSSING OVER TO RUN ON THE LEFT SIDE OF COWEE CREEK ROAD AT THE MERGE.

Van Instructions

- Follow runner's route
- 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 (4.5 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 #31

MACON COUNTY



3.8 MILES - +285 FT / -192 FT - MODERATE

EXCHANGE 30 OPEN - 7:30 AM - CLOSE 1:45 PM

START - COWEE SCHOOL

35.259460, -83.406776



EXCHANGE 31 OPEN - 8:00 AM - CLOSE 12:45 PM

END - IOTLA VALLEY ELEMENTARY SCHOOL

35.229140, -83.415841



Runner Directions

Busy road, followed by a scenic stroll through Burningtown Valley

Grade Max/Min: 8.2% / -6.2% Paved/Unpaved: 100% / 0%

[Link to Leg 31 Map](#)

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 Iotla Church Rd at the second entrance to Iotla Valley Elementary School



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

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 School. Runners exchange on the road at the second (western most entrance).

LEG #32

MACON COUNTY



9.8 MILES - +638 FT / -795 FT - HARD

EXCHANGE 31 OPEN - 8:00 AM - CLOSE 12:45 PM

END - IOTLA VALLEY ELEMENTARY SCHOOL

35.229140, -83.415841



EXCHANGE 32 OPEN - 9:00 AM - CLOSE 2:30 PM

END - TELlico CHRISTIAN CAMP

35.280292, -83.484848



Runner Directions

A long scenic run through Burningtown Valley, crossing the ridgeline to run along the Little Tennessee River.

Grade Max/Min: 12.2% / -12.6%

Paved/Unpaved: 95% / 5%

[Link to Leg 32 Map](#)

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



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

Van Instructions

- Follow runner's route
- BE CAUTIOUS AND AWARE while on the section starting as you pass Saldeer Mountain Road 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 #33 SWAIN COUNTY



5.4 MILES - +317 FT / -488 FT - MODERATE

EXCHANGE 32 OPEN - 9:00 AM - CLOSE 2:30 PM

START - TELlico CHRISTIAN CAMP

35.280292, -83.484848



EXCHANGE 33 OPEN - 9:30AM - CLOSE 3:30 PM

END-EAST SIDE OF NEEDMORE SUSPENSION BRIDGE

35.325880, -83.522740



Runner Directions

A mind-altering run along the Little Tennessee River

Grade Max/Min: 10.3% / -8.9% Paved/Unpaved: 20% / 80%

[Link to Leg 33 Map](#)

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!!!



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

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 parking past it as well. Runner's exchange is on the other side of the river. Send your next runner across to wait.

LEG #34 SWAIN COUNTY



4.1 MILES - +373 FT / -412 FT - MODERATE

EXCHANGE 33 OPEN - 9:30 AM - CLOSE 3:30 PM
START - EAST SIDE OF NEEDMORE RD SUSPENSION
BRIDGE
35.325880, -83.522740

EXCHANGE 34 OPEN - 10:00 AM - CLOSE 4:15 PM
END - CARDINAL COFFEE
35.364723, -83.549571

Runner Directions

This leg takes us out of the slow-paced rural setting and to an amazing coffee shop!

Grade Max/Min: 7.3% / -9.8% Paved/Unpaved: 100% / 0%

[Link to Leg 34 Map](#)

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.



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 aggressive 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

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 #35

SWAIN COUNTY



2.2 MILES - +172 FT / -158 FT - EASY

EXCHANGE 34 OPEN - 10:00 AM - CLOSE 4:15 PM
START - CARDINAL COFFEE
35.364723, -83.549571

EXCHANGE 35 OPEN - 10:15 AM - CLOSE 4:45 PM
END - OLD ALMOND ESTATE ENTRANCE
35.364760, -83.570560

Runner Directions

A short and sweet leg with a busy highway crossing, a trail, great views of Fontana Lake, and a climb!

Grade Max/Min: 8.6% / -7.1%

Paved/Unpaved: 50% / 50%

Cuesheet

[Link to Leg 35 Map](#)

- 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 - Safety

- RUNNERS: STAY ON LEFT SIDE OF ROAD
- 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
- EXTREME CAUTION
 - BE ALERT AND LISTEN TO THE DIRECTIONS OF THE SWAIN COUNTY SHERIFFS WHEN CROSSING OVER HWY 74.
 - BE ALERT WHILE RUNNING AGAINST TRAFFIC ON HWY 28 AND CROSSING THE BRIDGE.

Van Instructions

[Link to Van Map](#)

- DO NOT FOLLOW RUNNERS - USE ALTERNATE ROUTE
- 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.



LEG #36 SWAIN COUNTY

6.0 MILES - +978 FT / -1025 FT - HARD



EXCHANGE 35 OPEN - 10:15AM - CLOSE 4:45 PM
START - OLD ALMOND ESTATE ENTRANCE
35.364760, -83.570560

FINISH LINE - 11 AM - CLOSE 6:00PM
END - NOC
35.331946, -83.591932

Runner Directions

A great way to end the race: a quirky county road, a gravel road, steep climbs and fast descents to glory!

Grade Max/Min: 16.5% / -18.9% Paved/Unpaved: 40% / 60%

Cuesheet

[Link to Leg 36 Map](#)

- 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 start climbing up Flint Ridge Rd.
- 3.4 mi - Keep climbing, staying to the right
- 3.5 mi - Continue straight on Flint Ridge (do not turn right OR Left)
- 5.5 mi - You will see a volunteer between 0.5 and 0.2 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.
- 5.8 mi - Right turn onto Appalachian Trail connector and run down the trail
- 5.9 mi - Cross train tracks
- 6.0 mi - YOU JUST FINISHED THE SMOKY MOUNTAIN RELAY!!!



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
- EXTREME CAUTION
 - You will see a volunteer between 0.5 and 0.2 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.

Van Instructions

[Link to Van Map](#)

- DO NOT FOLLOW RUNNERS - USE ALTERNATE ROUTE
- 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!!!



FINISHING OPTIONS



We recognize that this is a very difficult relay, and that, at times, teams might fall behind their predicted pace, encounter injury or illness etc. You might also be doing better than expected. Our goal is to have all teams be able to complete all or most legs and finish the race before 4pm on Saturday so that they can enjoy the finish line celebration. The finish line party and course closes at 6pm.

Running Ahead of your Estimator!

If you find you have hit an exchange BEFORE the open time listed in the leg page of the bible this means you are running faster than your finish time estimator. You will need to hold until we get you back into the estimated time. We don't want teams running ahead of our staffing. Please follow this procedure:

- Make note of your arrival time in your Team Time Sheet.
- Text the race weekend cell # the following information:
 - Team Name
 - Exchange Number
 - Arrival Time
- You must hold and leave 1 hour AFTER the exchange opens.
- Alert the Exchange staff of your arrival time and how long you are holding.
- We may ask you to hold for longer if your time estimator is grossly off and you are running way ahead of your projections.
- Failure to follow the hold procedure will result in a DQ.

Skipping Legs

- For teams who do not wish to run every leg after Exchange #28, will have the option to designate themselves a NON-COMPETITIVE TEAM. You will not receive an official finisher time but can "self time".
 - Text your team name to race weekend cell #
 - State that you want to be a Non-competitive Team
 - Report which legs you are not planning on running. You do still need to hit Exchanges within their open times. We can't allow you to run on the race after all support is gone or before support is there.
 - If you miss the cut off at the following exchanges you will become a NON-COMPETITIVE team automatically. If you miss the exchange closing you can skip whatever legs you choose.
 - Exchange #28 closes at 11:00am
 - Exchange #29 closes at 12:30pm
 - Exchange #30 closes at 1:30pm

FINISHING OPTIONS



Leap Frogging (for the less speedy teams wanting to run EVERY leg)

For teams who wish to run every leg and receive an official finishers time, there is a formal early start procedure, we call "LEAP FROGGING". Leap Frogging is when a runner leaves the exchange BEFORE the other runner has arrived. You aren't waiting to "pass a baton".

How Does Leap Frogging Work?

- Leap Frogging starts at Exchange #30 unless given the go ahead to do so at an earlier Exchange by a Race Director.
 - If you are Leap Frogging, your runner should leave #30 no later than 11:00am.
 - Alert the exchange staff that you are LEAP FROGGING and have them note your starting time.
 - When the "Catching Up" vehicle (generally Van 1 for a 12 person team) arrives at Exchange #30, they must be sure that their runner's arrival time is noted by the Exchange Staff. This will allow us to add the proper amount of time to your total finisher time so that our results are accurate.
 - If you are running very far behind you can also have your runner leave early from additional exchanges after #30. ie Your Leg #32 runner can leave exchange #31 before the Leg #31 runner gets there. Again, Exchange staff needs to be notified so you aren't DQ'ed
- Please note the following:
 - Any team arriving at Exchange 28 after 8:30am MUST leapfrog.
 - Teams that Leap Frog WILL receive an official time but ARE NOT eligible for a top award.

Withdrawal Option

- For teams who do not wish to continue running. We hope this doesn't happen but we understand if you feel like you've been hit with too many injuries. Please text race weekend cell # your team name and that you are withdrawing from the competition. We'd still love to see you at the finish line party regardless.

FINISH LINE PARTY



The finish line party opens at 11am and closes at 6pm.

We need ALL teams completely finished by 6pm (see leapfrogging).

Each team will join their final runner approximately 100 yards before the finish line, and everyone will cross the finish line together. Race staff will give you a heads up when your final runner is approaching. Meet them where the trail meets the RR tracks.

Food

Food options available for purchase at the finish are:

- Slow Joe's Coffee and Donuts
- Big Wesser Riverside Pub
- Rivers End Restaurant
- NOC General store also stocks some food items



All SMR Vehicle parking in LOT C