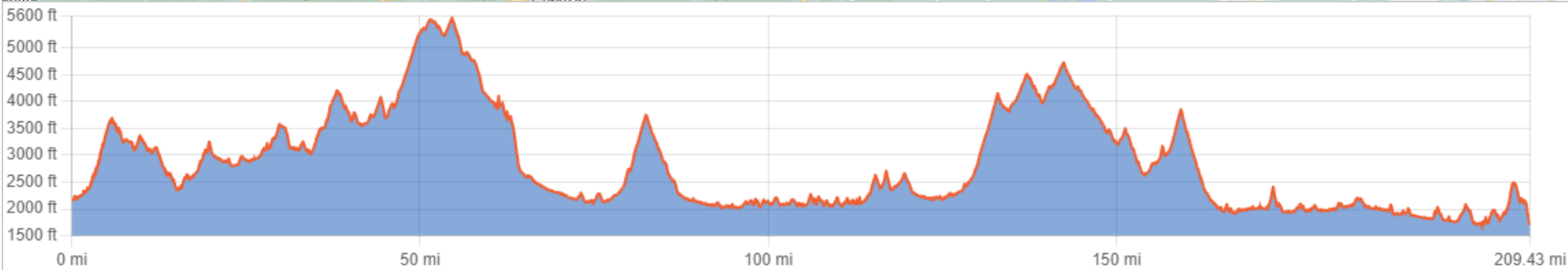
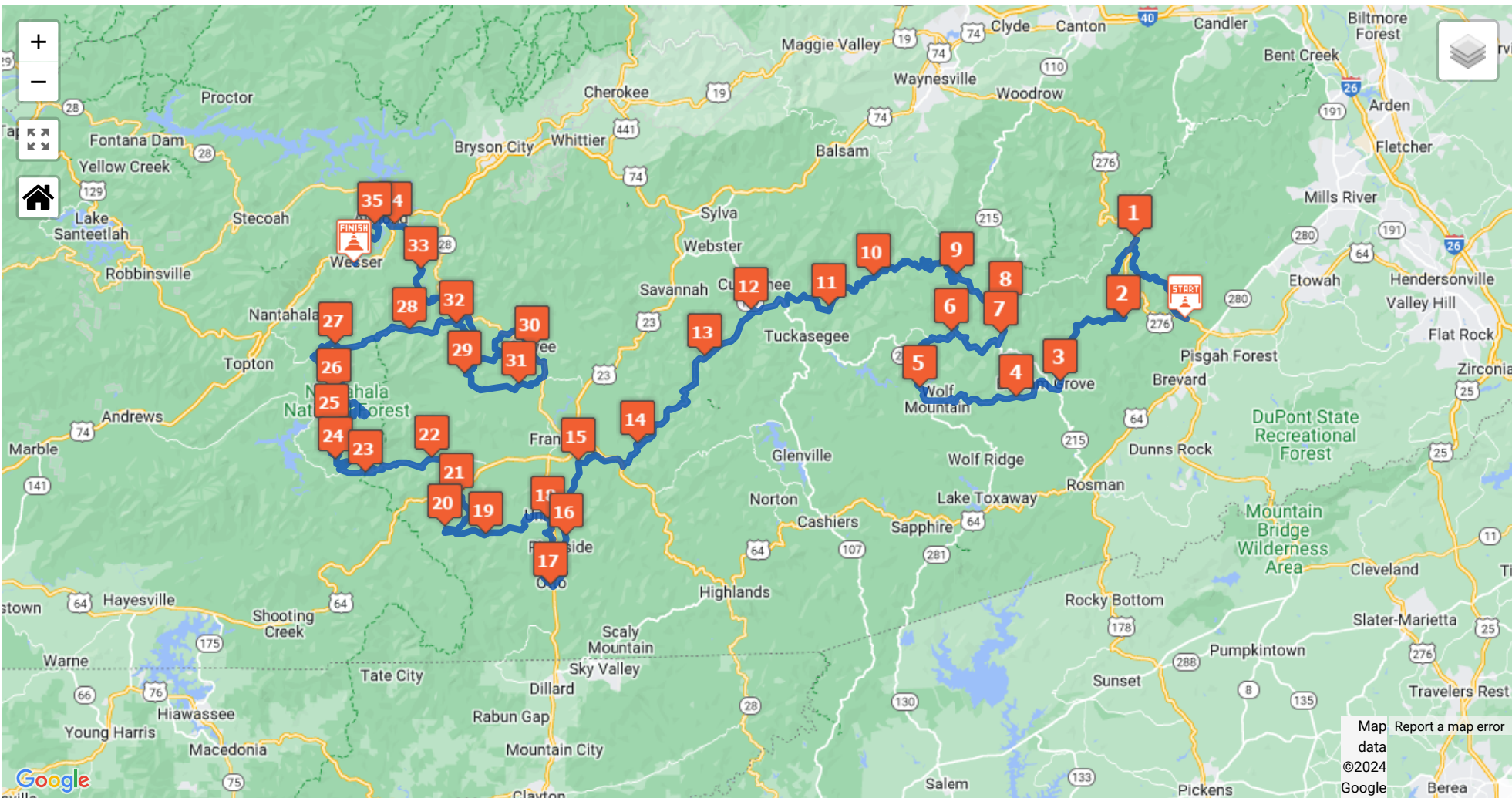












**SMR - Full Course ~ 2024 (208.3 miles - +22,136 ft / -22,581 ft)**



Search markers	Marker ID 
<div data-bbox="86 159 134 215"></div> <div data-bbox="149 155 283 180"><b>Start of Race</b></div> <div data-bbox="149 203 508 277"> <b>Start of Race</b>  Pisgah Ranger Station/Visitor Center  35.285310, -82.727000 </div>	
<div data-bbox="86 321 134 378"></div> <div data-bbox="149 318 428 342"><b>Exchange 01 / Start Leg 02</b></div> <div data-bbox="149 365 434 440"> <b>End of Leg 1; Start of Leg 2</b>  Pink Beds Picnic Area  35.353030, -82.779520 </div>	
<div data-bbox="86 483 134 540"></div> <div data-bbox="149 480 428 505"><b>Exchange 02 / Start Leg 03</b></div> <div data-bbox="149 527 470 602"> <b>End of Leg 2; Start of Leg 3</b>  Pisgah Wildlife Education Center  35.285410, -82.791740 </div>	
<div data-bbox="86 646 134 703"></div> <div data-bbox="149 643 428 667"><b>Exchange 03 / Start Leg 04</b></div> <div data-bbox="149 690 434 764"> <b>End of Leg 3; Start of Leg 4</b>  Shoal Creek Baptist Church  35.230610, -82.857890 </div>	
<div data-bbox="86 808 134 865"></div> <div data-bbox="149 805 428 829"><b>Exchange 04 / Start Leg 05</b></div> <div data-bbox="149 852 434 927"> <b>End of Leg 4; Start of Leg 5</b>  Wood's Memorial Church  35.218130, -82.902790 </div>	
<div data-bbox="86 971 134 1027"></div> <div data-bbox="149 967 428 992"><b>Exchange 05 / Start Leg 06</b></div> <div data-bbox="149 1015 434 1089"> <b>End of Leg 5; Start of Leg 6</b>  Paradise Falls parking area  35.225600, -83.003280 </div>	
<div data-bbox="86 1133 134 1190"></div> <div data-bbox="149 1130 428 1154"><b>Exchange 06 / Start Leg 07</b></div> <div data-bbox="149 1177 455 1252"> <b>End of Leg 6; Start of Leg 7</b>  Balsam Lake Recreational Area  35.273430, -82.969790 </div>	
<div data-bbox="86 1295 134 1352"></div> <div data-bbox="149 1292 428 1317"><b>Exchange 07 / Start Leg 08</b></div> <div data-bbox="149 1339 491 1414"> <b>End of Leg 7; Start of Leg 8</b>  NC-215 Pullout before Rocky Knob  35.271470, -82.918650 </div>	
<div data-bbox="86 1458 134 1515"></div> <div data-bbox="149 1455 428 1479"><b>Exchange 08 / Start Leg 09</b></div> <div data-bbox="149 1502 434 1544"> <b>End of Leg 8; Start of Leg 9</b>  Courthouse Valley Overlook </div>	

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**  
Intersection Jones Creek Rd and Allison Watts Rd  
35.101242, -83.454766

20

**Exchange 20 / Start Leg 21**

**End of Leg 20; Start of Leg 21**  
Int. Dills Creek Rd, West Old Murphy Rd, and West Dills Creek Rd  
35.107679, -83.497953

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 Baptist Church  
35.228740, -83.420830

**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

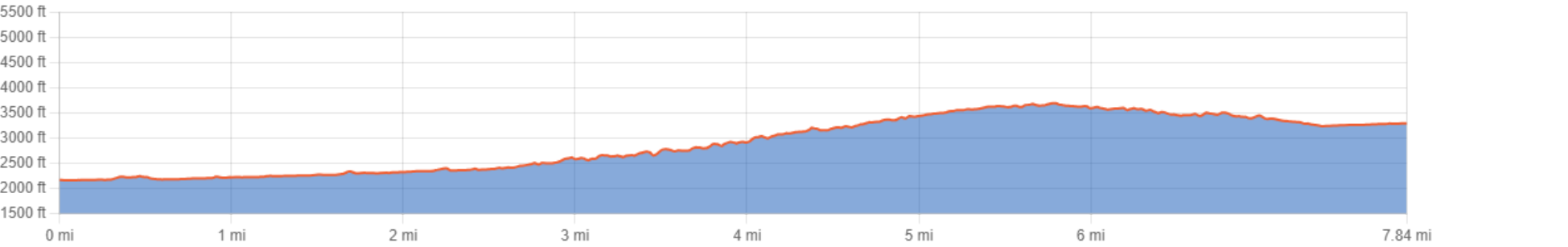
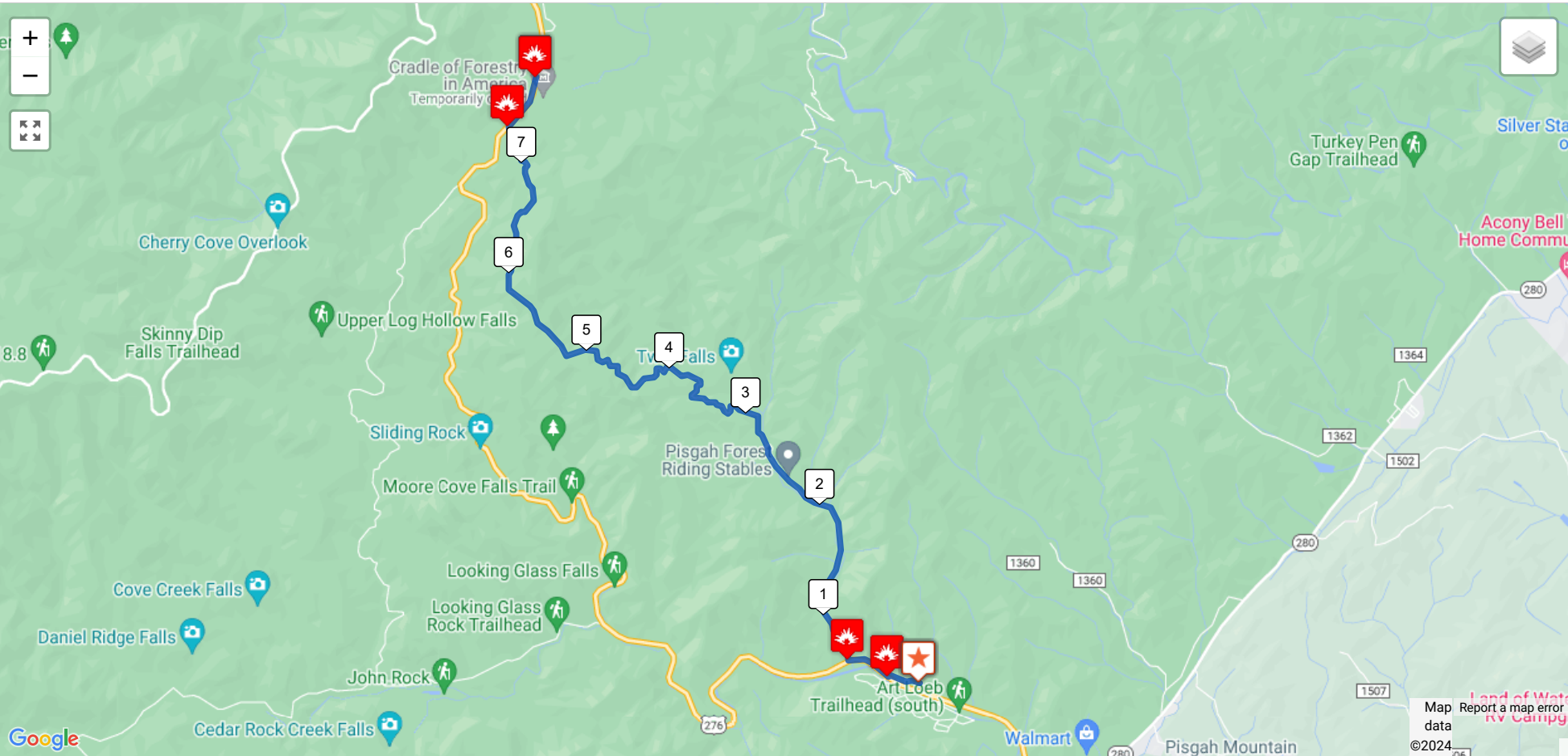



**Finish**

**Finish**  
Nantahala Outdoor Center  
35.331946, -83.591932

37 results

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



 **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



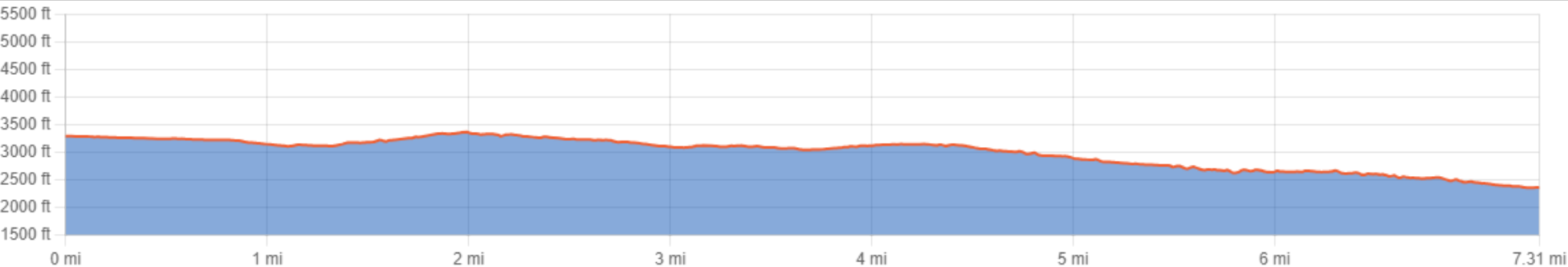
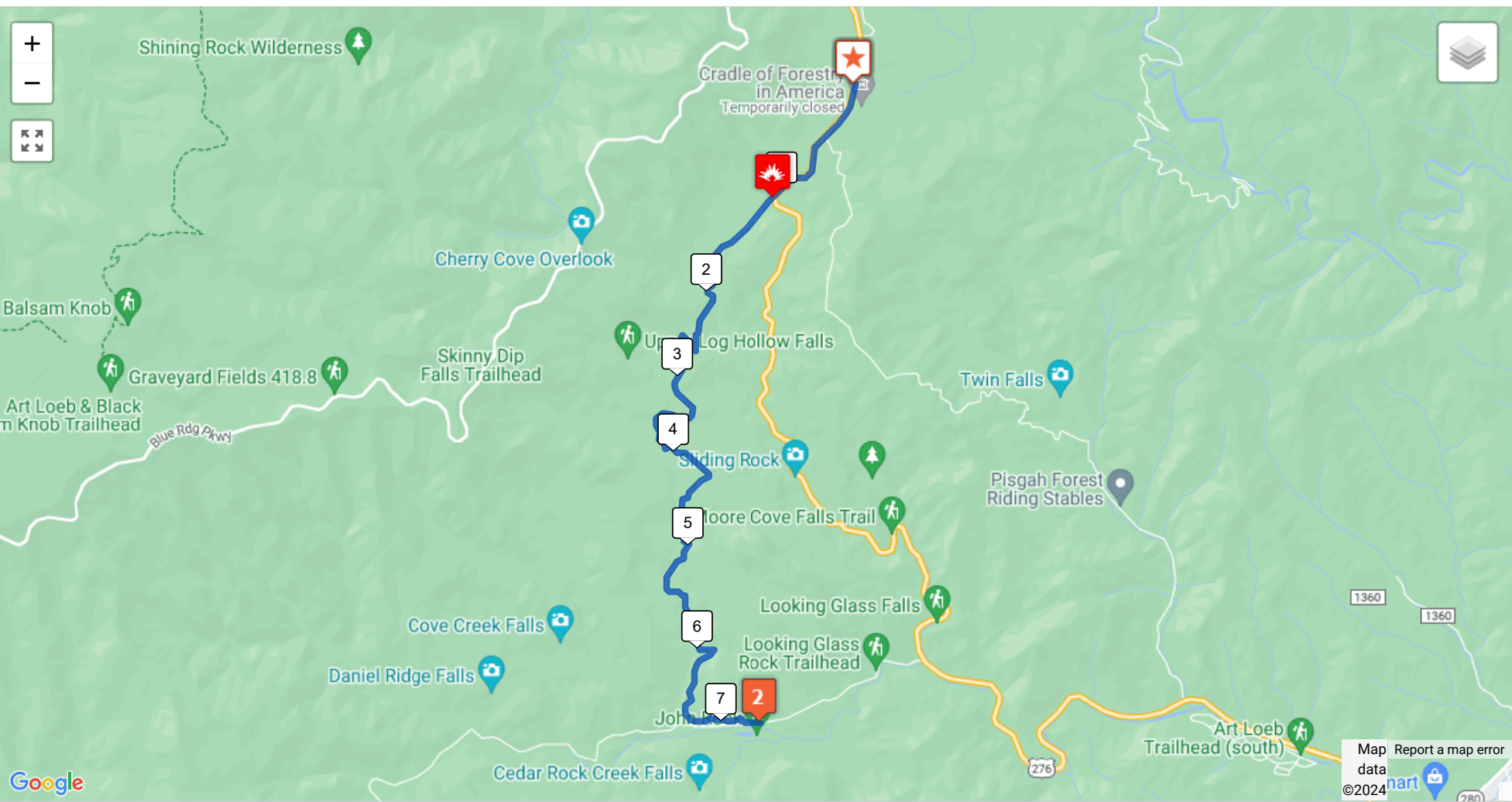
#### Exchange 01 / Start Leg 02

##### End of Leg 1; Start of Leg 2

Pink Beds Picnic Area

35.353030, -82.779520

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



Search markers

Marker ID



1

### 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

2

### Exchange 02 / Start Leg 03

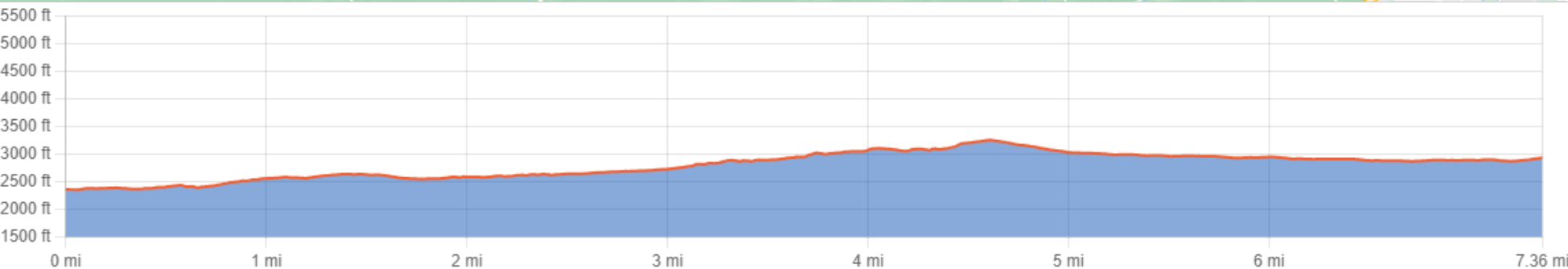
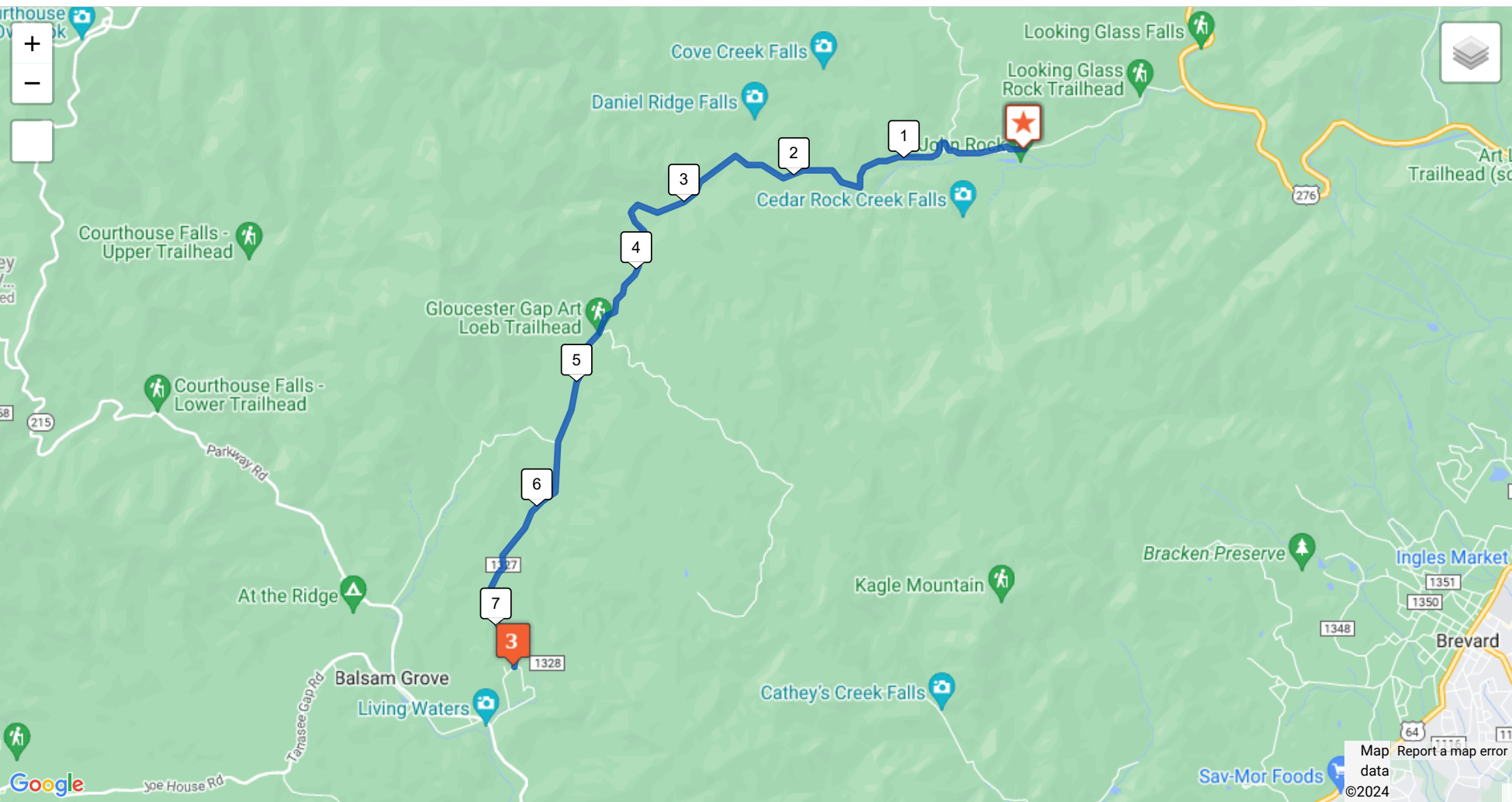
#### End of Leg 2; Start of Leg 3

Pisgah Wildlife Education Center

35.285410, -82.791740

6 results

SMR - Leg 03 (7.4 miles - +1,075 ft / -513 ft) - HARD



Search markers

Marker ID



2

### 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

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

VAN 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.

#### 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 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 Pisgah NF. Mostly flat, but two miles are pretty steep.**

*Distance:* 7.4 miles

*Elevation Gain/Loss:* 1,075ft / 513ft

*Grade Max/Min:* 16.0% / -11.2%

*Paved/Unpaved:* 50% / 50%

#### Cuesheet

0.0 mi - Head west on Forest Service RD 475

1.8 mi - Continue onto Davidson River Road, FS 475

4.7 mi - Continue onto Davidson River Road, FS 475

7.4 mi - XC on the left across from the church

3

### Exchange 03 / Start Leg 04

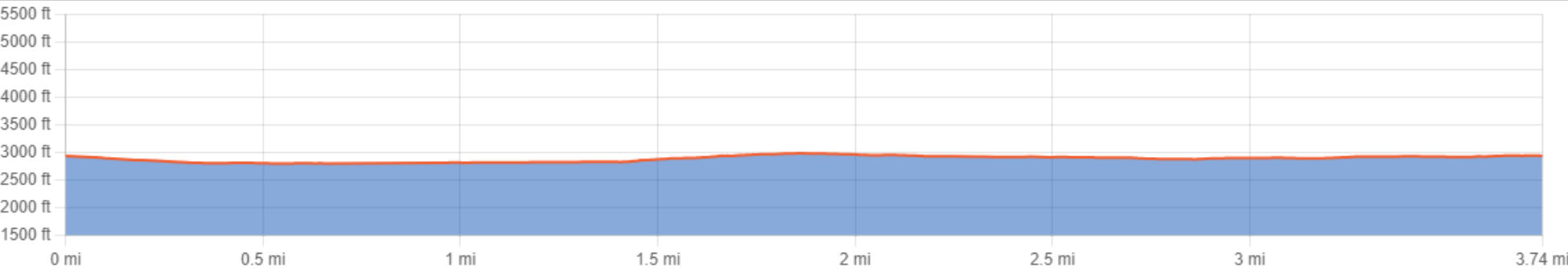
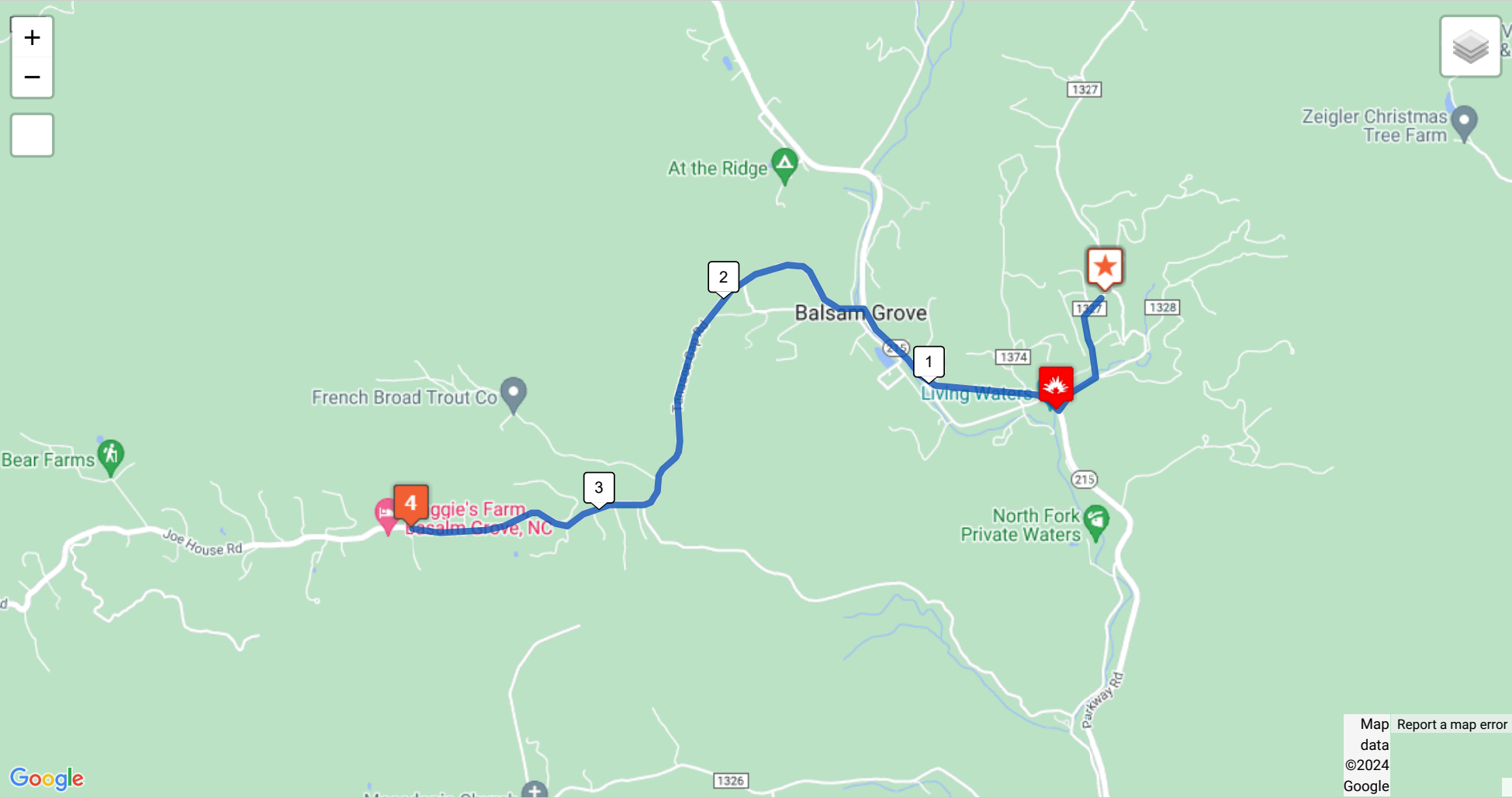
#### End of Leg 3; Start of Leg 4


Shoal Creek Baptist Church

35.230610, -82.857890

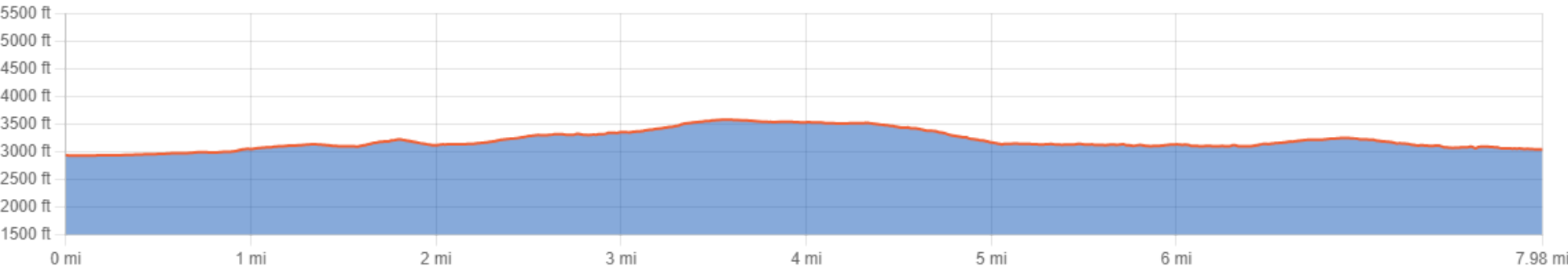
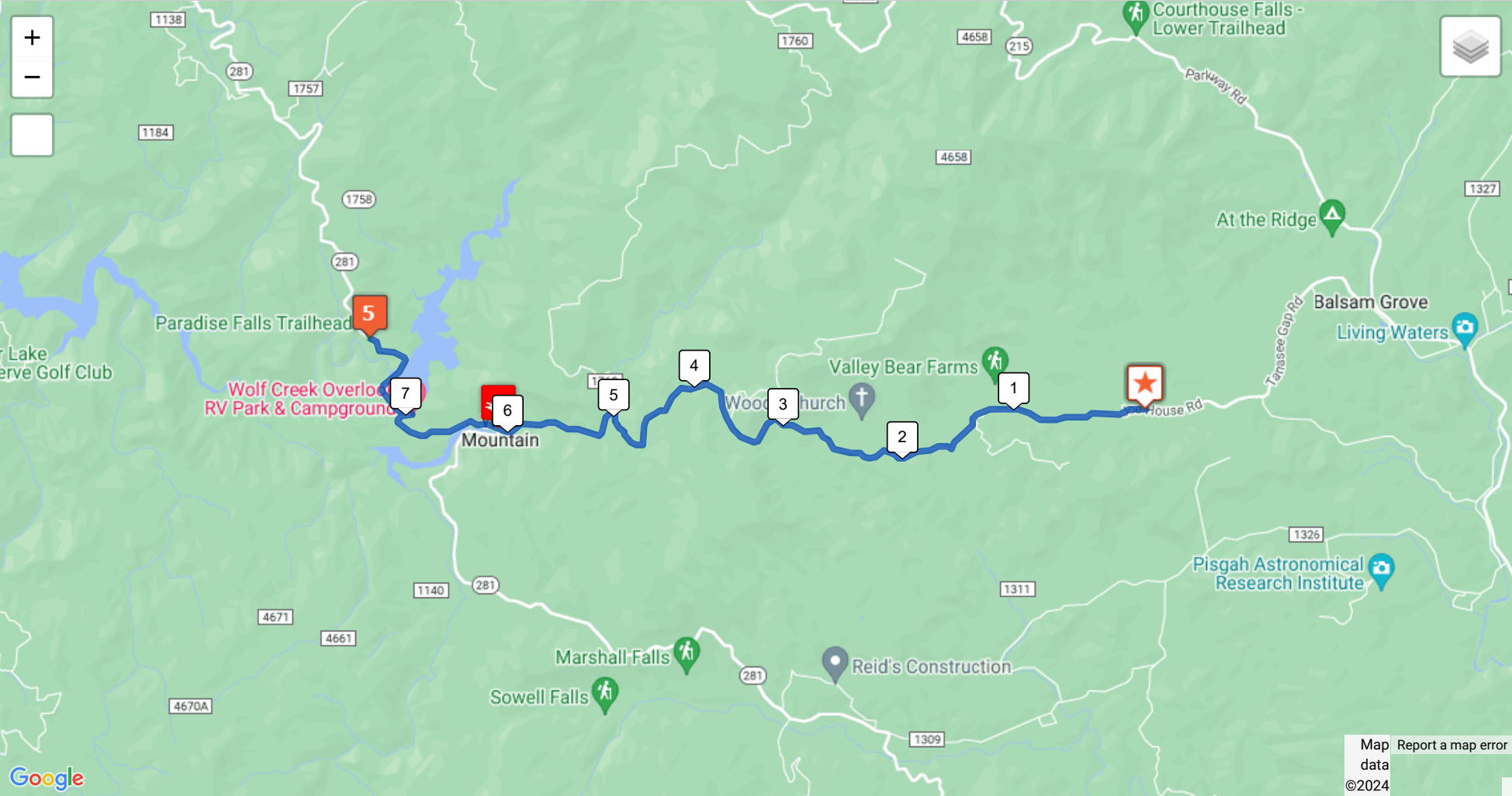
5 results

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



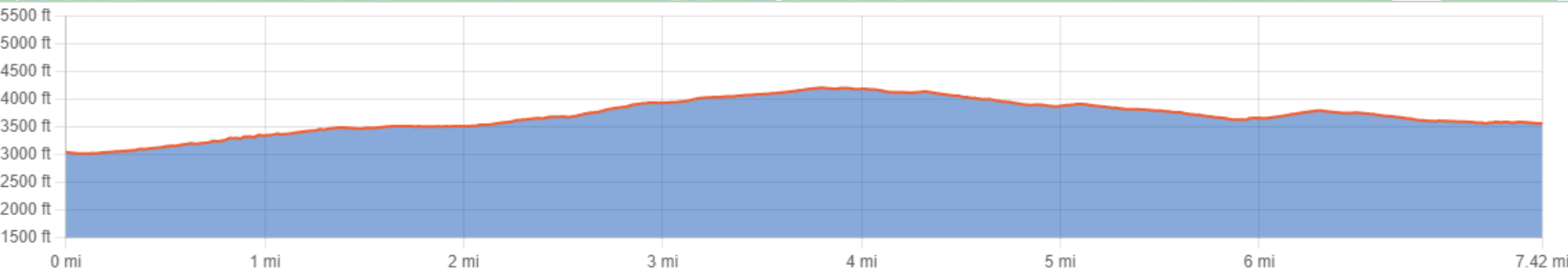
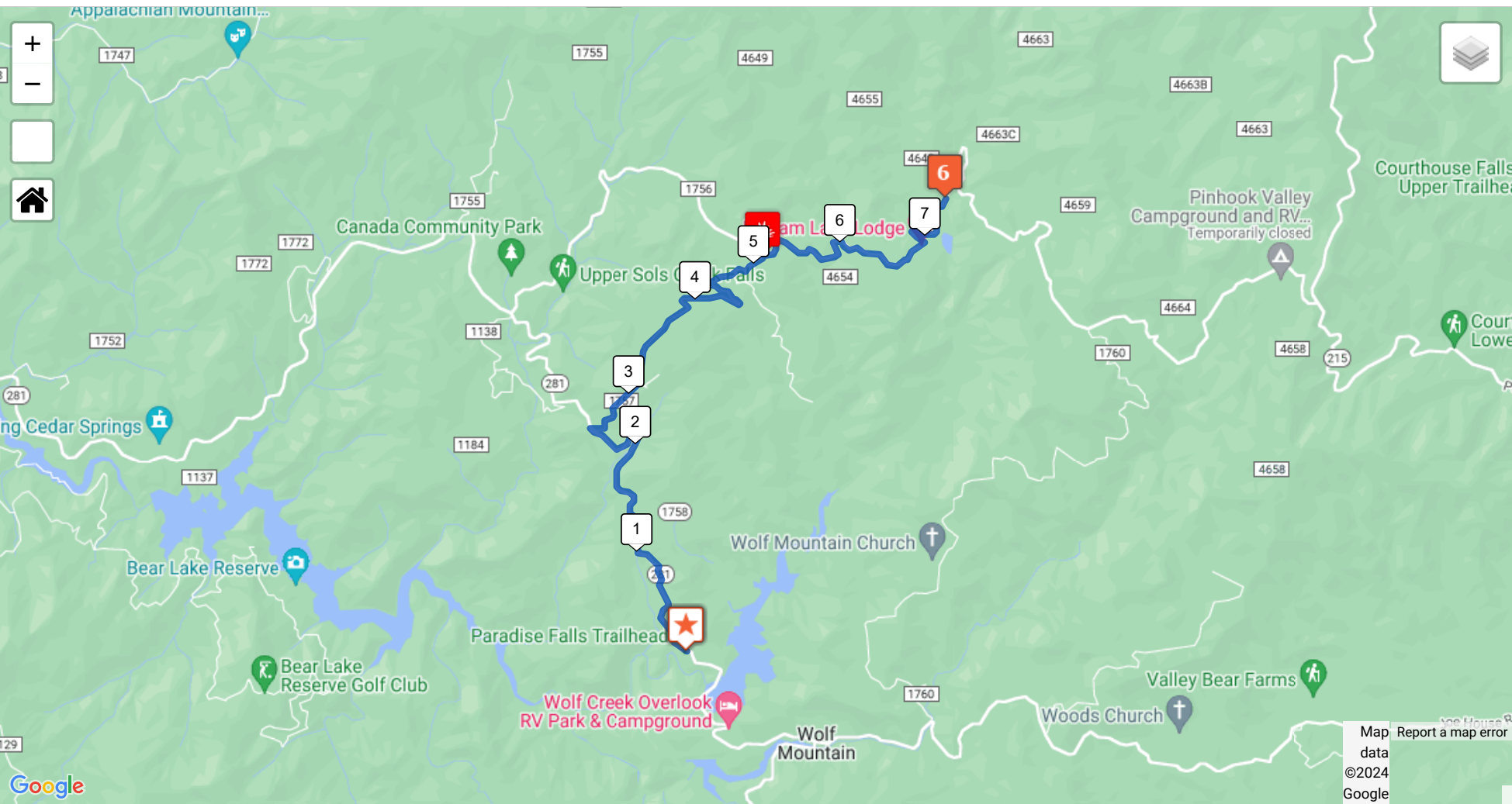
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<div data-bbox="86 313 136 378"></div> <div data-bbox="147 313 409 342"><b>Leg 04 - Van Instructions</b></div> <div data-bbox="147 362 373 391"><b>Follow runner's route</b></div> <div data-bbox="147 407 1262 513"> <p>Don't give assistance while runner is on HWY 215.</p> <p>While assisting runners on Tannasee, make sure you are well to the side of the road and not blocking local traffic.</p> <p>Toilets - Volunteer Fire Dept. in Balsam Grove (just before Tannasee Rd)</p> <p>Exchange Parking - Park at Wood's Memorial Church parking lot.</p> </div>	
<div data-bbox="86 561 136 626"></div> <div data-bbox="147 561 304 591"><b>Leg 04 - Safety</b></div> <div data-bbox="147 610 590 639"><b>RUNNERS: STAY ON LEFT SIDE OF ROAD</b></div> <div data-bbox="147 656 926 761"> <p>Busy Road. At 0.5 Miles, use caution when crossing and running on HWY 215.</p> <p>Be alert, and watch for distracted drivers.</p> <p>If it's dark, be sure to have a reflective vest and lights.</p> <p>Little to no Cellular Service!</p> </div>	
<div data-bbox="86 808 136 873"></div> <div data-bbox="147 808 310 837"><b>Leg 04 - Details</b></div> <div data-bbox="147 857 701 886"><b>Rural State roads through Balsam Grove Community</b></div> <div data-bbox="147 886 487 984"> <p><i>Distance:</i> 3.7 miles</p> <p><i>Elevation Gain/Loss:</i> 246 ft / 234 ft</p> <p><i>Grade Max/Min:</i> 7.2% / -7.6%</p> <p><i>Paved/Unpaved:</i> 100% / 0%</p> </div> <div data-bbox="147 1003 247 1032"><b>Cuesheet</b></div> <div data-bbox="147 1032 936 1182"> <p>0.0 mi - Continue on Richard McCall Rd</p> <p>0.3 mi - Turn Right on Clinic Dr.</p> <p>0.5 mi - Cross HWY 215 and Turn Right</p> <p>1.4 mi - Turn Left on Tannasee (On the right you will see the Balsam Grove VFD)</p> <p>2.8 mi - Cross new bridge and follow Tannasee Rd to Right Fork</p> <p>3.7 mi - Cross road. Exchange is at Wood's Memorial Church.</p> </div>	
<div data-bbox="86 1219 136 1284"></div> <div data-bbox="147 1219 451 1248"><b>Leg 04 - EXTREME CAUTION</b></div> <div data-bbox="147 1268 1062 1297"><b>AT 0.5 MILES, USE EXTREME CAUTION WHEN CROSSING AND RUNNING ON HWY 215</b></div>	
<div data-bbox="86 1333 136 1398"></div> <div data-bbox="147 1333 430 1362"><b>Exchange 04 / Start Leg 05</b></div> <div data-bbox="147 1382 434 1411"><b>End of Leg 4; Start of Leg 5</b></div> <div data-bbox="147 1411 394 1459">           Wood's Memorial Church            35.218130, -82.902790         </div>	
6 results	

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



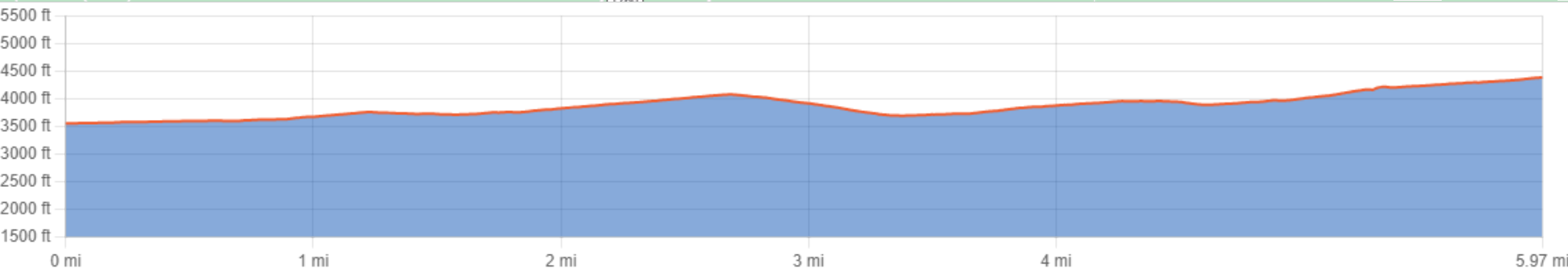
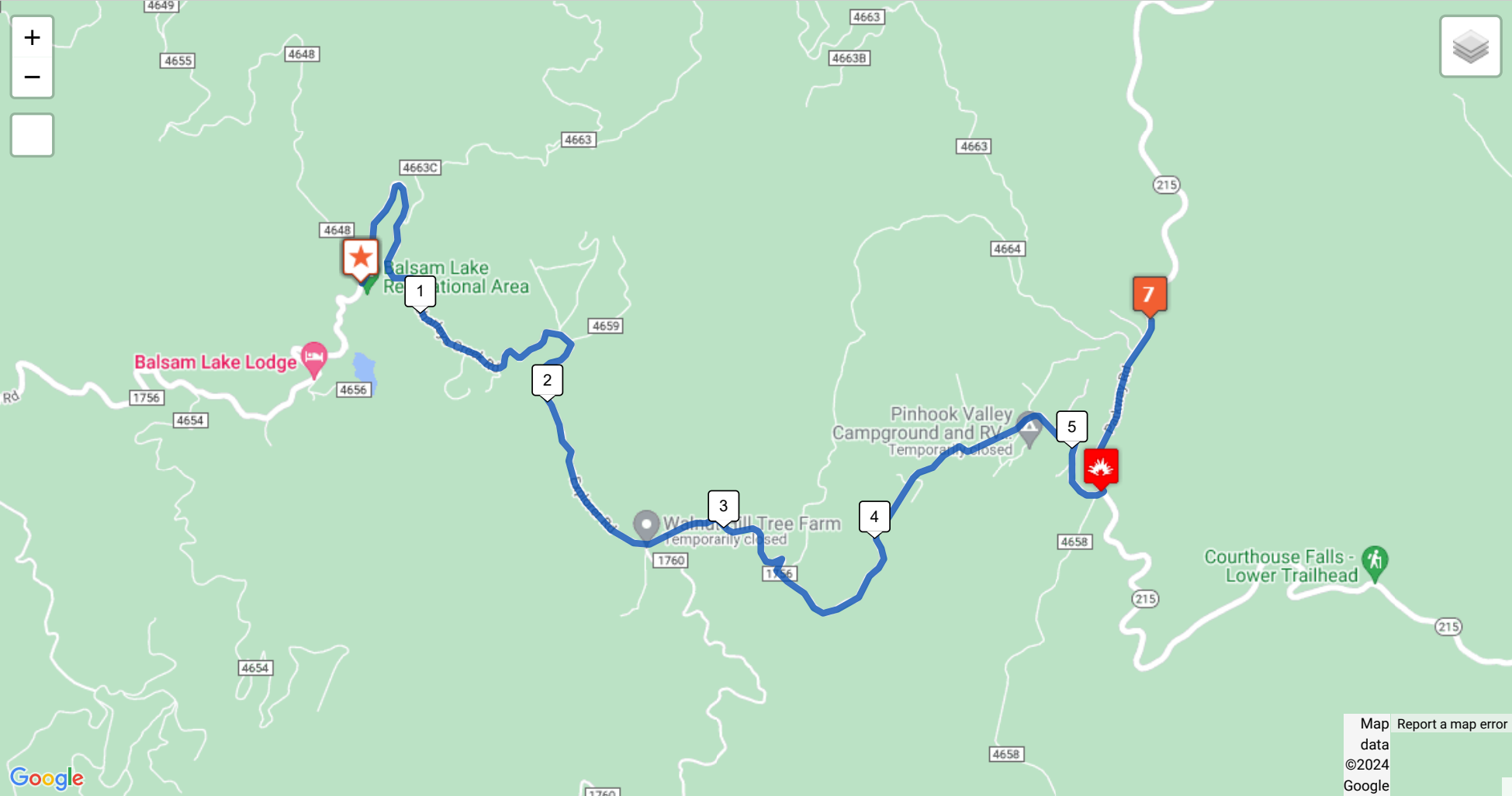
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SMR - Leg 06 (7.4 mi +1386 ft / -858 ft) - HARD



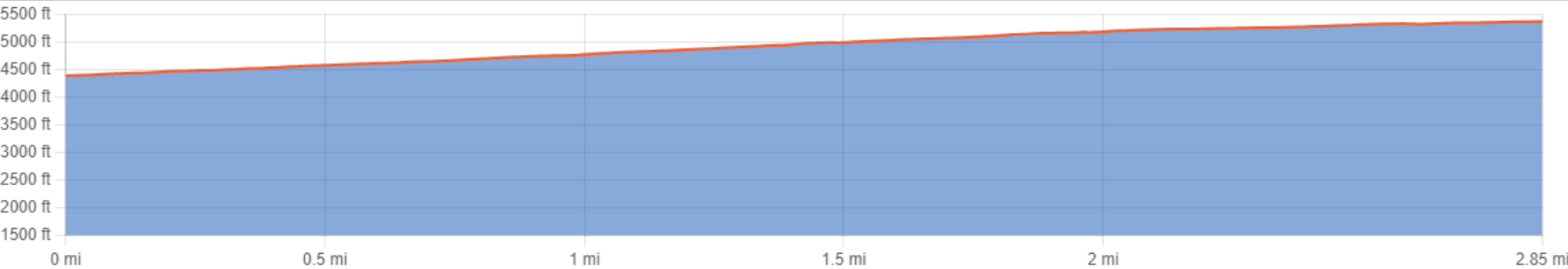
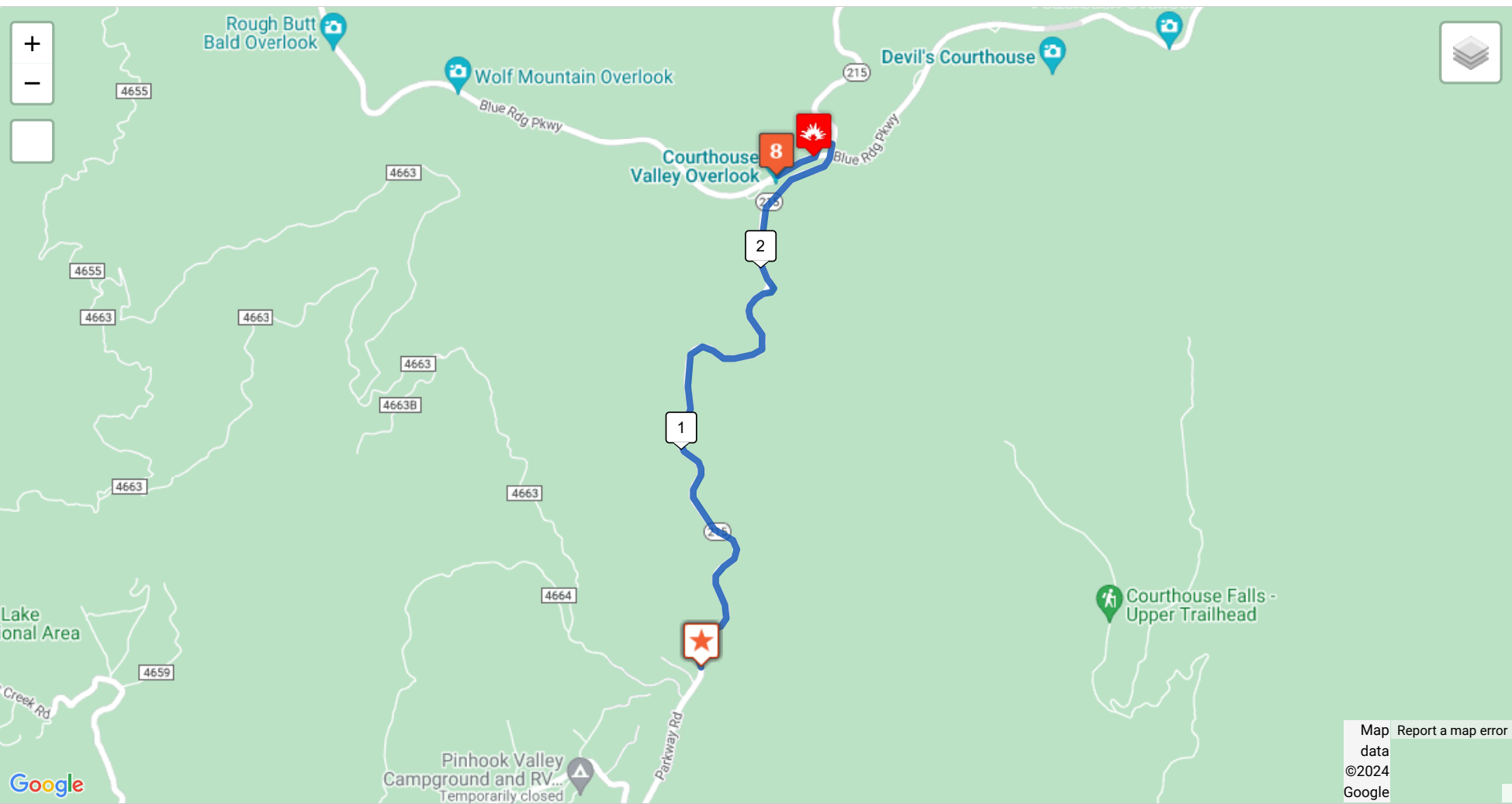
Search markers	Marker ID
<div> <div>5</div> <div> <b>Exchange 05 / Start Leg 06</b>  <b>End of Leg 5; Start of Leg 6</b>  Paradise Falls parking area  35.225600, -83.003280 </div> </div>	
<div> <div> </div> <div> <b>Leg 06 - Van Instructions</b>  <b>Follow runner's route</b>  <p>If pulling over to give 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.</p> </div> </div>	
<div> <div> </div> <div> <b>Leg 06 - Safety</b>  <b>RUNNERS: STAY ON LEFT SIDE OF ROAD</b>  <p>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!</p> </div> </div>	
<div> <div> </div> <div> <b>Leg 06 - Details</b>  <b>State roads through a rural country setting.</b>  <i>Distance:</i> 7.4 miles  <i>Elevation Gain/Loss:</i> 1386ft / 858ft  <i>Grade Max/Min:</i> 14.3% / -9.6%  <i>Paved/Unpaved:</i> 100% / 0%    <b>Cuesheet</b>  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 </div> </div>	
<div> <div> </div> <div> <b>Leg 06 - EXTREME CAUTION</b>  <b>BE ALERT WHEN CROSSING TO THE LEFT SIDE OF SR 1756</b> </div> </div>	
<div> <div> <div>6</div> </div> <div> <b>Exchange 06 / Start Leg 07</b>  <b>End of Leg 6; Start of Leg 7</b>  Balsam Lake Recreational Area  35.273430, -82.969790 </div> </div>	
6 results	

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



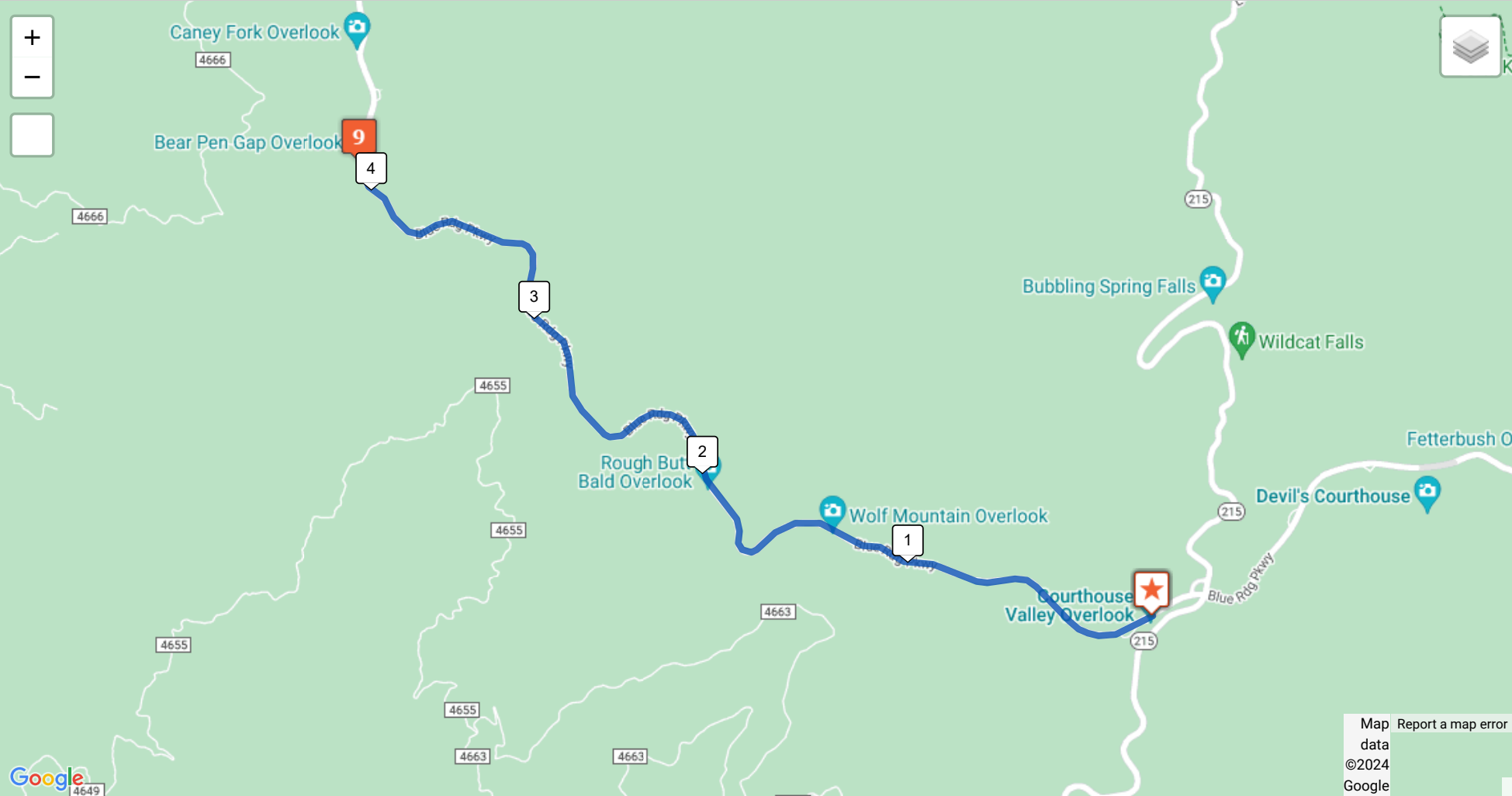
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SMR - Leg 08 (2.9 mi +968 ft / -0 ft) - HARD



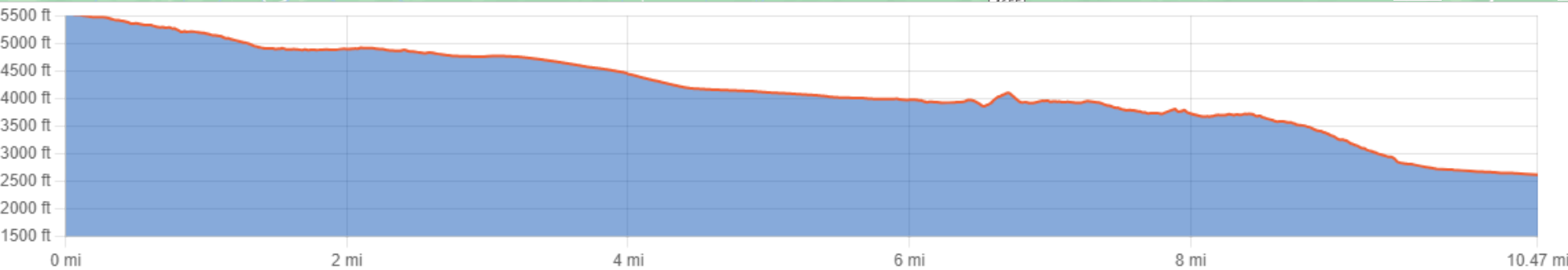
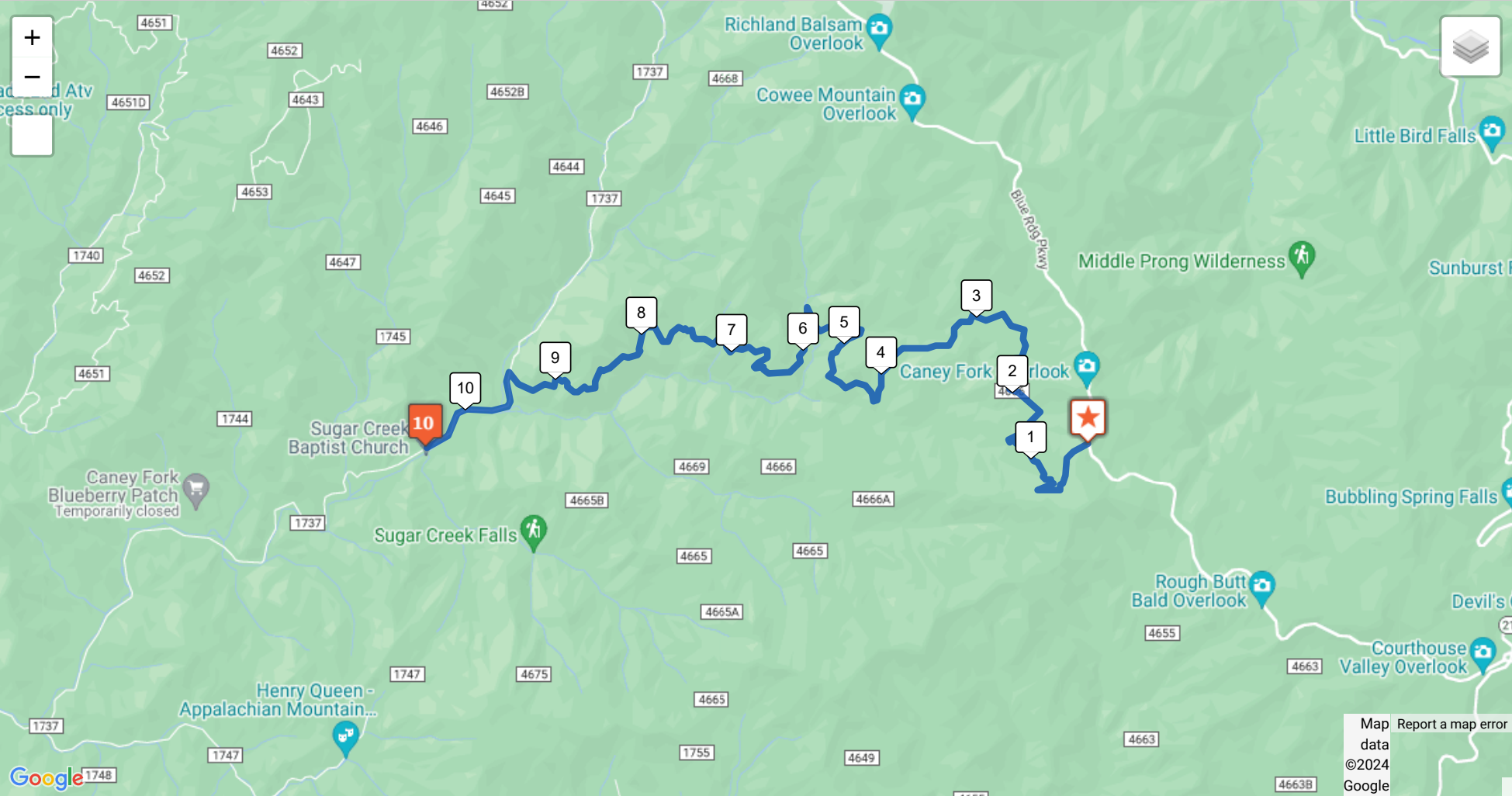
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SMR - Leg 09 (4.1 mi +505 ft / -312 ft) - MODERATE



Search markers	Marker ID 
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<div data-bbox="86 321 134 378"></div> <div data-bbox="149 313 407 342"><b>Leg 09 - Van Instructions</b></div> <div data-bbox="149 362 371 391"><b>Follow runner's route</b></div> <div data-bbox="149 407 1243 483"> <p>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.</p> </div>	
<div data-bbox="86 540 134 597"></div> <div data-bbox="149 532 302 561"><b>Leg 09 - Safety</b></div> <div data-bbox="149 581 590 610"><b>RUNNERS: STAY ON LEFT SIDE OF ROAD</b></div> <div data-bbox="149 626 1140 703"> <p>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</p> </div>	
<div data-bbox="86 760 134 816"></div> <div data-bbox="149 751 308 781"><b>Leg 09 - Details</b></div> <div data-bbox="149 800 667 829"><b>A beautiful journey along the Blue Ridge Parkway</b></div> <div data-bbox="149 829 480 932"> <i>Distance:</i> 4.1 miles  <i>Elevation Gain/Loss:</i> 505ft / 312 ft  <i>Grade Max/Min:</i> 6.6% / -6.2%  <i>Paved/Unpaved:</i> 100% / 0% </div> <div data-bbox="149 948 249 977"><b>Cuesheet</b></div> <div data-bbox="149 977 921 1026"> 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. </div>	
<div data-bbox="86 1068 134 1125"></div> <div data-bbox="149 1060 428 1089"><b>Exchange 09 / Start Leg 10</b></div> <div data-bbox="149 1109 447 1138"><b>End of Leg 9; Start of Leg 10</b></div> <div data-bbox="149 1138 382 1187"> Bear Pen Gap Overlook  35.321368, -82.965033 </div>	
5 results	

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



Search markers

Marker ID



### 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

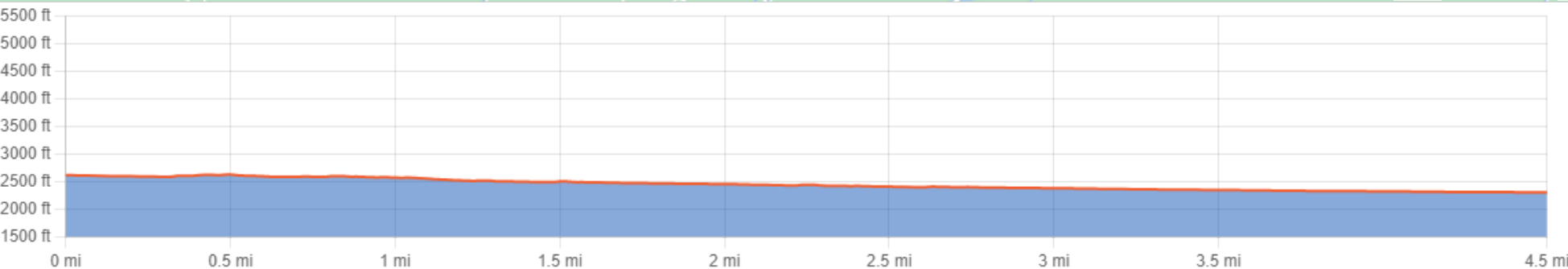
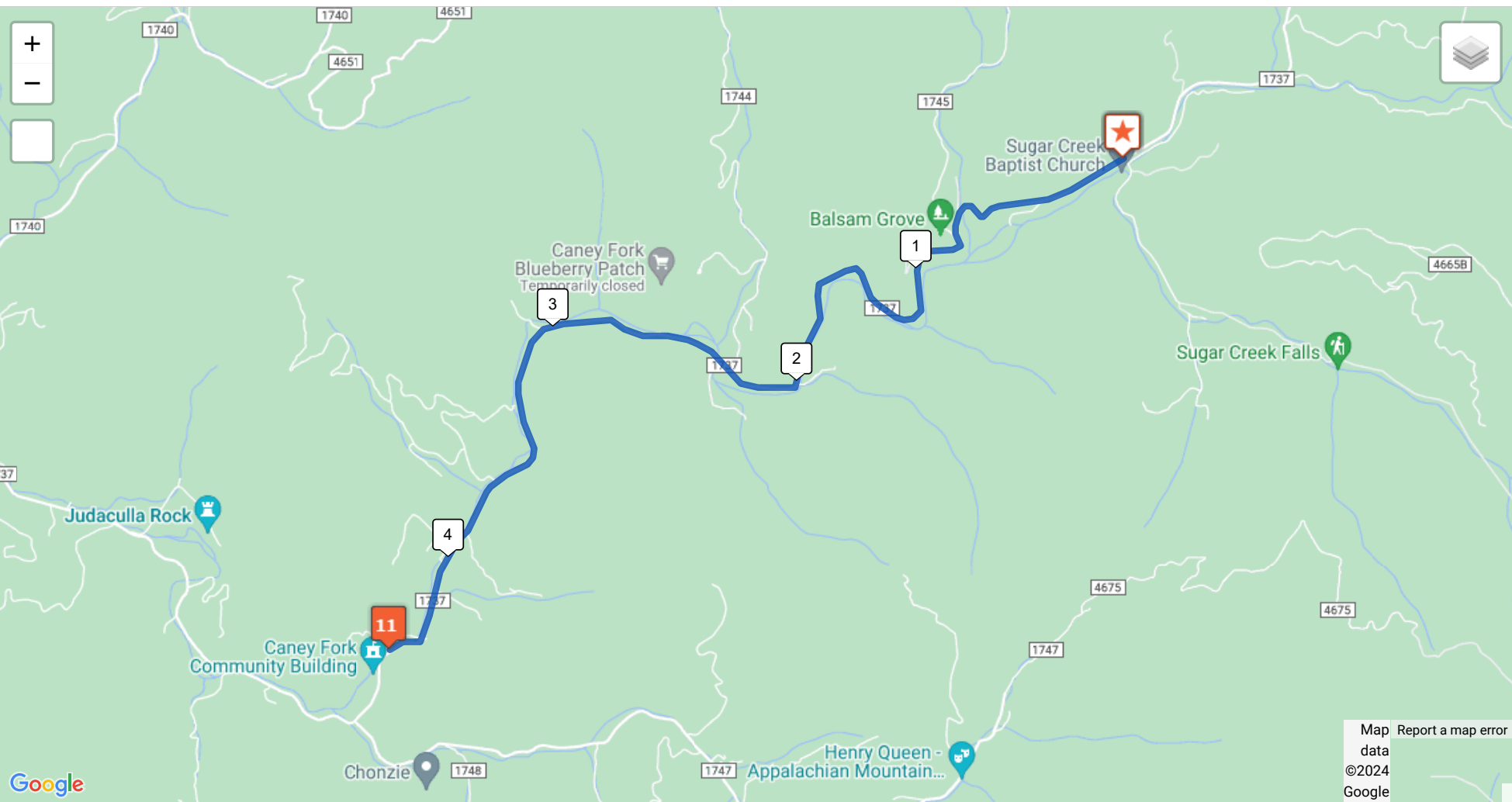
0.6 mi - Turn Right on the Mountain to Sea Trail  
0.7 mi - Creek crossings  
0.8 mi - Creek crossings  
1.1 mi - Hard Left, horseshoe turn  
1.6 mi - Creek under trail  
1.7 mi - Creek / blackberries  
2.7 mi - Two creeks  
3.1 mi - Left Turn from the Mountain-to-Sea Trail on to Piney Mountain Trail  
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




**Exchange 10 / Start Leg 11**

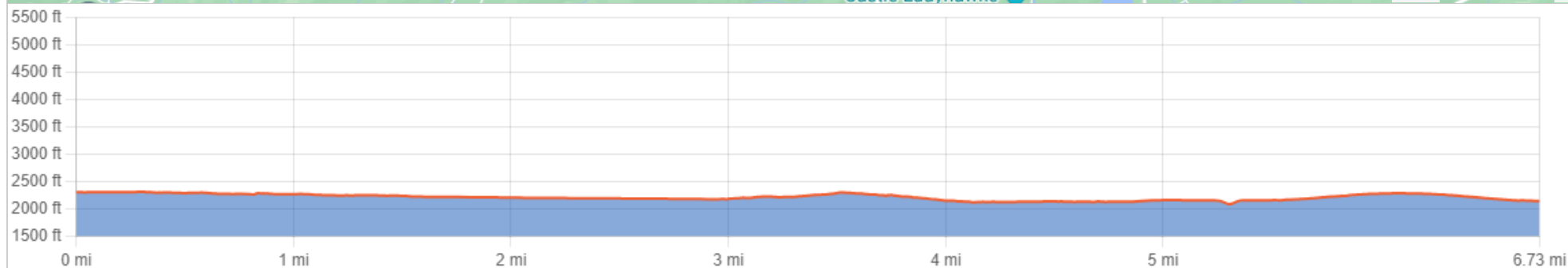
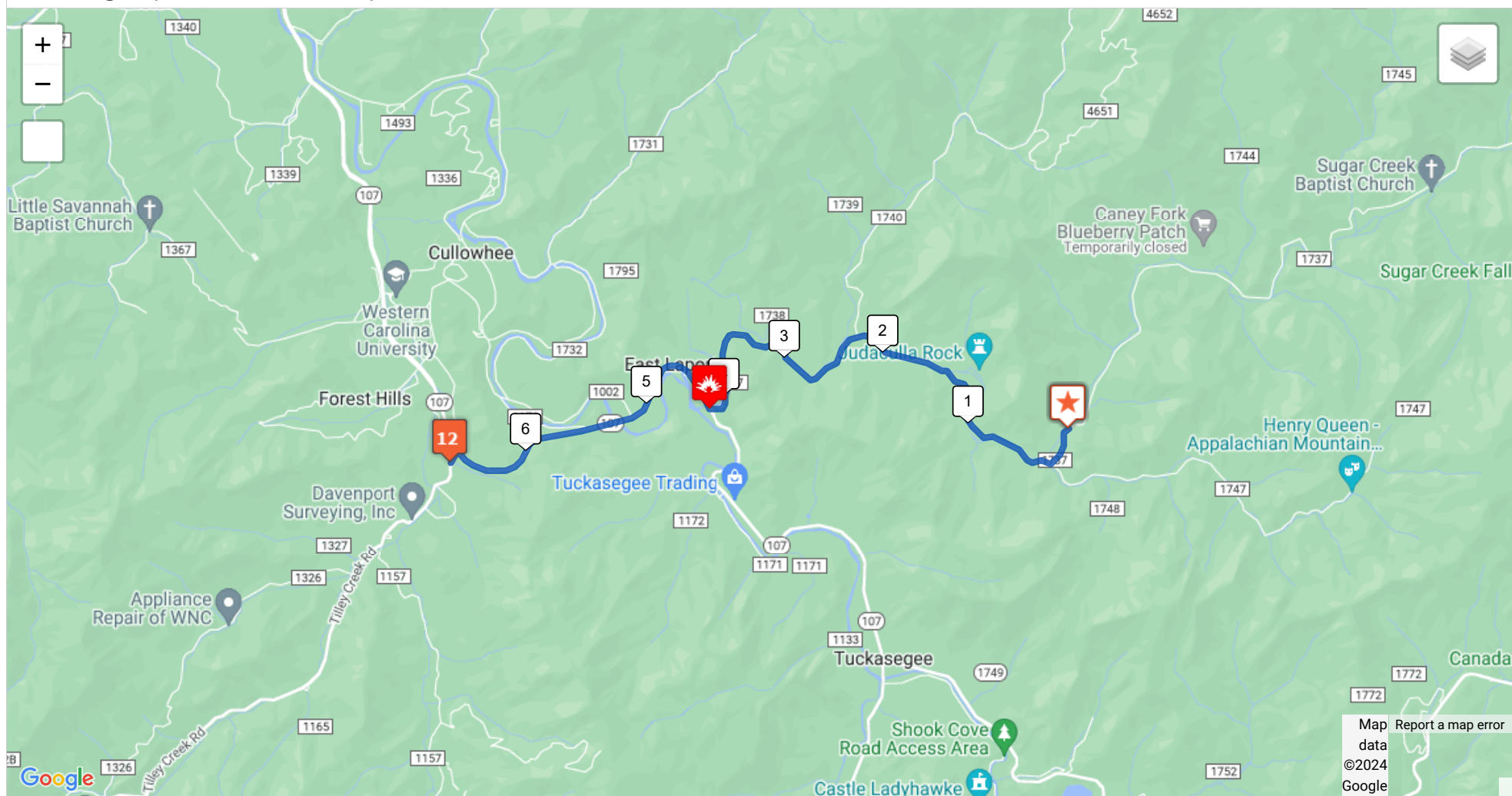
**End of Leg 10; Start of Leg 11**  
Sugar Creek Baptist Church  
35.321018, -83.050784

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



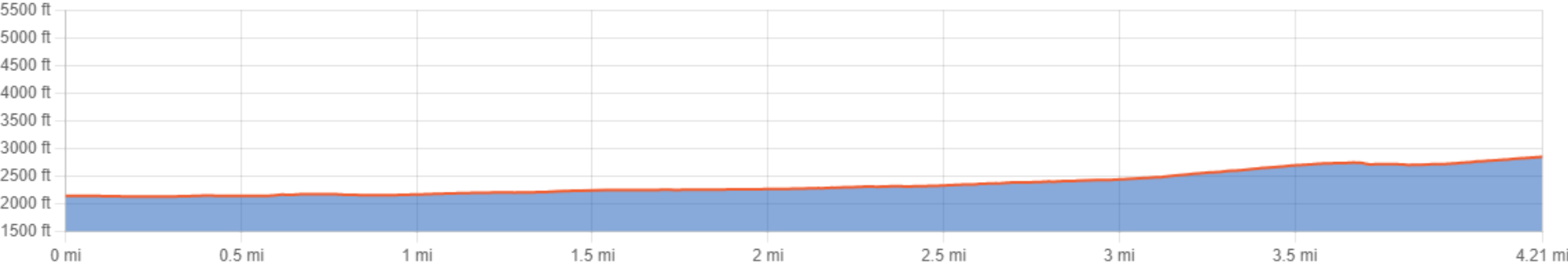
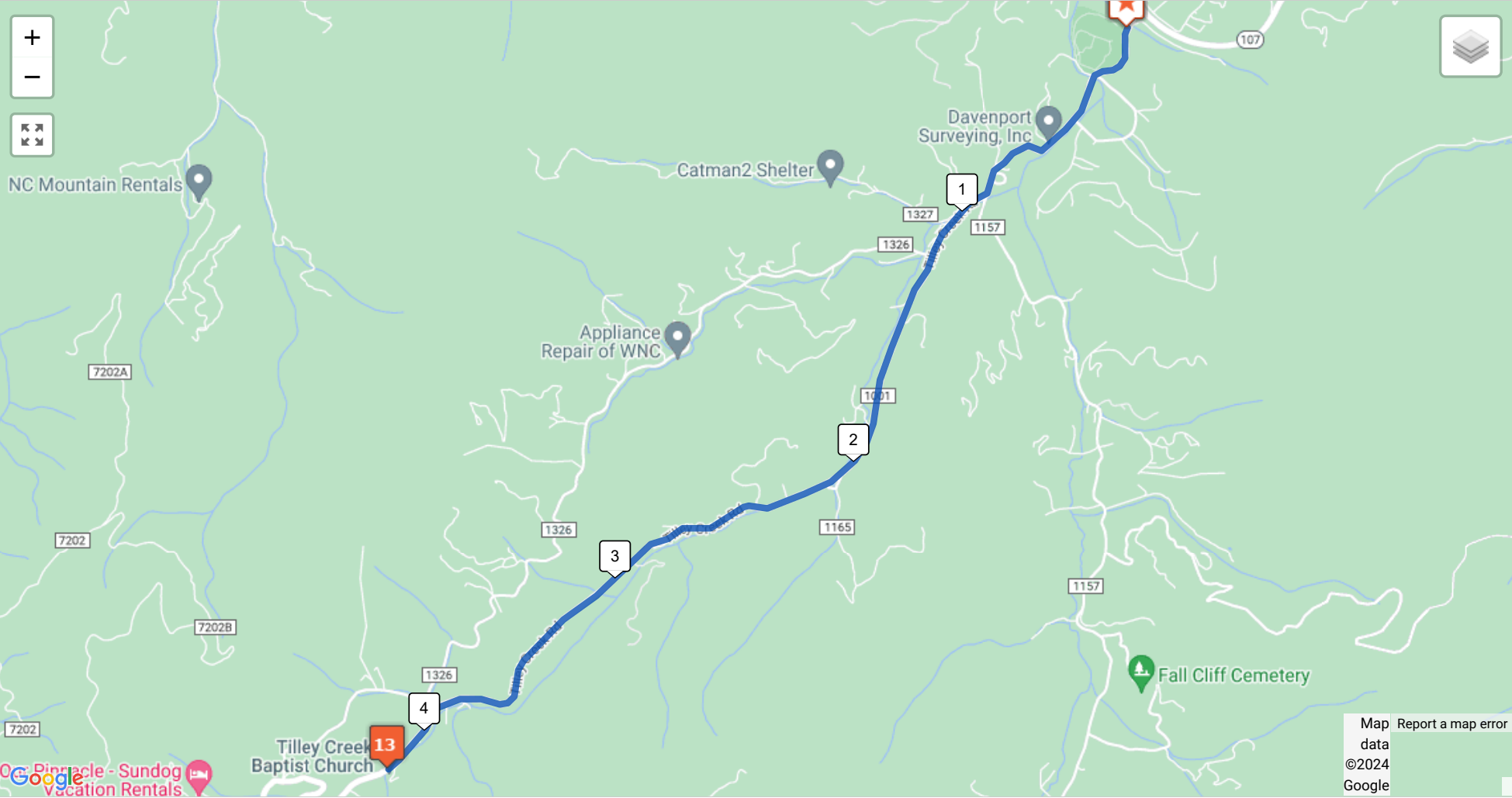
Search markers	Marker ID 
<div data-bbox="86 159 134 215"></div> <div data-bbox="149 151 424 180"><b>Exchange 10 / Start Leg 11</b></div> <div data-bbox="149 199 455 228"><b>End of Leg 10; Start of Leg 11</b></div> <div data-bbox="149 228 422 277">           Sugar Creek Baptist Church            35.321018, -83.050784         </div>	
<div data-bbox="86 321 134 378"></div> <div data-bbox="149 313 407 342"><b>Leg 11 - Van Instructions</b></div> <div data-bbox="149 362 371 391"><b>Follow runner's route</b></div> <div data-bbox="149 407 1480 488"> <p>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.</p> </div>	
<div data-bbox="86 540 134 597"></div> <div data-bbox="149 532 302 561"><b>Leg 11 - Safety</b></div> <div data-bbox="149 581 590 610"><b>RUNNERS: STAY ON LEFT SIDE OF ROAD</b></div> <div data-bbox="149 626 921 732"> <p>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</p> </div>	
<div data-bbox="86 784 134 841"></div> <div data-bbox="149 776 308 805"><b>Leg 11 - Details</b></div> <div data-bbox="149 824 581 854"><b>Gentle run through the Caney Fork Valley</b></div> <div data-bbox="149 854 462 959"> <i>Distance:</i> 4.5 miles  <i>Elevation Gain/Loss:</i> 60ft / 372ft  <i>Grade Max/Min:</i> 4.2% / -5.5%  <i>Paved/Unpaved:</i> 100% / 0%         </div> <div data-bbox="149 976 249 1005"><b>Cuesheet</b></div> <div data-bbox="149 1005 615 1057">           0.0 mi - Continue on Caney Fork Rd            4.5 mi - XC at West Cullowhee Fire Department         </div>	
<div data-bbox="86 1092 134 1149"></div> <div data-bbox="149 1084 426 1114"><b>Exchange 11 / Start Leg 12</b></div> <div data-bbox="149 1133 457 1162"><b>End of Leg 11; Start of Leg 12</b></div> <div data-bbox="149 1162 405 1214">           West Cullowhee Fire Dept            35.295000, -83.098321         </div>	
5 results	

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



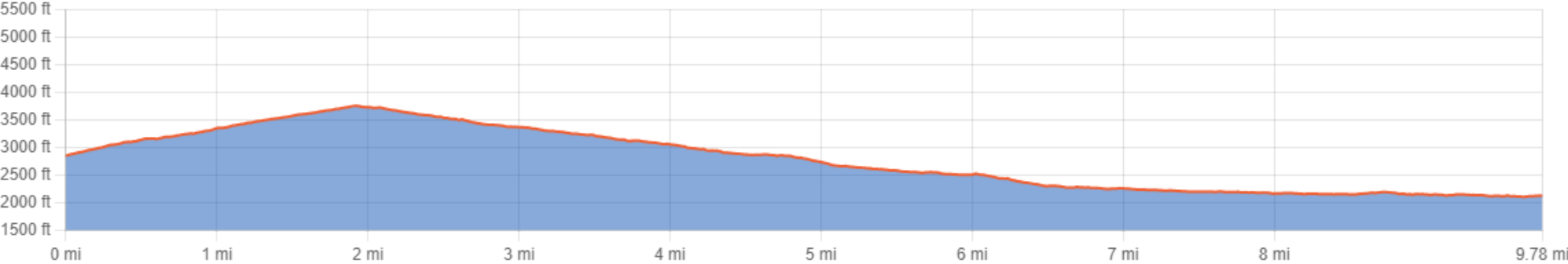
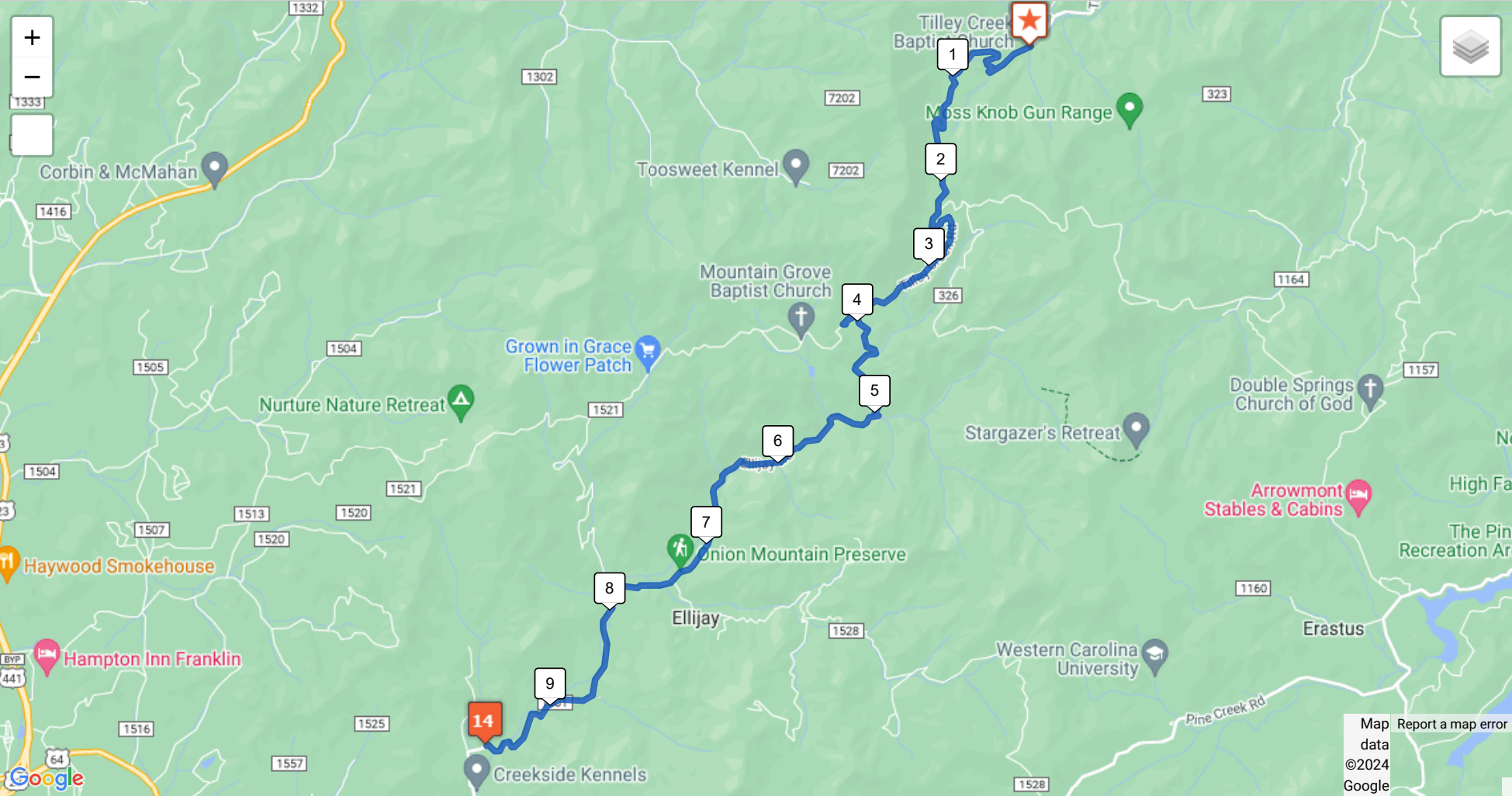
Search markers	Marker ID
<div> <div>11</div> <div> <b>Exchange 11 / Start Leg 12</b>  <b>End of Leg 11; Start of Leg 12</b>            West Cullowhee Fire Dept            35.295000, -83.098321         </div> </div>	
<div> <div> </div> <div> <b>Leg 12 - Van Instructions</b>  <b>Follow runner's route - CAUTION ON NC-107</b>            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         </div> </div>	
<div> <div> </div> <div> <b>Leg 12 - Safety</b>  <b>RUNNERS: STAY ON LEFT SIDE OF ROAD</b>            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).         </div> </div>	
<div> <div> </div> <div> <b>Leg 12 - Details</b>  <b>Country road through a beautiful valley (with aliens) and then a very busy state road</b>  <i>Distance:</i> 6.7 miles  <i>Elevation Gain/Loss:</i> 309ft / 467ft  <i>Grade Max/Min:</i> 5.8% / -6.9%  <i>Paved/Unpaved:</i> 100% / 0%  <b>Cuesheet</b>            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         </div> </div>	
<div> <div> </div> <div> <b>Leg 12 - EXTREME CAUTION</b>  <b>BE ALERT WHEN CROSSING OVER TO THE LEFT SIDE OF NC-107</b> </div> </div>	
<div> <div> <div>12</div> </div> <div> <b>Exchange 12 / Start Leg 13</b>  <b>End of Leg 12; Start of Leg 13</b>            Jackson County Recreation Complex            35.291370, -83.179130         </div> </div>	
6 results	


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



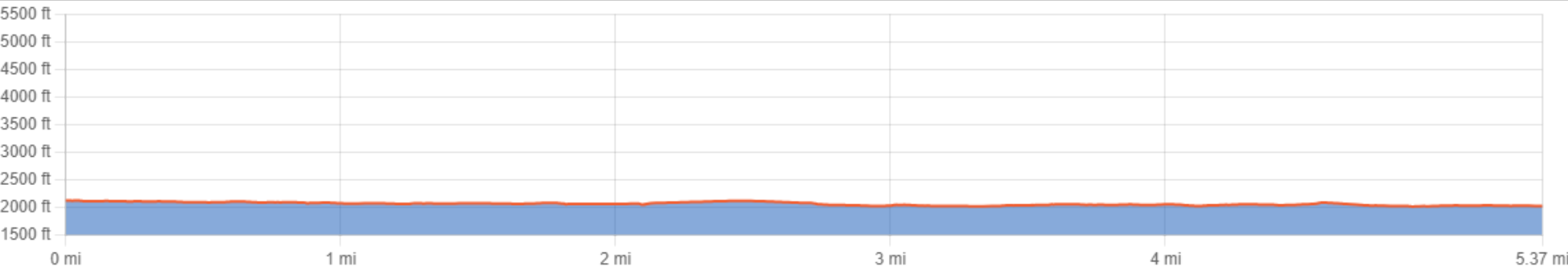
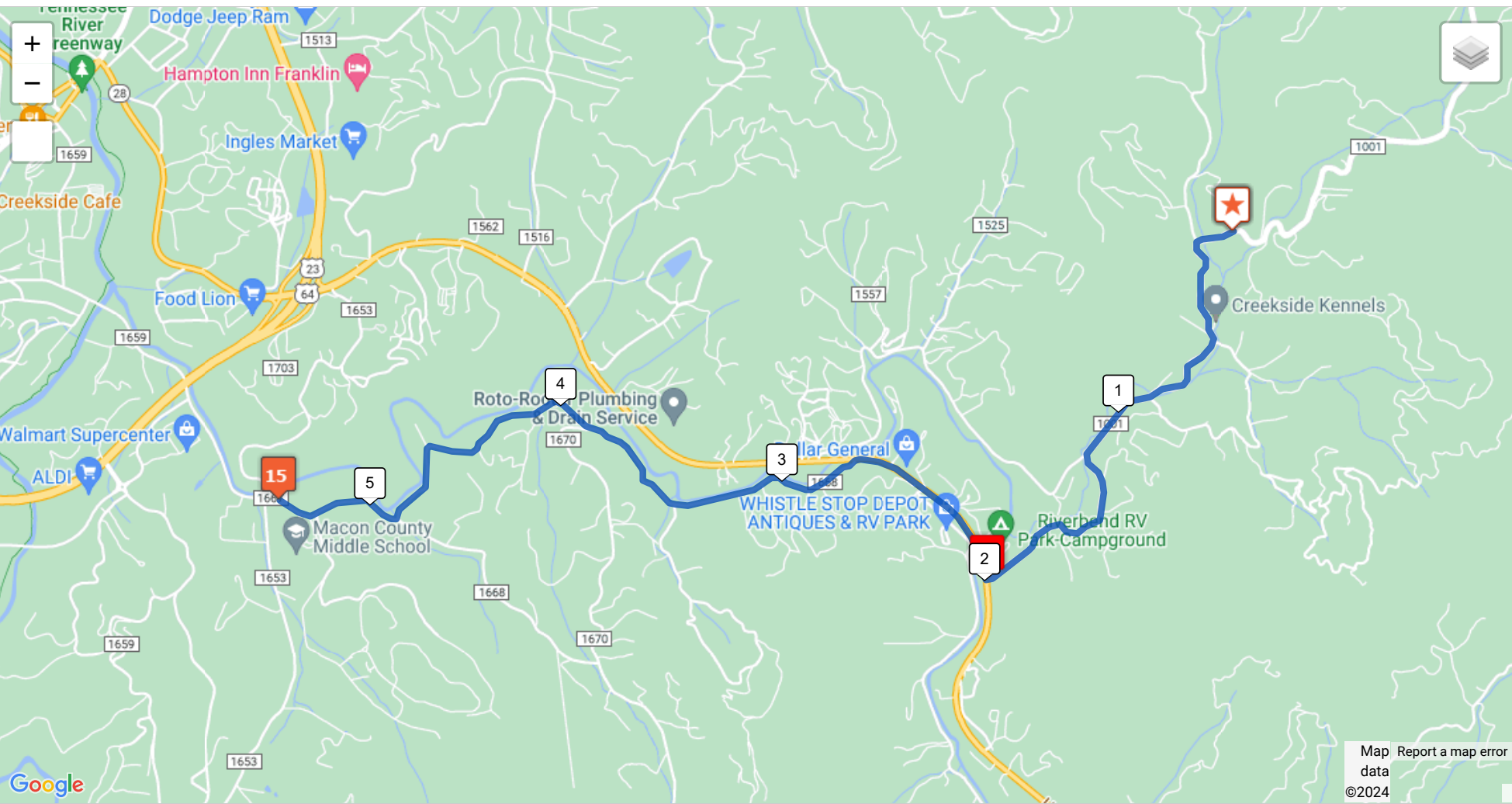
<input type="text" value="Search markers"/>	<input type="text" value="Marker ID"/>
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SMR - Leg 14 (9.8 mi +988 ft / -1727 ft) - EXTREME



Search markers	Marker ID 
<div data-bbox="86 159 132 215"></div> <div data-bbox="147 151 426 180">Exchange 13 / Start Leg 14</div> <div data-bbox="147 199 457 228">End of Leg 13; Start of Leg 14</div> <div data-bbox="147 228 413 258">Tilley Creek Baptist Church</div> <div data-bbox="147 258 373 287">35.252160, -83.227010</div>	
<div data-bbox="86 321 132 378"></div> <div data-bbox="147 313 407 342">Leg 14 - Van Instructions</div> <div data-bbox="147 362 371 391">Follow runner's route</div> <div data-bbox="159 407 1377 459"> <p>If pulling over to give runners water, make sure you are well to the side of the road and not blocking local traffic.</p> <p>Exchange Parking - Turn Right into the Higdonville Church parking lot loop around the church and park behind the Exchange.</p> </div>	
<div data-bbox="86 516 132 573"></div> <div data-bbox="147 508 302 537">Leg 14 - Safety</div> <div data-bbox="147 557 590 586">RUNNERS: STAY ON LEFT SIDE OF ROAD</div> <div data-bbox="159 602 989 706"> <p>PAY ATTENTION: Be aware that it is Friday night and some drivers could be drinking.</p> <p>If it is after 7pm, please use a reflective vest and headlamp or flashlight.</p> <p>This road is narrow with little or no shoulder so be alert for vehicles.</p> <p>No or spotty Cellular Service</p> </div>	
<div data-bbox="86 768 132 824"></div> <div data-bbox="147 760 308 789">Leg 14 - Details</div> <div data-bbox="147 805 680 834">Rural country roads with farms and horse property</div> <div data-bbox="147 834 487 933"> <p><i>Distance:</i> 9.8 miles</p> <p><i>Elevation Gain/Loss:</i> 988ft / 1727ft</p> <p><i>Grade Max/Min:</i> 13.6% / -13.0%</p> <p><i>Paved/Unpaved:</i> 100% / 0%</p> </div> <div data-bbox="147 950 249 979">Cuesheet</div> <div data-bbox="147 979 774 1105"> <p>0.0 mi - Exit the parking lot and Turn Left onto Tilley Creek Road</p> <p>1.2 mi - Stay to the right, and continue on Elijay Rd</p> <p>3.8 mi - Stay to the left, and continue on Elijay Rd</p> <p>5.1 mi - Stay to the right, and continue on Elijay Rd</p> <p>9.8 mi - XC at Higdonville Baptist Church. Cross road cautiously.</p> </div>	
<div data-bbox="86 1149 132 1206"></div> <div data-bbox="147 1141 426 1170">Exchange 14 / Start Leg 15</div> <div data-bbox="147 1190 457 1219">End of Leg 14; Start of Leg 15</div> <div data-bbox="147 1219 405 1248">Higdonville Baptist Church</div> <div data-bbox="147 1248 373 1278">35.178190, -83.297530</div>	
5 results	

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



Search markers

Marker ID



14

#### 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

15

#### Exchange 15 / Start Leg 16

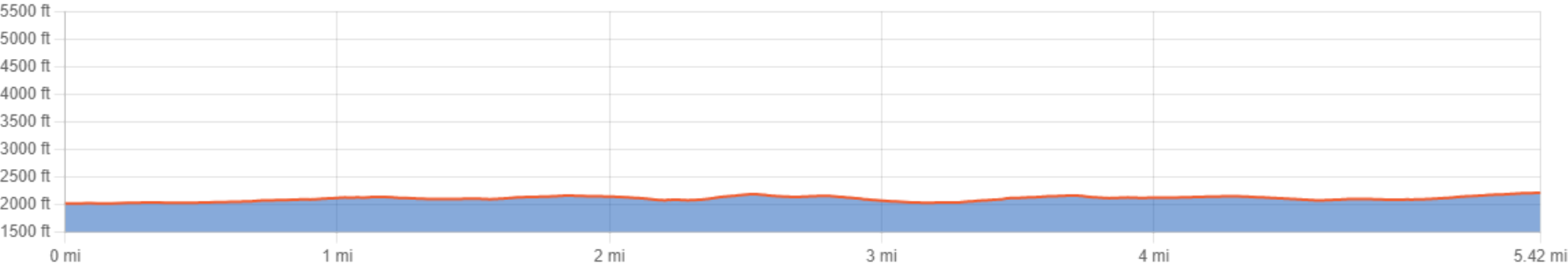
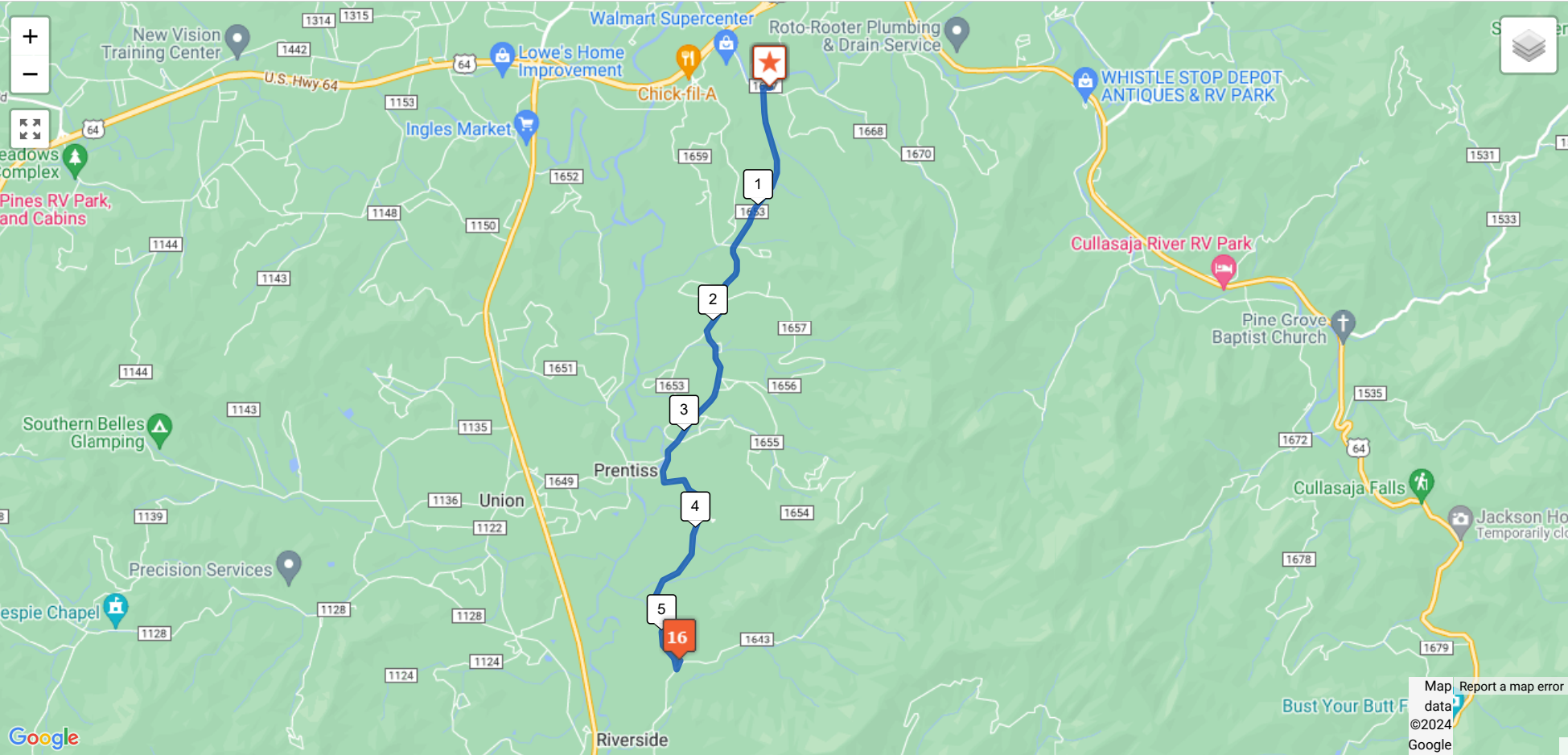
##### End of Leg 15; Start of Leg 16

Wells Grove Baptist Church

35.163950, -83.359360

6 results

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



▼

**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.

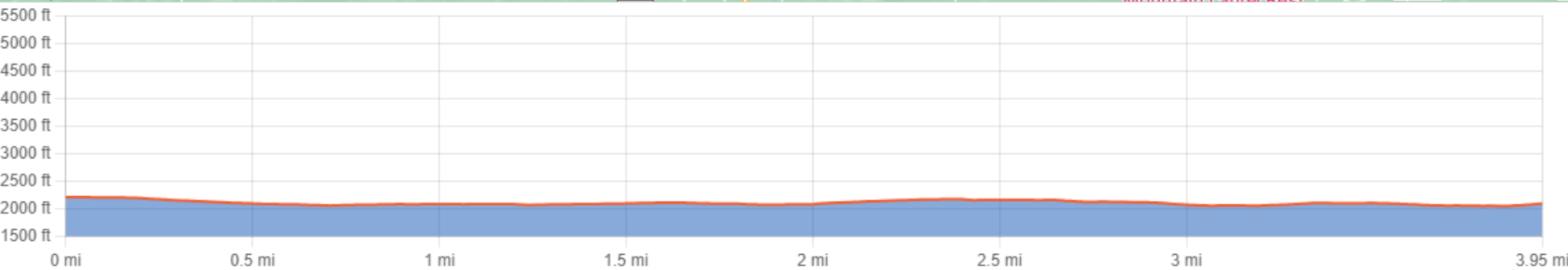
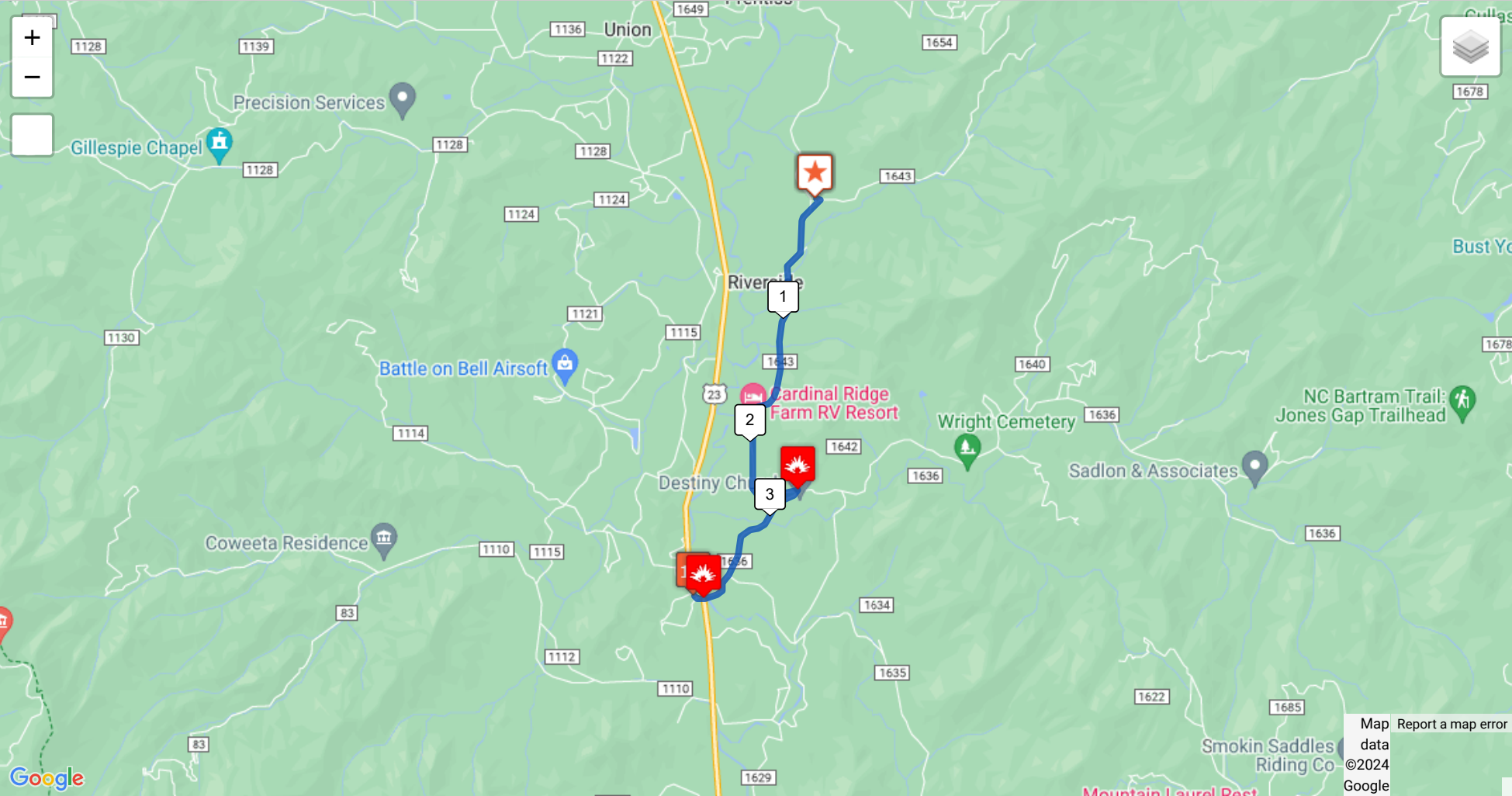


**Exchange 16 / Start Leg 17**

**End of Leg 16; Start of Leg 17**

Hickory Knoll Methodist Church  
35.099759, -83.371696

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



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**

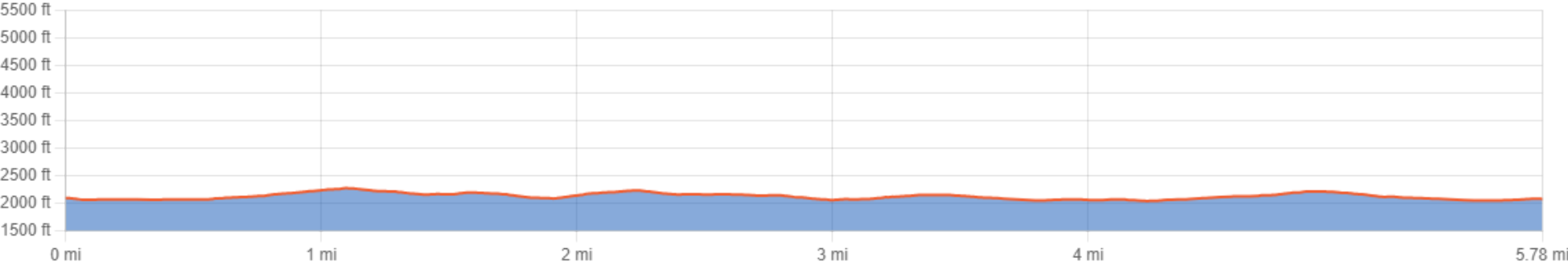
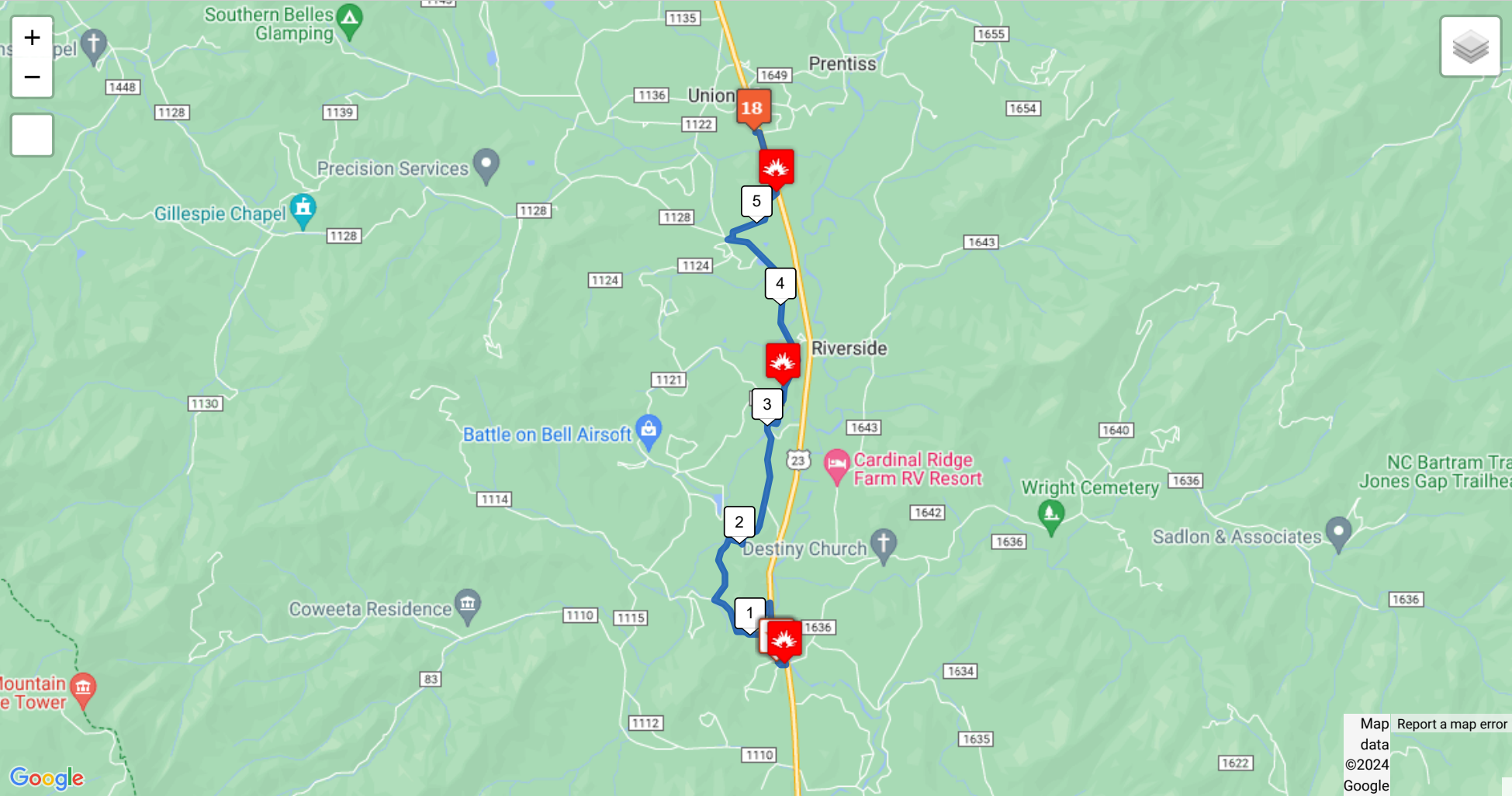
17

**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



17

### 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 visible 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.**

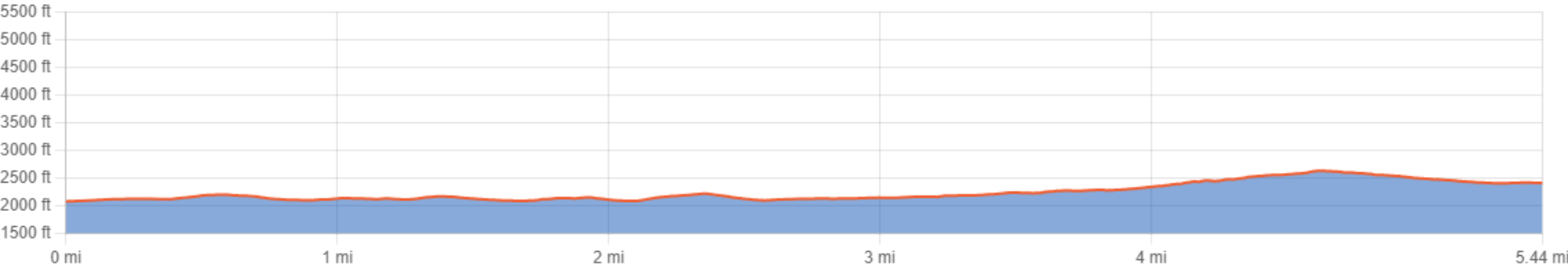
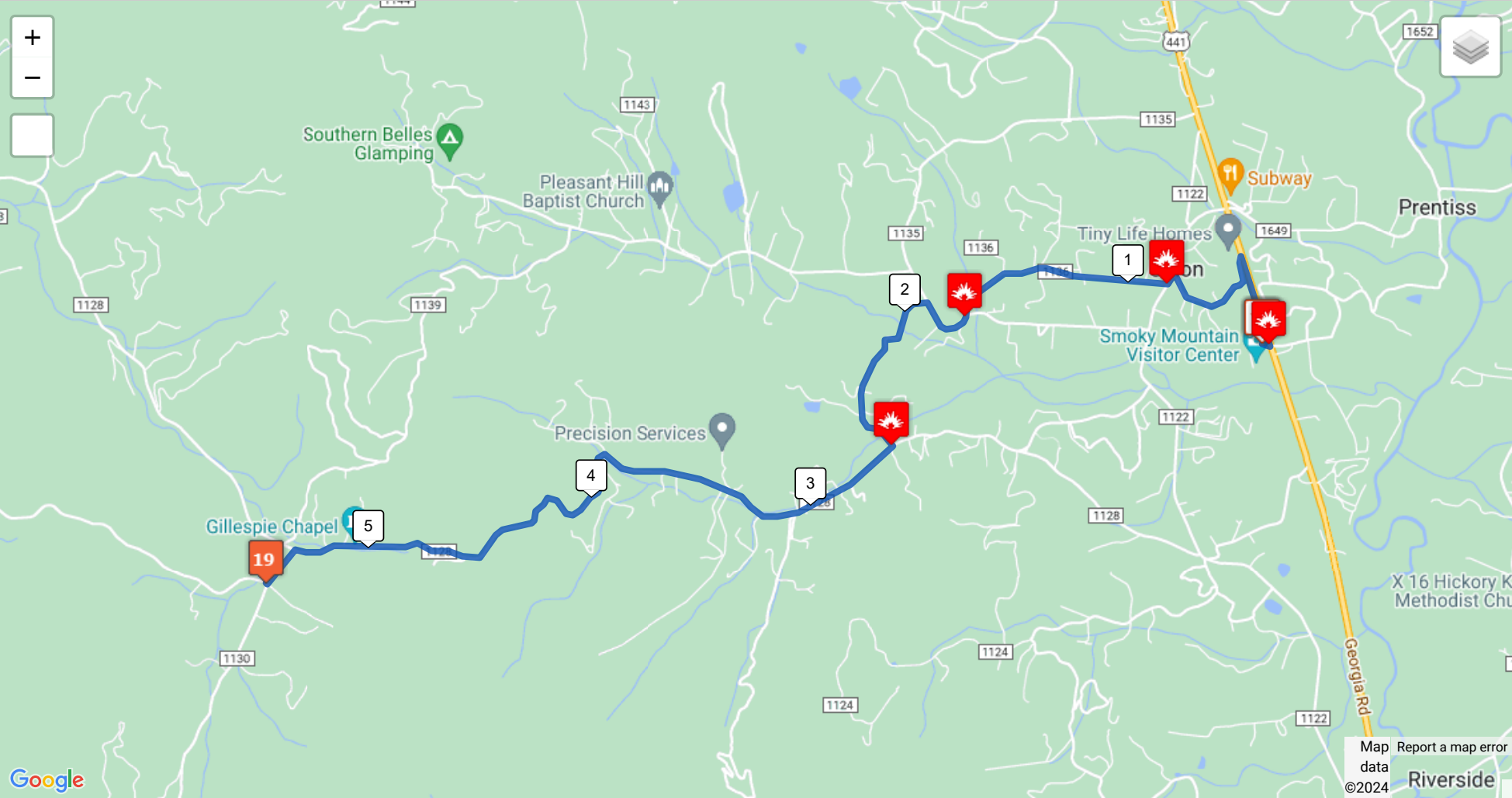


**Exchange 18 / Start Leg 19**

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

8 results

SMR - Leg 19 (5.4 miles - +896 ft / -568 ft) - CHALLENGING



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 - Intersection Jones Creek Rd and Allison Watts Rd. Parking is tight here and it will be dark. 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 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

**Leg 19 - Details****State Road through a rural country setting with rolling hills, a steady climb and a nice descent to the XC**

*Distance:* 5.4 miles

*Elevation Gain/Loss:* 896ft / 5681ft

*Grade Max/Min:* 11.7% / -11.6%

*Paved/Unpaved:* 100% / 0%

**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.

1.9 mi - Turn LEFT onto Stamey Mountain Rd

2.6 mi - Turn RIGHT onto South Skeenah Rd and begin climbing. 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.

3.8 mi - South Skeenah Rd becomes North Jones Creek Rd near the intersection with Hodgins Rd.

4.6 mi - Peak at Skeenah Gap and begin descent

5.3 mi - Turn LEFT onto Jones Creek Rd

5.4 mi - XC is at the intersection Jones Creek Rd and Allison Watts Rd



**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.**



**Leg 19 - EXTREME CAUTION**

**BE ALERT WHEN CROSSING OVER SOUTH SKEENAH RD TO RUN ON LEFT.**



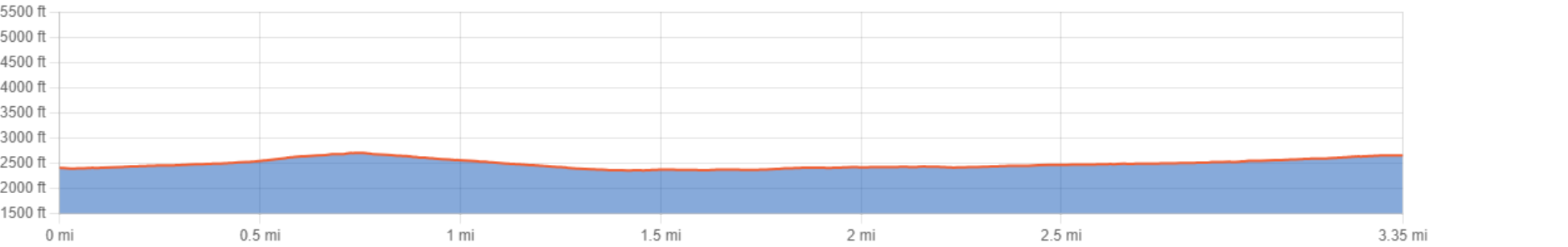
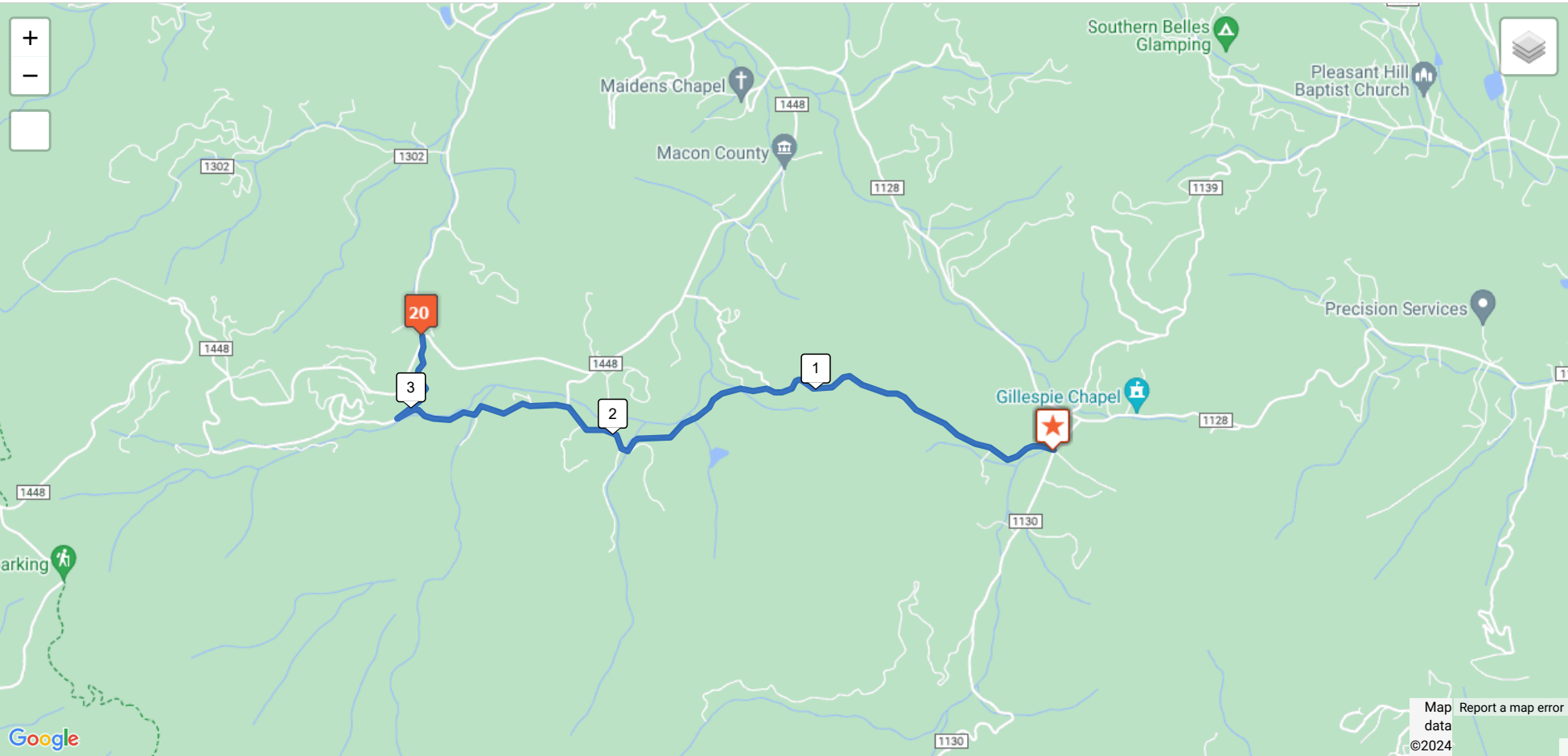
**Exchange 19 / Start Leg 20**

**End of Leg 19; Start of Leg 20**


Intersection Jones Creek Rd and Allison Watts Rd  
35.101242, -83.454766

9 results

SMR - Leg 20 (3.4 mi +586 ft / -335 ft) - MODERATE





 **Exchange 19 / Start Leg 20**

**End of Leg 19; Start of Leg 20**  
Intersection Jones Creek Rd and Allison Watts Rd

35.101242, -83.454766



**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 of Dills Creek Rd, West Old Murphy Rd, and West Dills Creek 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**

**Rollercoaster hills to flat countryside in the dark through a small farm community**

*Distance:* 3.4 miles  
*Elevation Gain/Loss:* 586ft / 335ft  
*Grade Max/Min:* 15.3% / -11.0%  
*Paved/Unpaved:* 100% / 0%

**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 - XC is up on the left at the intersection of Dills Creek Rd, West Old Murphy Rd, and West Dills Creek Rd

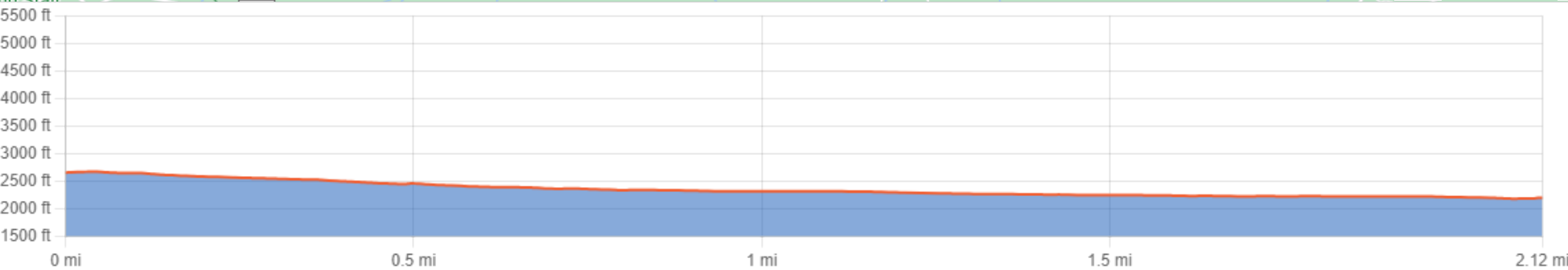
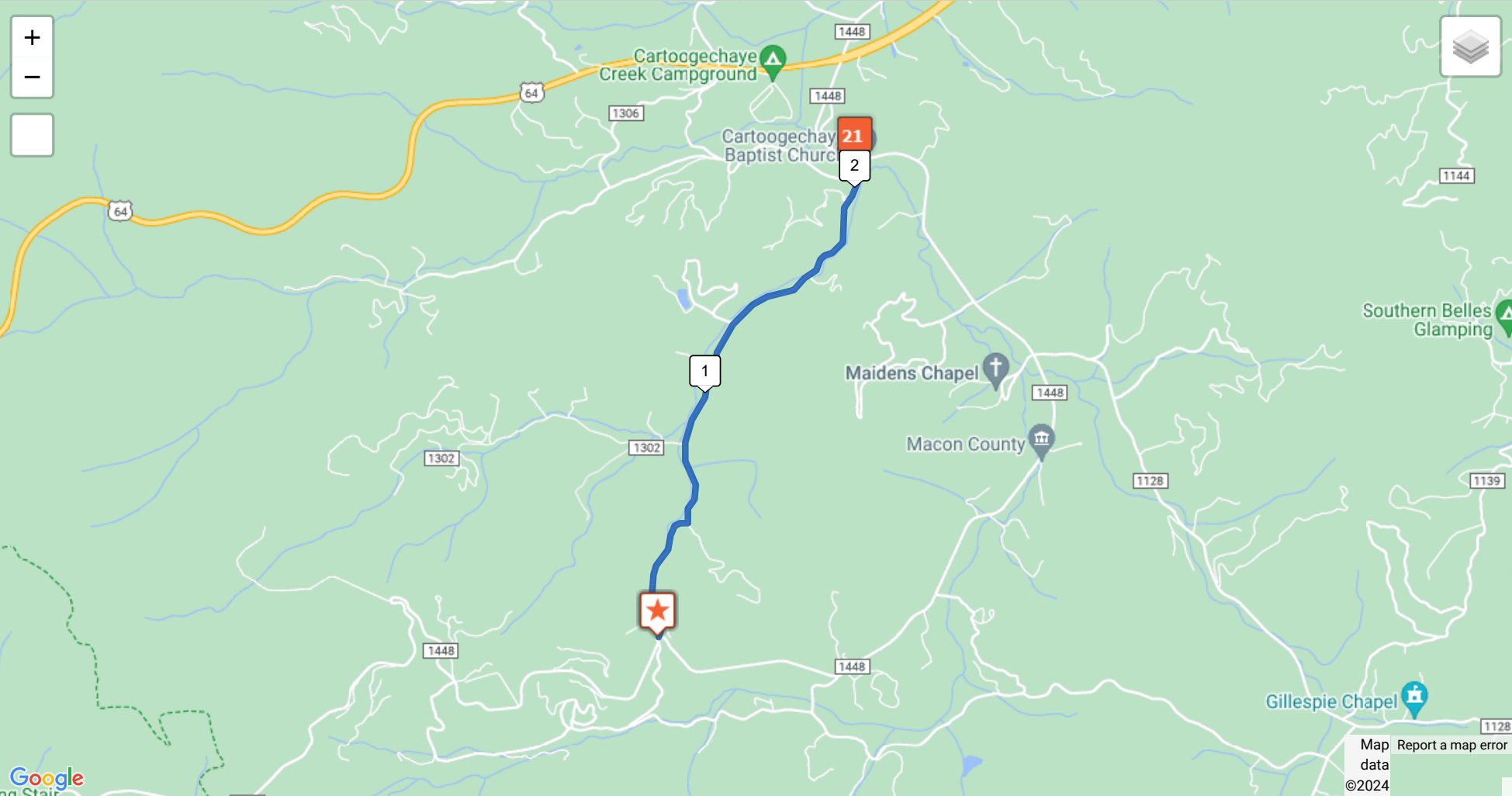



**Exchange 20 / Start Leg 21**

**End of Leg 20; Start of Leg 21**

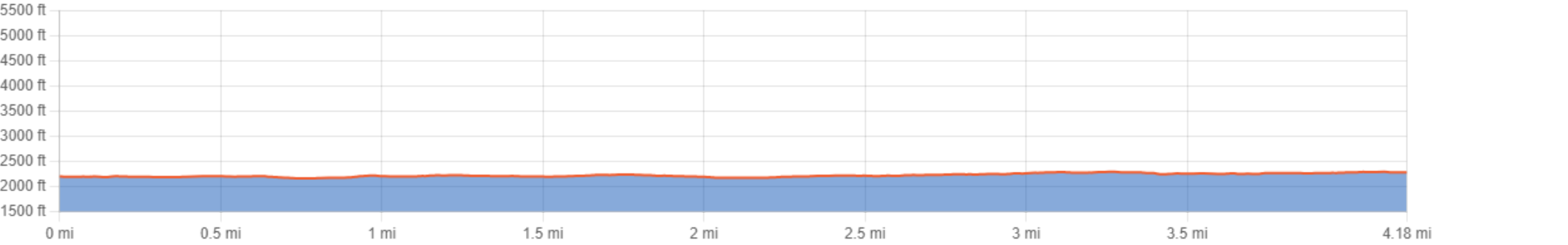
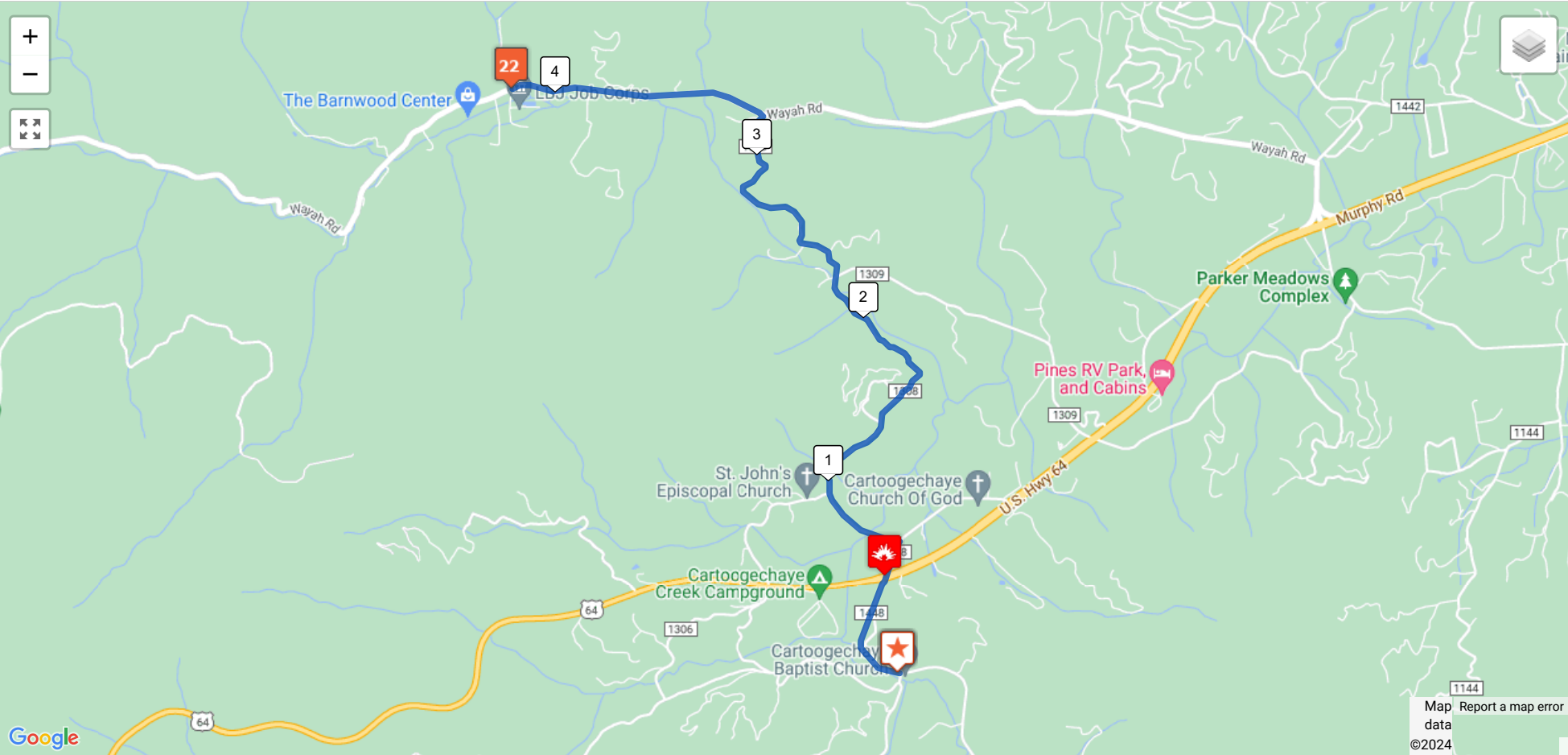
Int. Dills Creek Rd, West Old Murphy Rd, and West Dills Creek Rd  
35.107679, -83.497953

SMR - Leg 21 (2.1 mi +10 ft / -479 ft) - EASY



Search markers	Marker ID 
<div data-bbox="86 159 134 212"></div> <div data-bbox="149 151 426 180"><b>Exchange 20 / Start Leg 21</b></div> <div data-bbox="149 199 457 228"><b>End of Leg 20; Start of Leg 21</b></div> <div data-bbox="149 228 793 277">           Int. Dills Creek Rd, West Old Murphy Rd, and West Dills Creek Rd            35.107679, -83.497953         </div>	
<div data-bbox="86 321 134 375"></div> <div data-bbox="149 313 407 342"><b>Leg 21 - Van Instructions</b></div> <div data-bbox="149 362 371 391"><b>Follow runner's route</b></div> <div data-bbox="159 407 1243 456">           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.         </div>	
<div data-bbox="86 516 134 570"></div> <div data-bbox="149 508 302 537"><b>Leg 21 - Safety</b></div> <div data-bbox="149 557 590 586"><b>RUNNERS: STAY ON LEFT SIDE OF ROAD</b></div> <div data-bbox="159 602 1169 732">           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         </div>	
<div data-bbox="86 792 134 846"></div> <div data-bbox="149 784 308 813"><b>Leg 21 - Details</b></div> <div data-bbox="149 833 699 862"><b>A downhill stroll through a small farming community</b></div> <div data-bbox="149 862 468 959"> <i>Distance:</i> 2.1 miles  <i>Elevation Gain/Loss:</i> 10ft / 479ft  <i>Grade Max/Min:</i> 1.1% / -11.6%  <i>Paved/Unpaved:</i> 50% / 50%         </div> <div data-bbox="149 979 247 1008"><b>Cuesheet</b></div> <div data-bbox="149 1008 1295 1057">           0.0 mi - Continue on W Dill Creek Road (SR 1448)            2.1 mi - XC is up on the left at the Cartoogechaye Baptist Church parking lot at the intersection with W Old Murphy Rd         </div>	
<div data-bbox="86 1101 134 1154"></div> <div data-bbox="149 1092 426 1122"><b>Exchange 21 / Start Leg 22</b></div> <div data-bbox="149 1141 457 1170"><b>End of Leg 21; Start of Leg 22</b></div> <div data-bbox="149 1170 447 1219">           Cartoogechaye Baptist Church            35.132948, -83.485155         </div>	
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!**



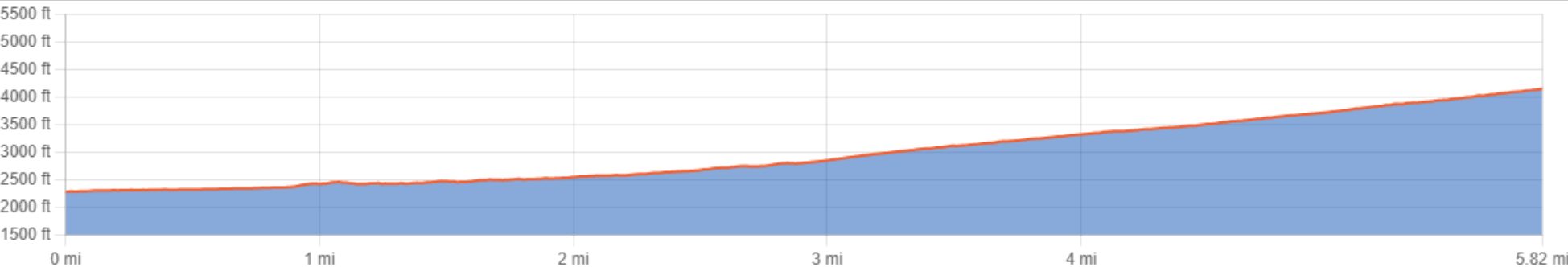
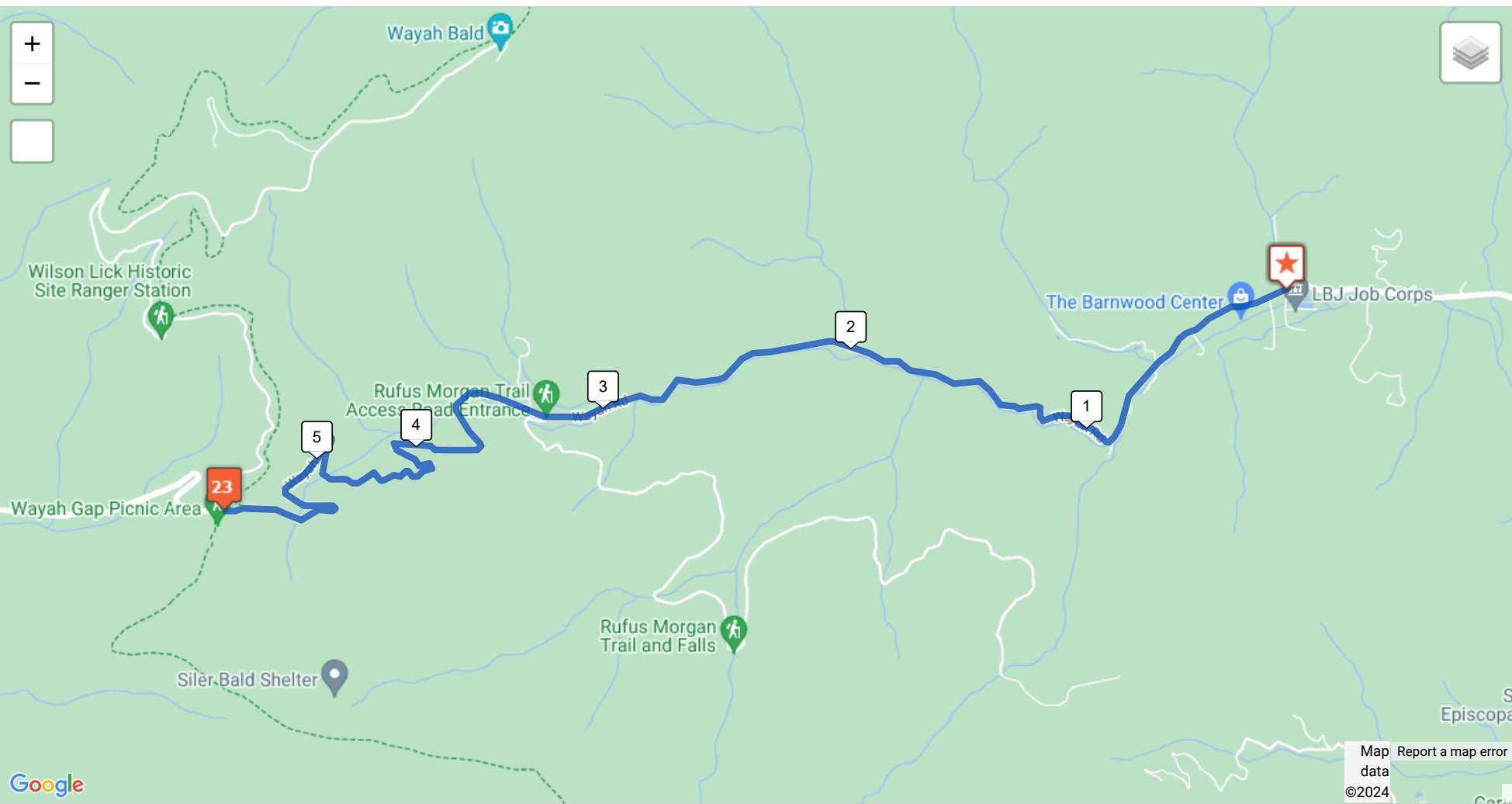
### Exchange 22 / Start Leg 23


#### End of Leg 22; Start of Leg 23

LBJ Job Corps, Franklin  
35.165688, -83.511637

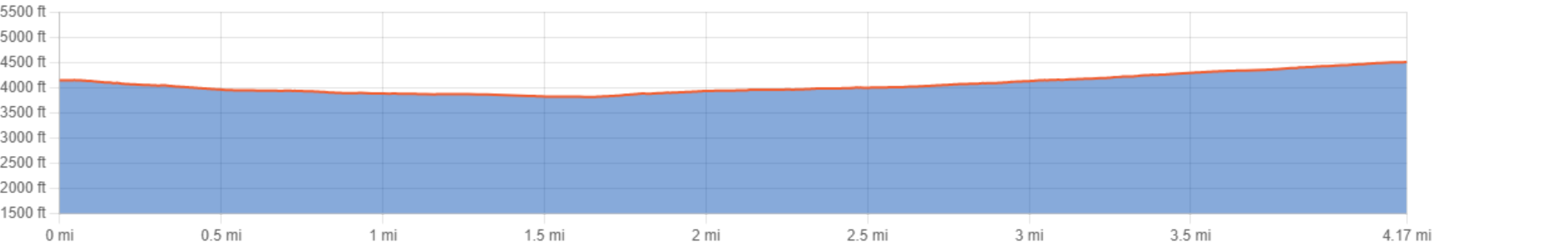
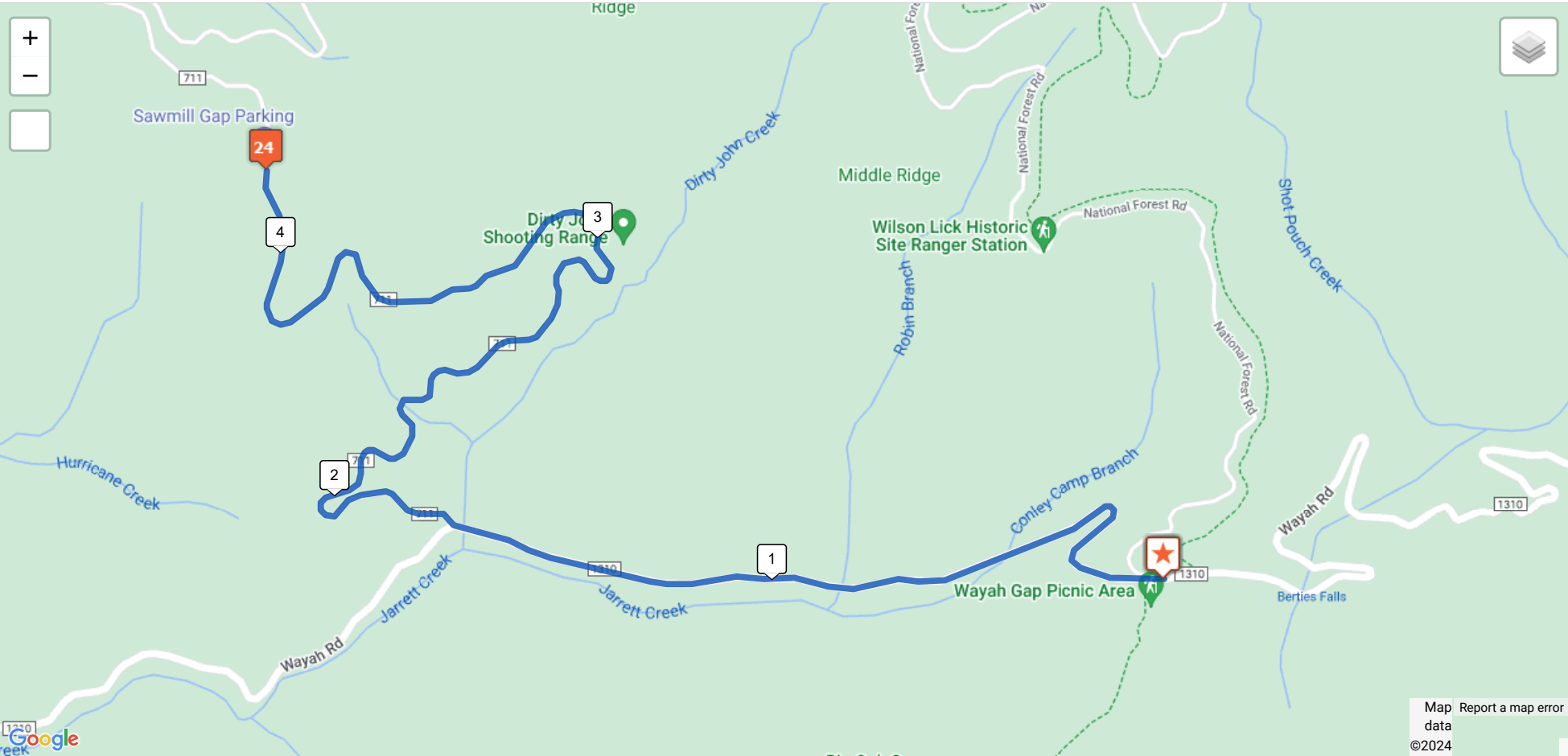
6 results

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



Search markers	Marker ID 
<div data-bbox="86 151 134 215"></div> <div data-bbox="144 151 426 178"><b>Exchange 22 / Start Leg 23</b></div> <div data-bbox="144 199 457 227"><b>End of Leg 22; Start of Leg 23</b></div> <div data-bbox="144 227 382 276">LBJ Job Corps, Franklin 35.165688, -83.511637</div>	
<div data-bbox="86 313 134 378"></div> <div data-bbox="144 313 407 341"><b>Leg 23 - Van Instructions</b></div> <div data-bbox="144 362 371 386"><b>Follow runner's route</b></div> <div data-bbox="157 407 1295 456">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.</div>	
<div data-bbox="86 508 134 573"></div> <div data-bbox="144 508 302 535"><b>Leg 23 - Safety</b></div> <div data-bbox="144 557 590 581"><b>RUNNERS: STAY ON LEFT SIDE OF ROAD</b></div> <div data-bbox="157 602 1169 729">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</div>	
<div data-bbox="86 776 134 841"></div> <div data-bbox="144 776 308 803"><b>Leg 23 - Details</b></div> <div data-bbox="144 824 812 852"><b>A crazy fun road for driving, riding and running - a steady climb</b></div> <div data-bbox="144 852 474 954"><i>Distance:</i> 5.8 miles <i>Elevation Gain/Loss:</i> 1874ft / 26ft <i>Grade Max/Min:</i> 11.8% / -4.8% <i>Paved/Unpaved:</i> 100% / 0%</div> <div data-bbox="144 976 249 1000"><b>Cuesheet</b></div> <div data-bbox="144 1000 972 1049">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</div>	
<div data-bbox="86 1084 134 1149"></div> <div data-bbox="144 1084 426 1112"><b>Exchange 23 / Start Leg 24</b></div> <div data-bbox="144 1133 457 1161"><b>End of Leg 23; Start of Leg 24</b></div> <div data-bbox="144 1161 516 1209">Wayah Rd, Appalachian Trail crossing 35.153920, -83.580470</div>	
5 results	

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



▼

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

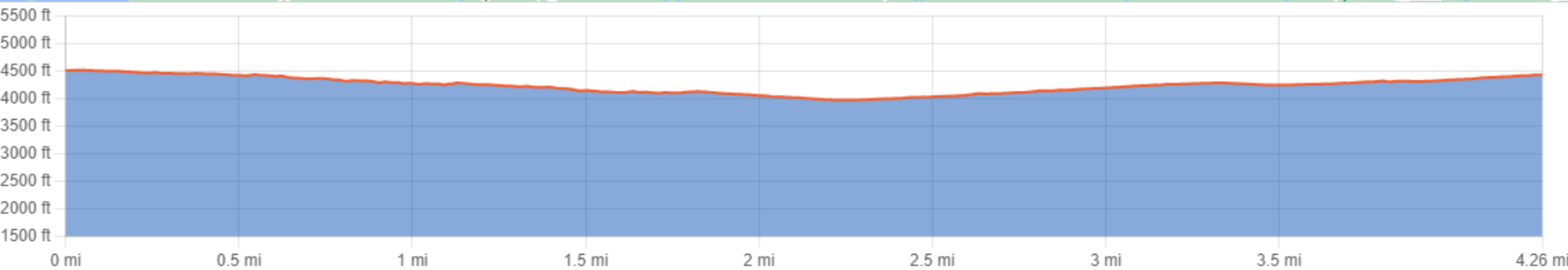
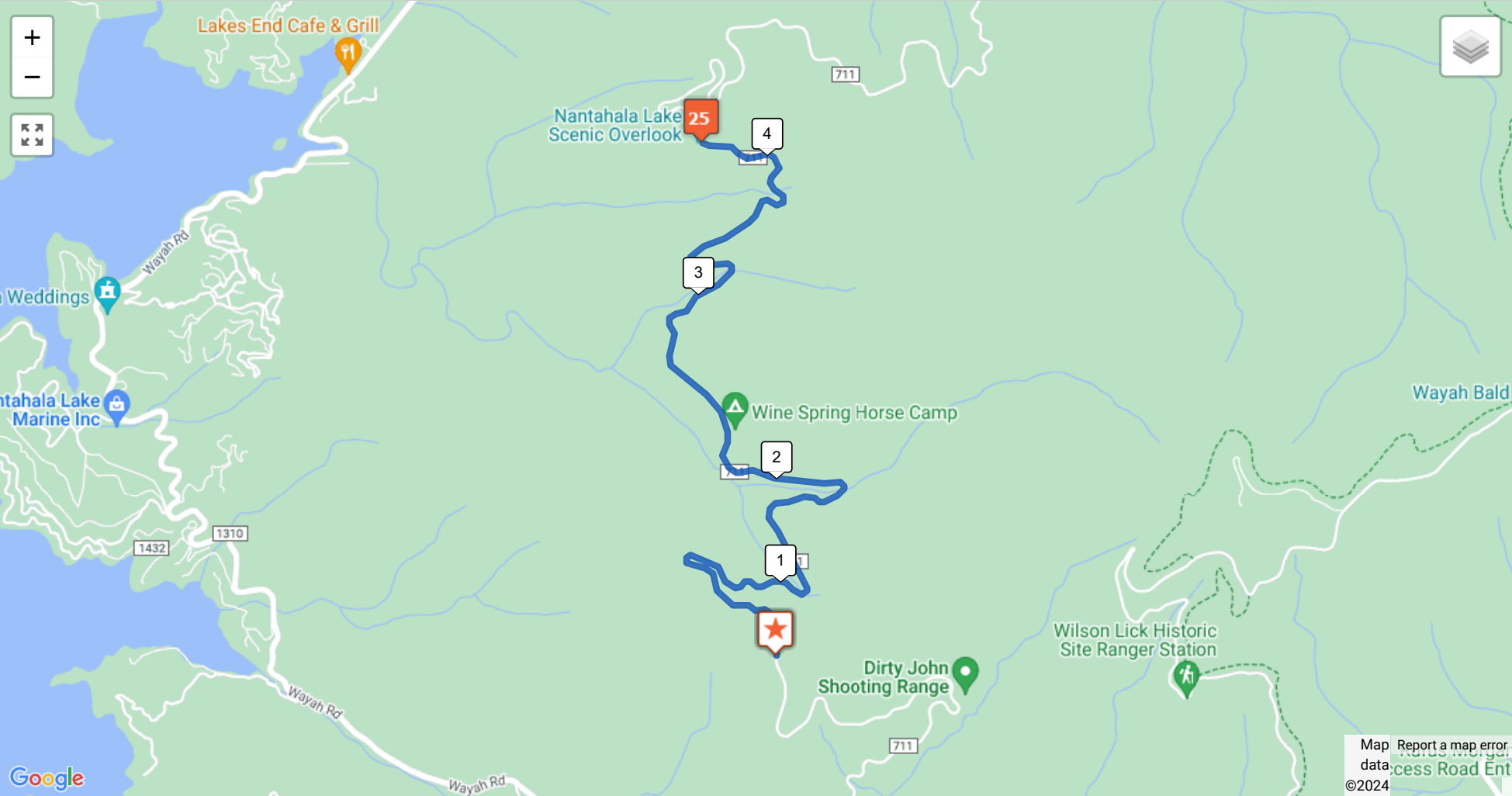


**Exchange 24 / Start Leg 25**

**End of Leg 24; Start of Leg 25**

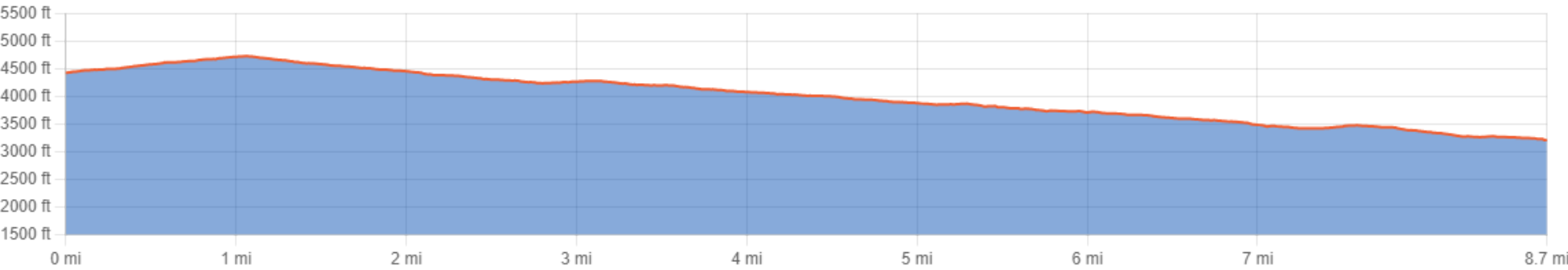
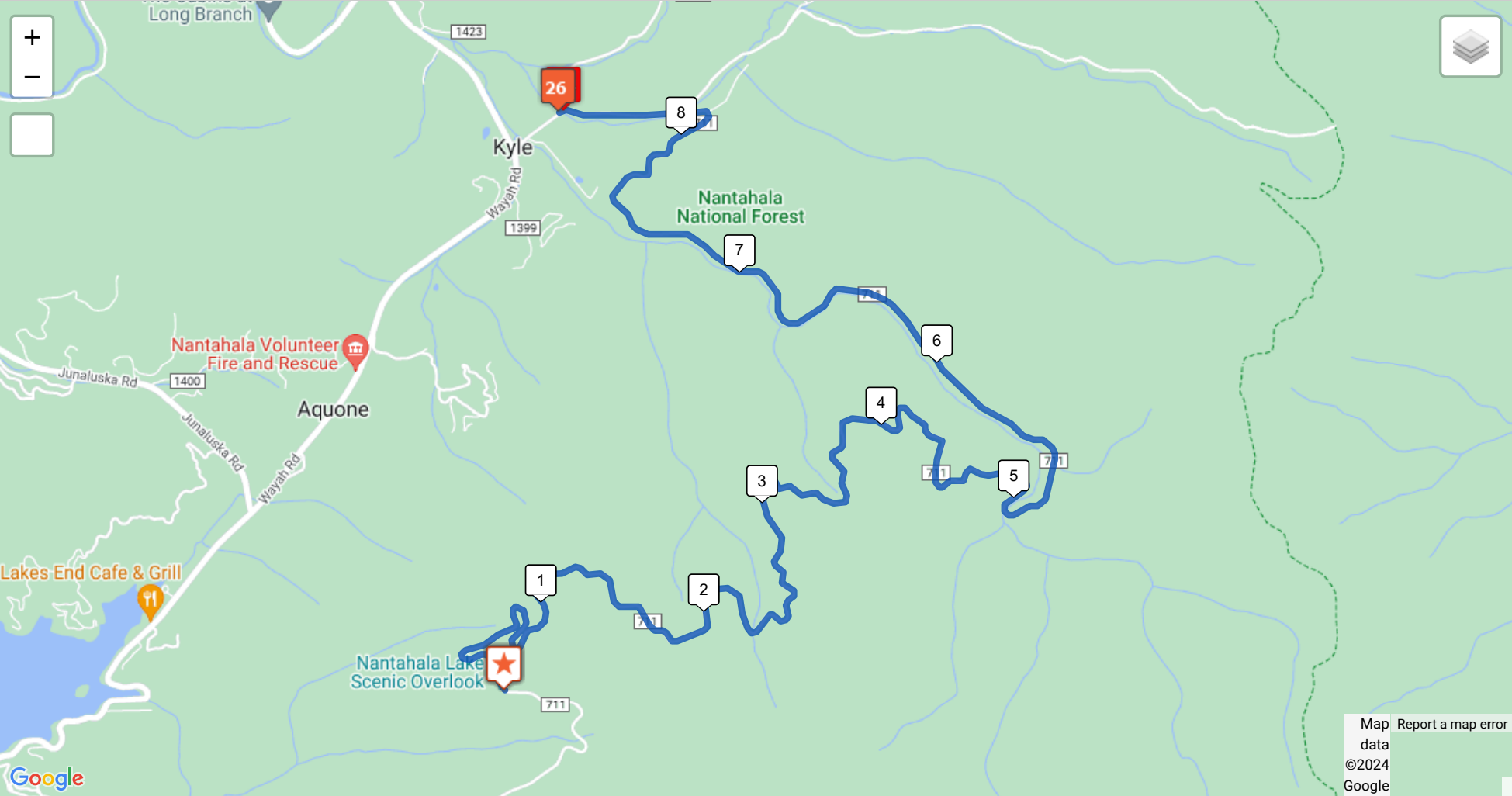
Sawmill Gap on Wayah Rd (2 mi south of Wine Springs Equestrian Camp)  
35.165350, -83.611210

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



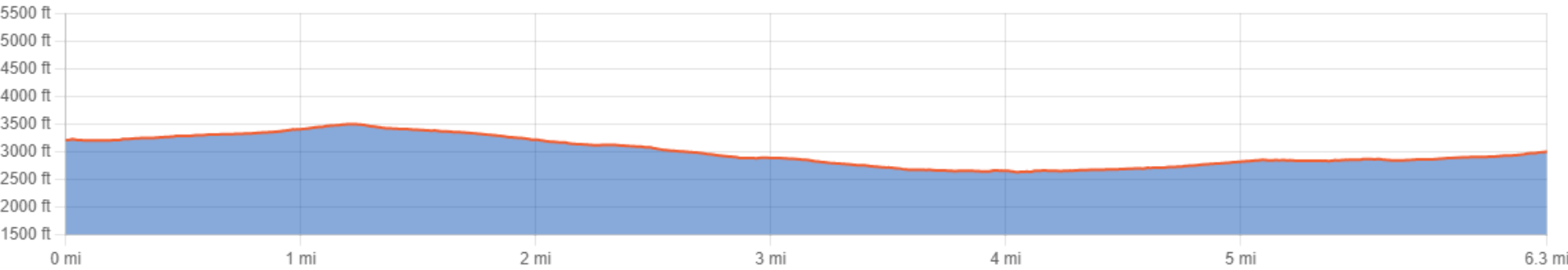
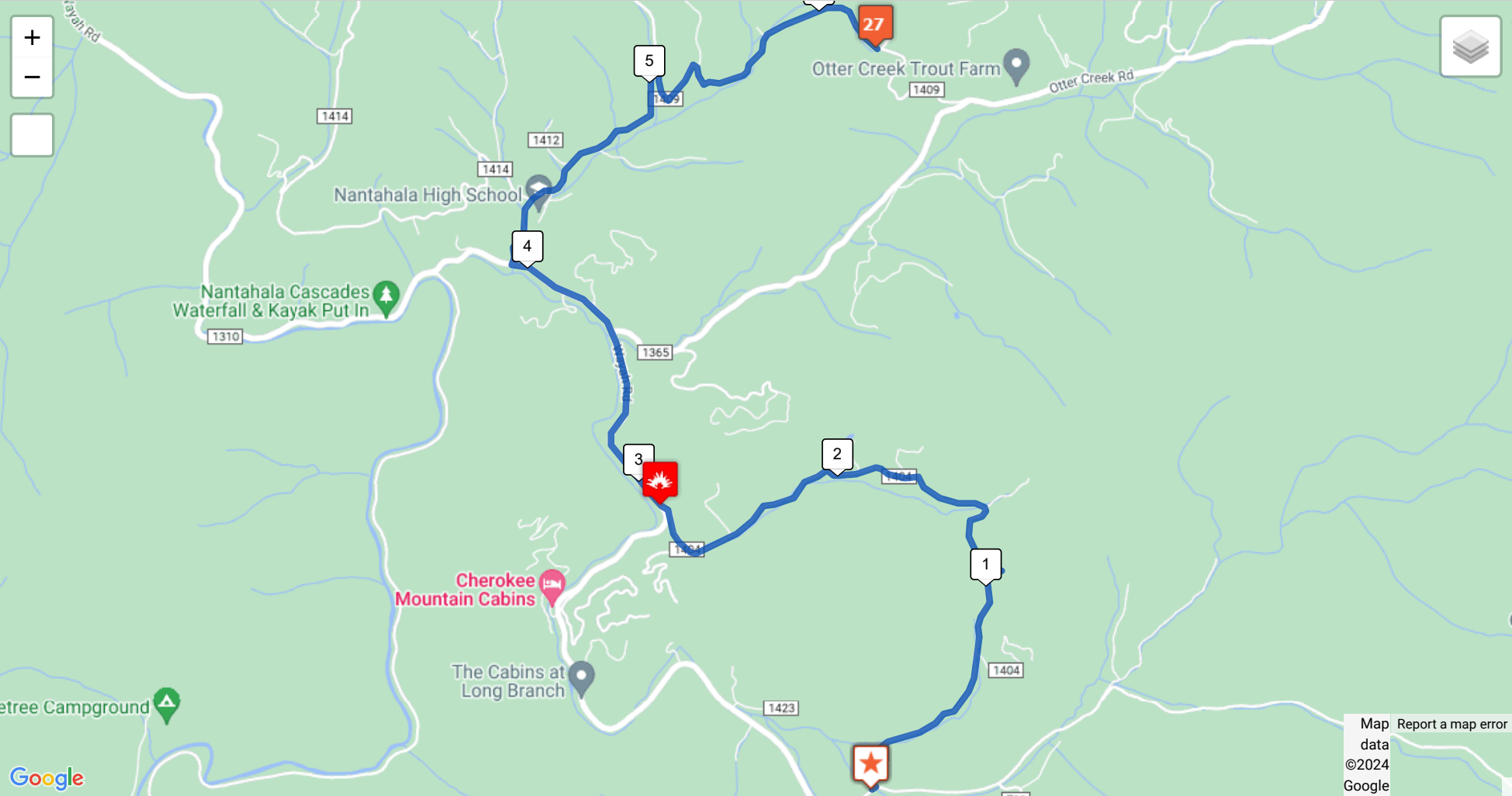
Search markers	Marker ID
<div> <div>24</div> <div> <b>Exchange 24 / Start Leg 25</b>  <b>End of Leg 24; Start of Leg 25</b>  Sawmill Gap on Wayah Rd (2 mi south of Wine Springs Equestrian Camp)  35.165350, -83.611210 </div> </div>	
<div> <div> </div> <div> <b>Leg 25 - Van Instructions</b>  <b>Follow runner's route</b>  <p>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.</p> </div> </div>	
<div> <div> </div> <div> <b>Leg 25 - Safety</b>  <b>RUNNERS: STAY ON LEFT SIDE OF ROAD</b>  <p>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</p> </div> </div>	
<div> <div> </div> <div> <b>Leg 25 - Details</b>  <b>Forest service road through the Nantahala wilderness</b>  <i>Distance:</i> 4.3 miles  <i>Elevation Gain/Loss:</i> 492ft / 577ft  <i>Grade Max/Min:</i> 8.5% / -9.9%  <i>Paved/Unpaved:</i> 100% / 0%  <b>Cuesheet</b>  0.0 mi - Continue on FS Road 711  4.3 mi - XC is on the left at the Nantahala Lake Scenic Overlook </div> </div>	
<div> <div> <div>25</div> </div> <div> <b>Exchange 25 / Start Leg 26</b>  <b>End of Leg 25; Start of Leg 26</b>  Nantahala Lake Scenic Overlook  35.192461, -83.615988 </div> </div>	
5 results	


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



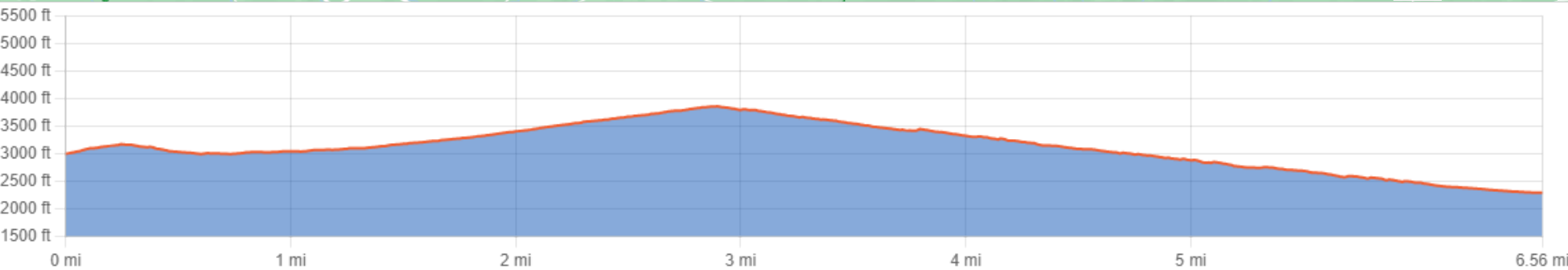
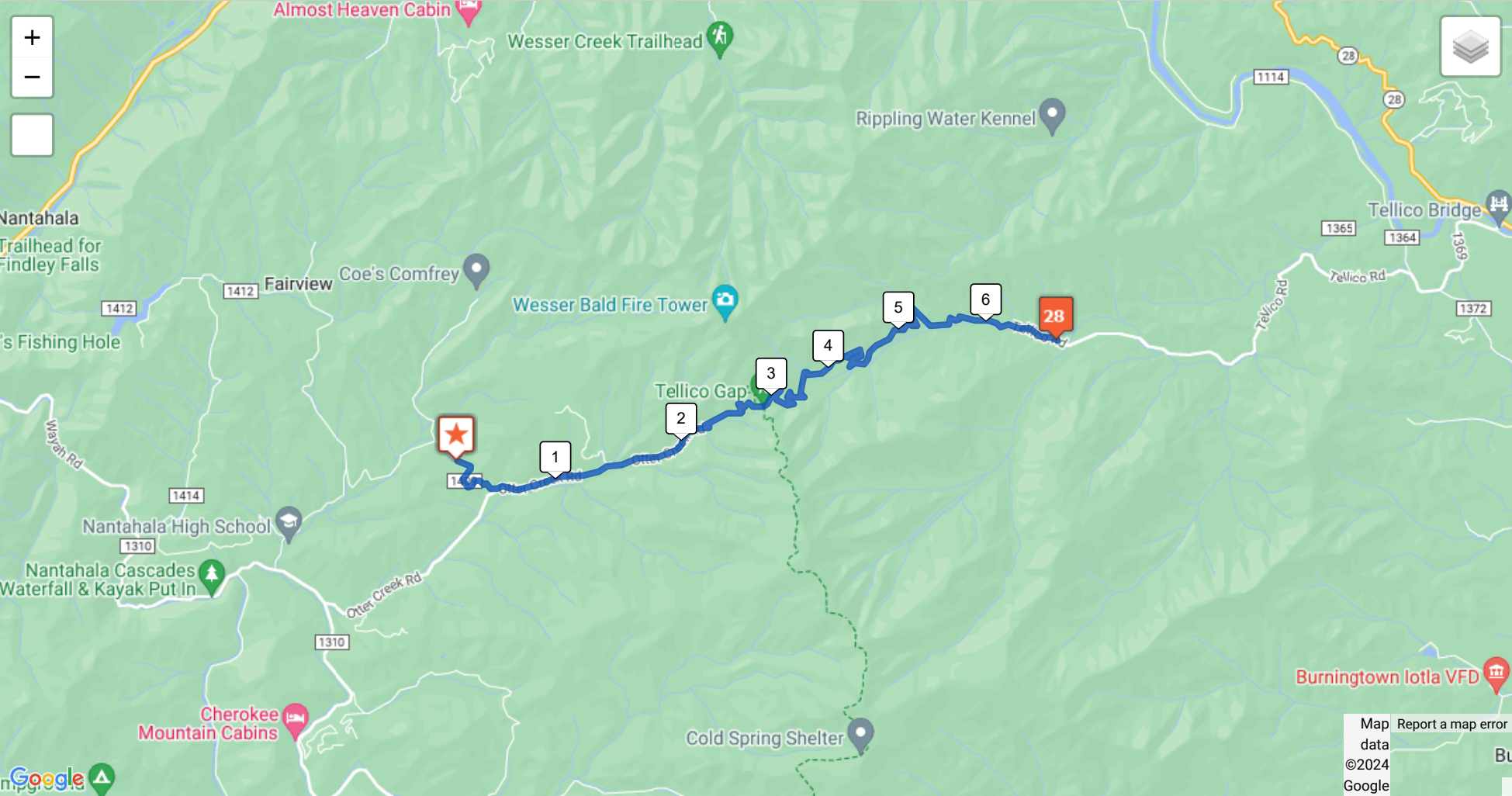
Search markers	Marker ID
<div> <div>25</div> <div> <b>Exchange 25 / Start Leg 26</b>  <b>End of Leg 25; Start of Leg 26</b>            Nantahala Lake Scenic Overlook            35.192461, -83.615988         </div> </div>	
<div> <div> </div> <div> <b>Leg 26 - Van Instructions</b>  <b>Follow runner's route</b>  <p>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.</p> </div> </div>	
<div> <div> </div> <div> <b>Leg 26 - Safety</b>  <b>RUNNERS: STAY ON LEFT SIDE OF ROAD</b>  <p>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</p> </div> </div>	
<div> <div> </div> <div> <b>Leg 26 - Details</b>  <b>A long downhill on forest service road through the Nantahala wilderness</b>  <i>Distance:</i> 8.7 miles  <i>Elevation Gain/Loss:</i> 404ft / 1623ft  <i>Grade Max/Min:</i> 7.7% / -9.6%  <i>Paved/Unpaved:</i> 100% / 0%  <b>Cuesheet</b>            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         </div> </div>	
<div> <div> </div> <div> <b>Leg 26 - EXTREME CAUTION</b>  <b>USE EXTREME CAUTION - BE ALERT WHEN CROSSING OVER WHITE OAK LANE FOR THE EXCHANGE!</b> </div> </div>	
<div> <div> <div>26</div> </div> <div> <b>Exchange 26 / Start Leg 27</b>  <b>End of Leg 26; Start of Leg 27</b>            Whiteoak Flats Church            35.223017, -83.612439         </div> </div>	
6 results	


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



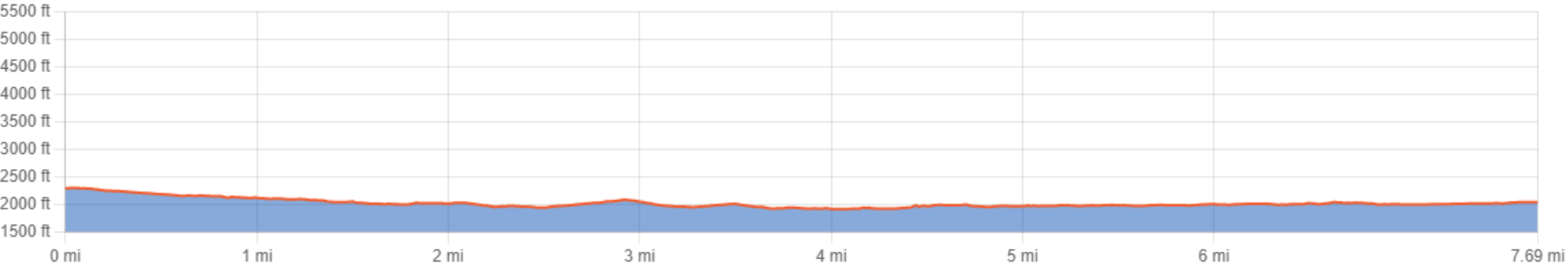
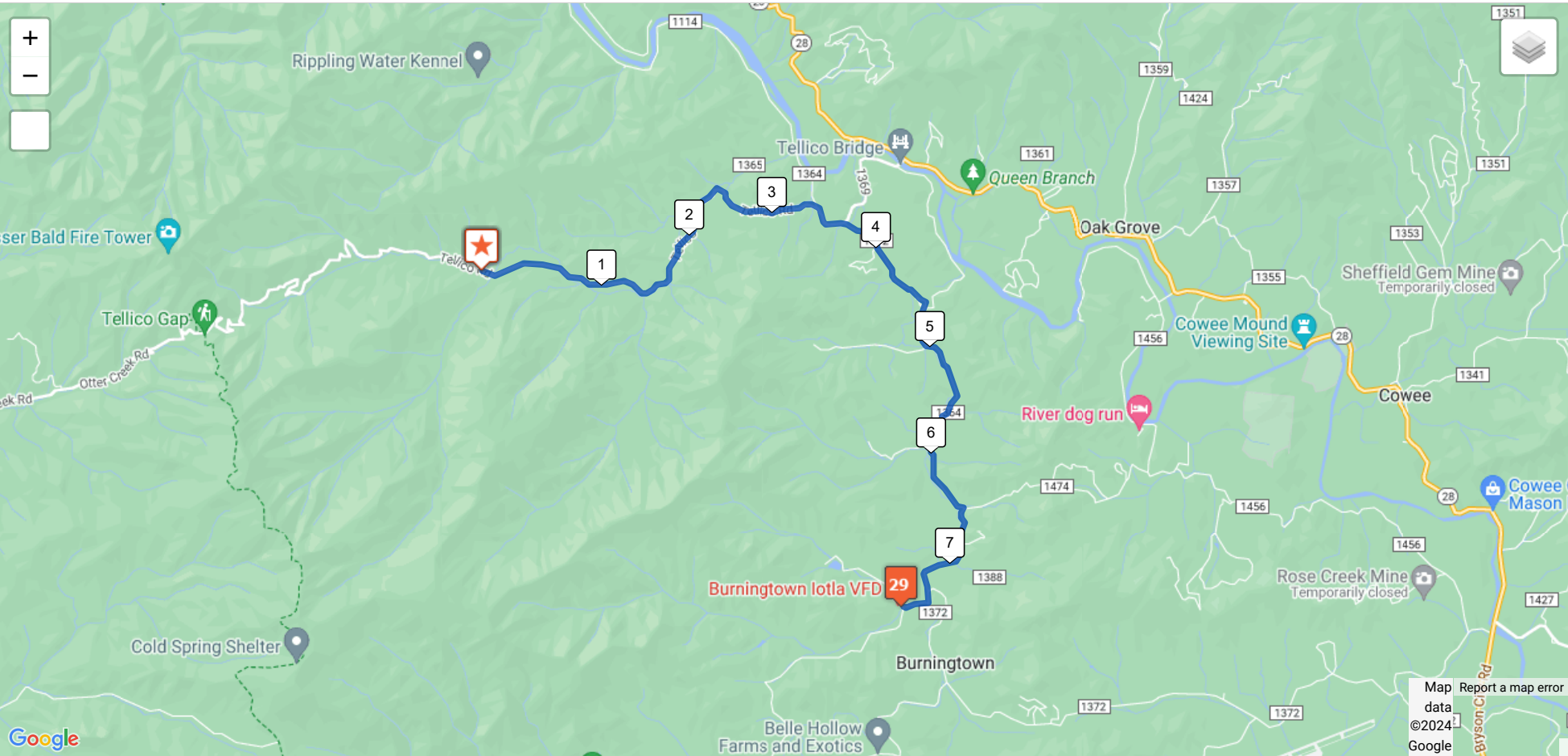
Search markers	Marker ID 
<div data-bbox="86 159 132 215"></div> <div data-bbox="147 151 426 180"><b>Exchange 26 / Start Leg 27</b></div> <div data-bbox="147 199 457 228"><b>End of Leg 26; Start of Leg 27</b></div> <div data-bbox="147 228 371 277">           Whiteoak Flats Church            35.223017, -83.612439         </div>	
<div data-bbox="86 321 132 378"></div> <div data-bbox="147 313 407 342"><b>Leg 27 - Van Instructions</b></div> <div data-bbox="147 362 371 391"><b>Follow runner's route</b></div> <div data-bbox="159 407 1377 459">           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         </div>	
<div data-bbox="86 516 132 573"></div> <div data-bbox="147 508 302 537"><b>Leg 27 - Safety</b></div> <div data-bbox="147 557 590 586"><b>RUNNERS: STAY ON LEFT SIDE OF ROAD</b></div> <div data-bbox="159 602 1417 706">           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         </div>	
<div data-bbox="86 768 132 824"></div> <div data-bbox="147 760 308 789"><b>Leg 27 - Details</b></div> <div data-bbox="147 805 777 834"><b>A morning run on state roads through the rural countryside!</b></div> <div data-bbox="147 834 472 933"> <i>Distance:</i> 6.3 miles  <i>Elevation Gain/Loss:</i> 691ft / 911ft  <i>Grade Max/Min:</i> 9.2% / -11.5%  <i>Paved/Unpaved:</i> 100% / 0%         </div> <div data-bbox="147 951 249 980"><b>Cuesheet</b></div> <div data-bbox="147 980 945 1131">           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         </div>	
<div data-bbox="86 1174 132 1230"></div> <div data-bbox="147 1166 449 1195"><b>Leg 27 - EXTREME CAUTION</b></div> <div data-bbox="147 1214 1306 1243"><b>USE EXTREME CAUTION - BE ALERT WHEN CROSSING OVER TO RUN ON THE LEFT SIDE OF WAYAH ROAD!</b></div>	
<div data-bbox="86 1287 132 1344"></div> <div data-bbox="147 1279 426 1308"><b>Exchange 27 / Start Leg 28</b></div> <div data-bbox="147 1328 457 1357"><b>End of Leg 27; Start of Leg 28</b></div> <div data-bbox="147 1357 392 1406">           Briartown Baptist Church            35.262260, -83.612124         </div>	
6 results	

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



Search markers	Marker ID 
<div data-bbox="86 151 134 212"></div> <div data-bbox="144 151 426 177"><b>Exchange 27 / Start Leg 28</b></div> <div data-bbox="144 199 457 225"><b>End of Leg 27; Start of Leg 28</b></div> <div data-bbox="144 227 390 251">Briartown Baptist Church</div> <div data-bbox="144 251 373 276">35.262260, -83.612124</div>	
<div data-bbox="86 313 134 375"></div> <div data-bbox="144 313 407 339"><b>Leg 28 - Van Instructions</b></div> <div data-bbox="144 362 369 386"><b>Follow runner's route</b></div> <div data-bbox="157 406 1633 482"> <p>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.</p> </div>	
<div data-bbox="86 534 134 596"></div> <div data-bbox="144 534 302 560"><b>Leg 28 - Safety</b></div> <div data-bbox="144 581 590 607"><b>RUNNERS: STAY ON LEFT SIDE OF ROAD</b></div> <div data-bbox="157 626 1415 729"> <p>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</p> </div>	
<div data-bbox="86 779 134 841"></div> <div data-bbox="144 779 308 805"><b>Leg 28 - Details</b></div> <div data-bbox="144 828 949 854"><b>A winding and steep, gravel climb to Appalachian Trail and then down again!</b></div> <div data-bbox="144 854 497 954"> <p><i>Distance:</i> 6.6 miles  <i>Elevation Gain/Loss:</i> 1014ft / 1731ft  <i>Grade Max/Min:</i> 17.2% / -14.7%  <i>Paved/Unpaved:</i> 30% / 70%</p> </div> <div data-bbox="144 974 247 998"><b>Cuesheet</b></div> <div data-bbox="144 998 819 1101"> <p>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</p> </div>	
<div data-bbox="86 1140 134 1201"></div> <div data-bbox="144 1140 426 1166"><b>Exchange 28 / Start Leg 29</b></div> <div data-bbox="144 1187 457 1213"><b>End of Leg 28; Start of Leg 29</b></div> <div data-bbox="144 1214 585 1239">Intersection of Tellico Rd and Sugar Cove Rd</div> <div data-bbox="144 1240 373 1263">35.275087, -83.534335</div>	
5 results	

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



Search markers

Marker ID



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 lotla 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 lotla VFD, where Younce Creek Rd and Daves Creek Rd intersect

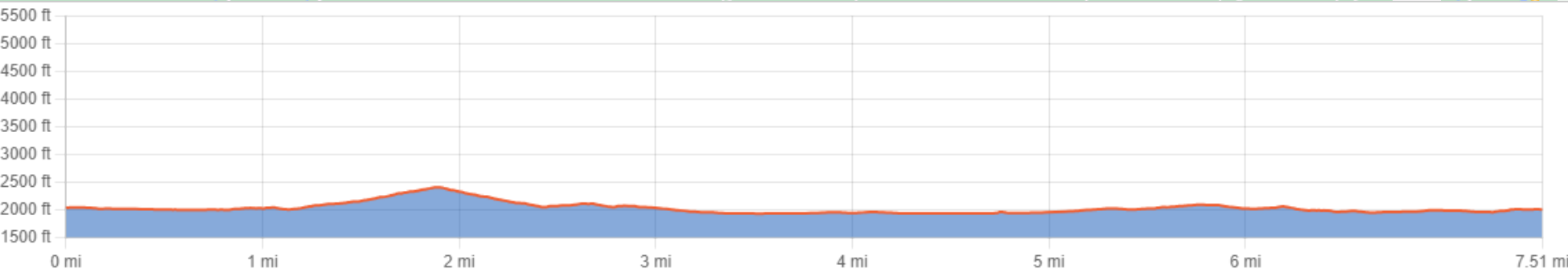
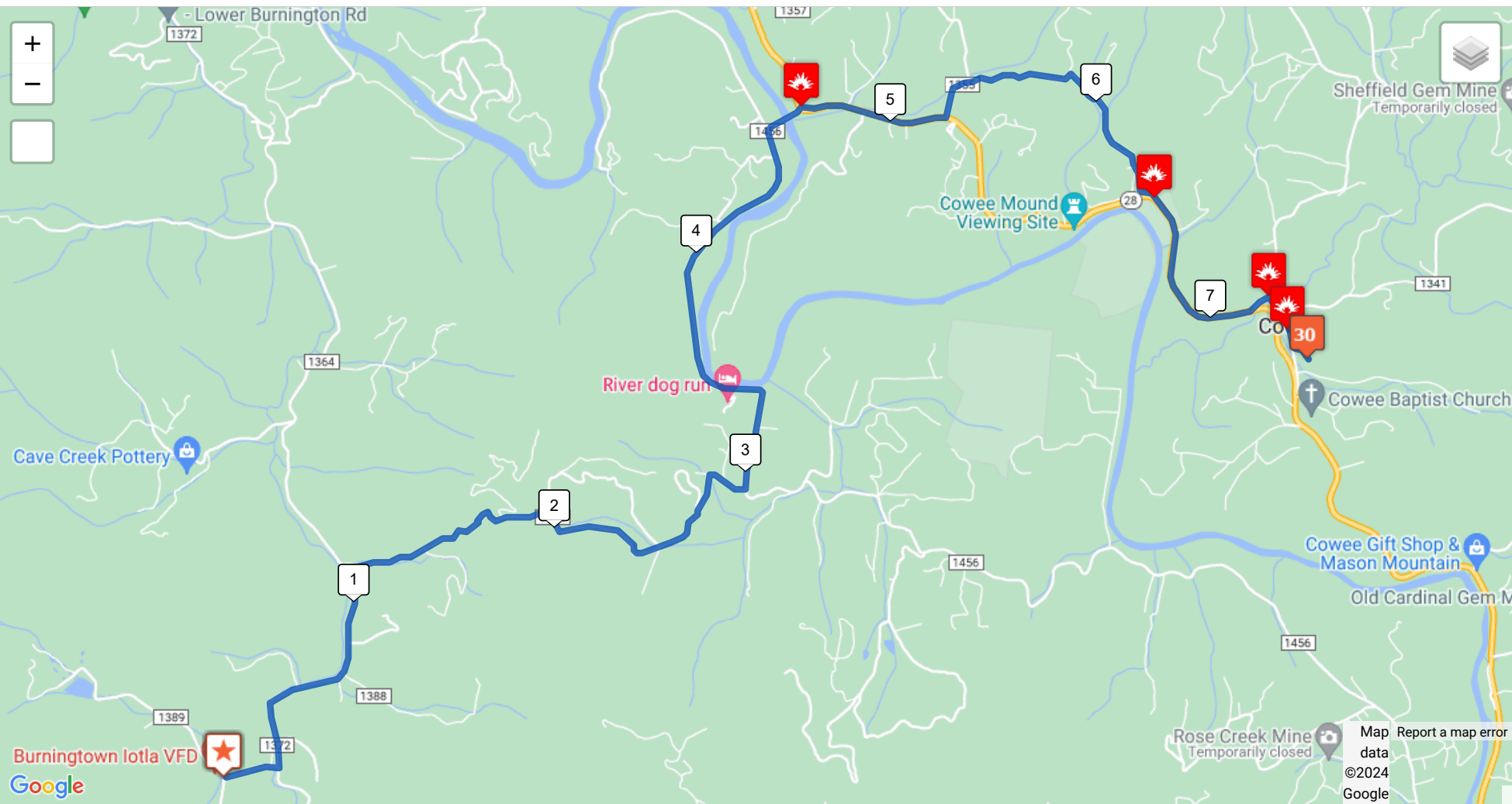


**Exchange 29 / Start Leg 30**

**End of Leg 29; Start of Leg 30**

Burningtown lotla VFD (Daves Creek Rd)  
35.237382, -83.476787

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



Search markers

Marker ID



29

### 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.**

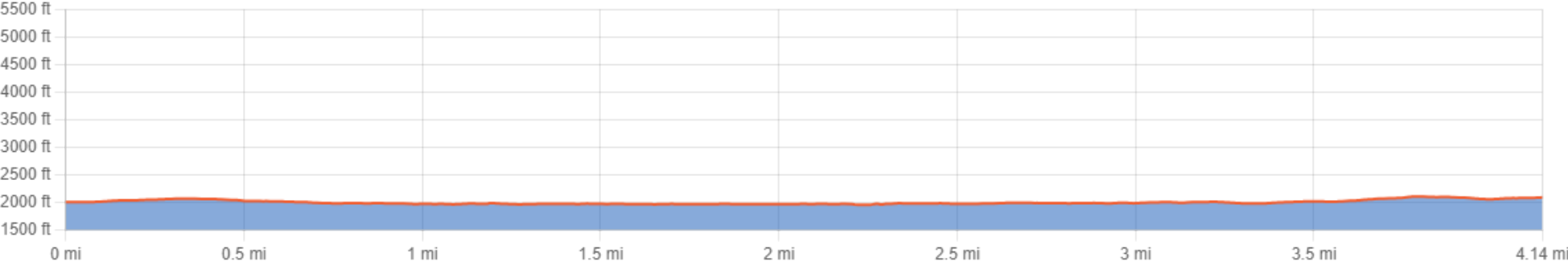
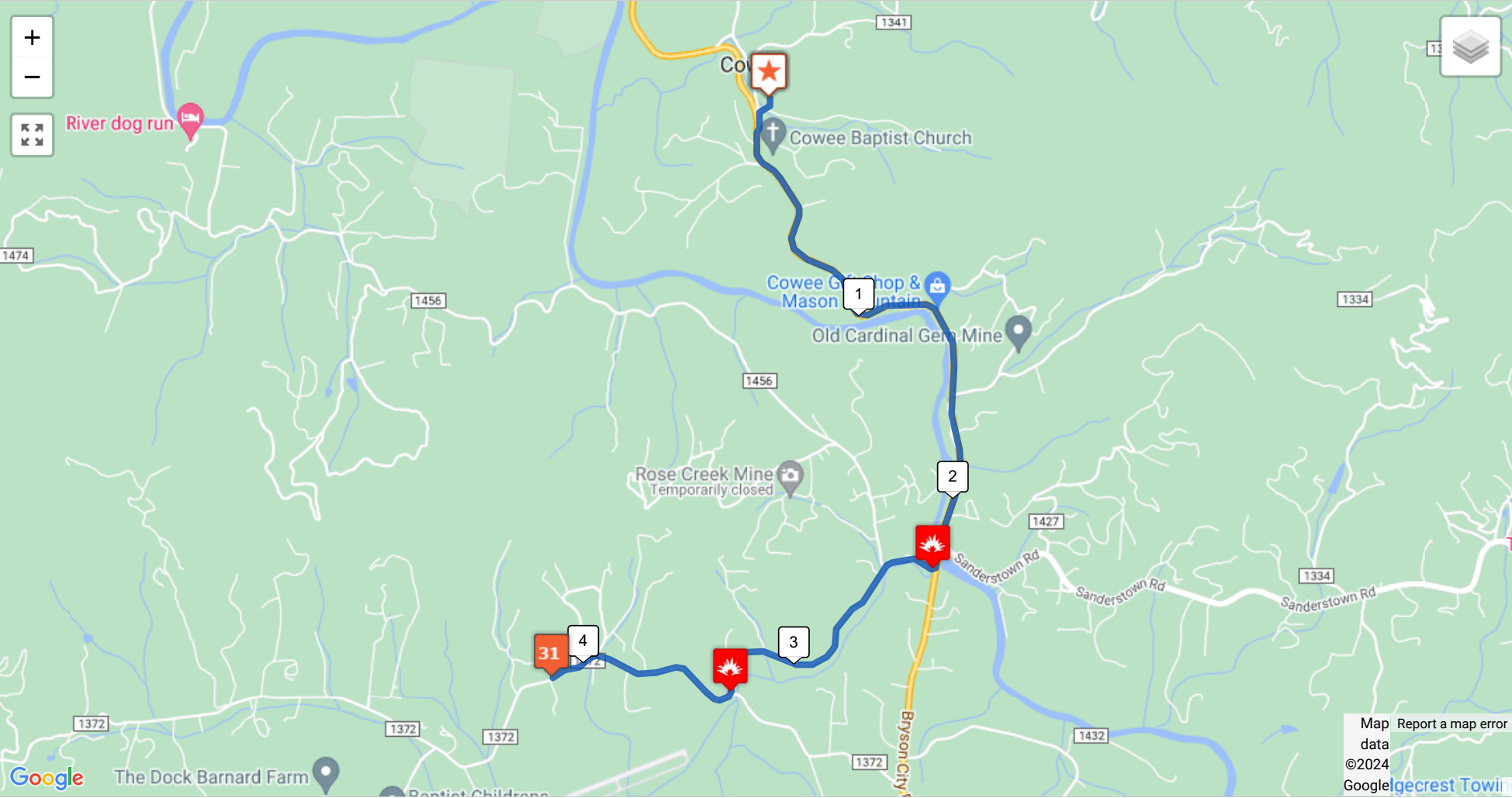


**Exchange 30 / Start Leg 31**

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

9 results

SMR - Leg 31 (4.1 mi +312 ft / -231 ft) - MODERATE



Marker ID



30

**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 Iolta Baptist Church. Runners exchange on the road across from the church driveway.

**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 Iolta 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:* 4.1 miles  
*Elevation Gain/Loss:* 312ft / 231ft  
*Grade Max/Min:* 8.2% / -6.3%  
*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 Iolta Church Road  
4.1 mi - Exchange on Iolta Church Rd on left side of road

**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.**

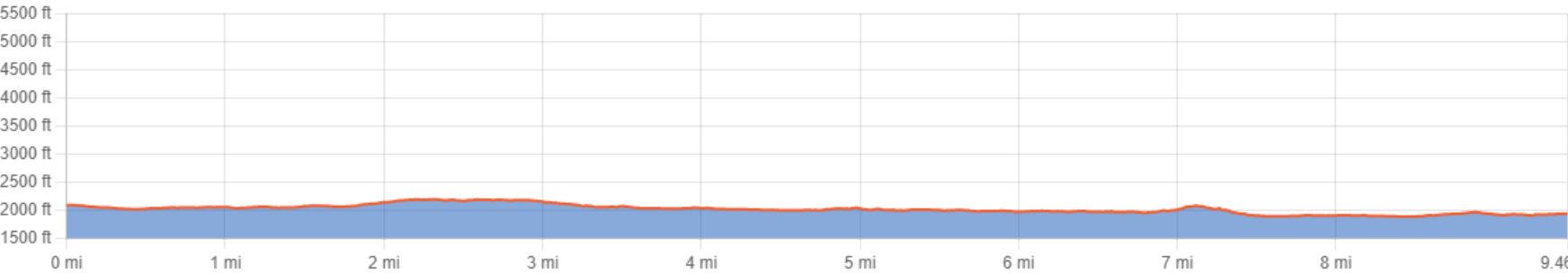
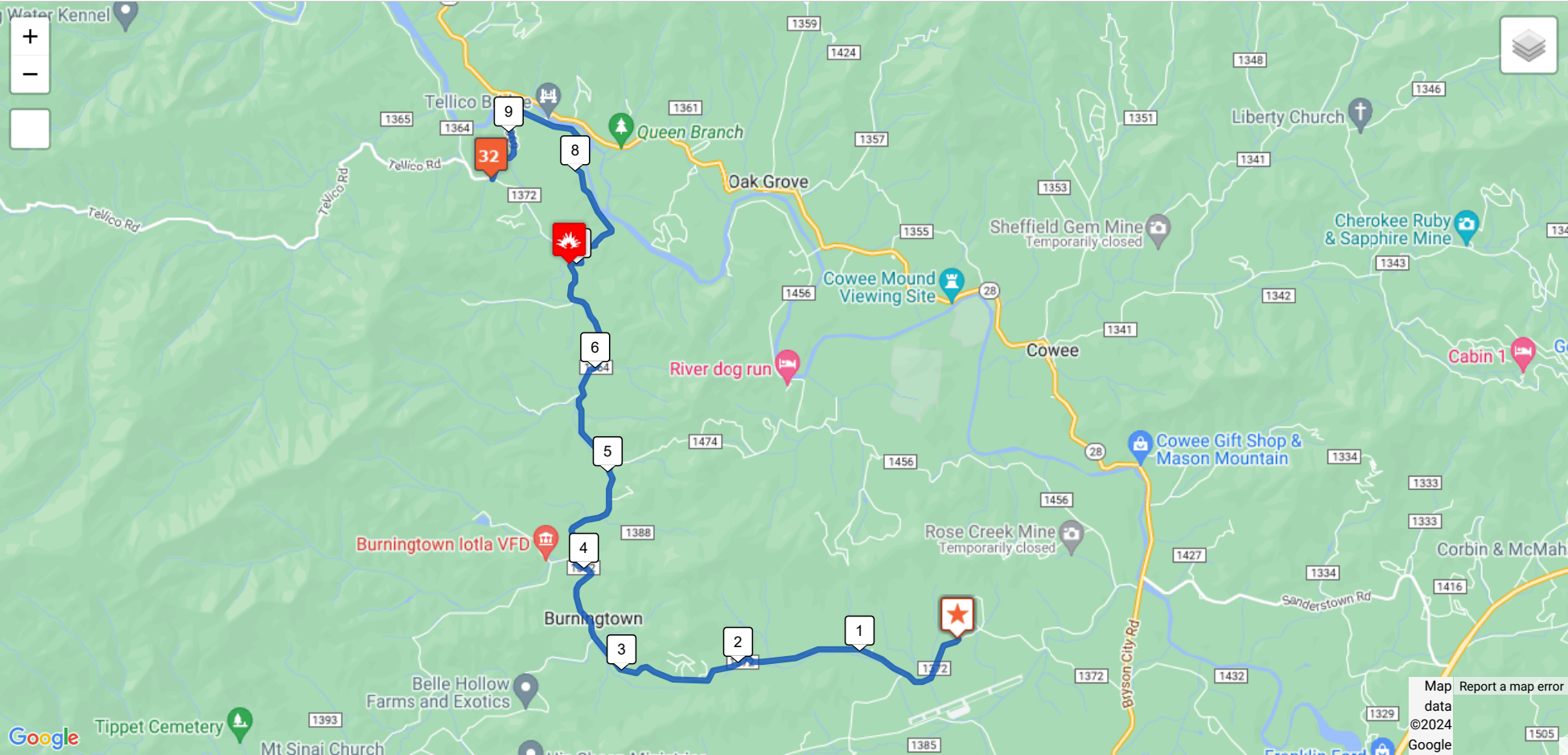
31

**Exchange 31 / Start Leg 32****End of Leg 31; Start of Leg 32**

Iolta Baptist Church  
35.228740, -83.420830

7 results

SMR - Leg 32 (9.5 mi +610 ft / -761 ft) - HARD



31

**Exchange 31 / Start Leg 32**  
**End of Leg 31; Start of Leg 32**  
Iotla Baptist Church

35.228740, -83.420830



### Leg 32 - 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 on Lower Burningtown Rd near Daves Creek/Younce Creek Road near Exchange 29. There will be vans and runners going in the opposite direction.  
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 Saldeer Mountain Road will be fun as you will be sharing the road with other teams coming in the other direction for 0.9 miles. Give them encouragement, they are behind you!!  
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:* 9.5 miles  
*Elevation Gain/Loss:* 610ft / 761ft  
*Grade Max/Min:* 12.0% / -12.4%  
*Paved/Unpaved:* 90% / 10%

#### Cuesheet

0.0 mi - Continue from exchange - Iotla Church Road becomes Burningtown Road  
3.5 mi - Pass the Burningtown Baptist Church footbridge on the left  
6.9 mi - Turn Right on Carnes Road  
8.6 mi - Take Left Fork onto Tellico Road  
9.5 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.



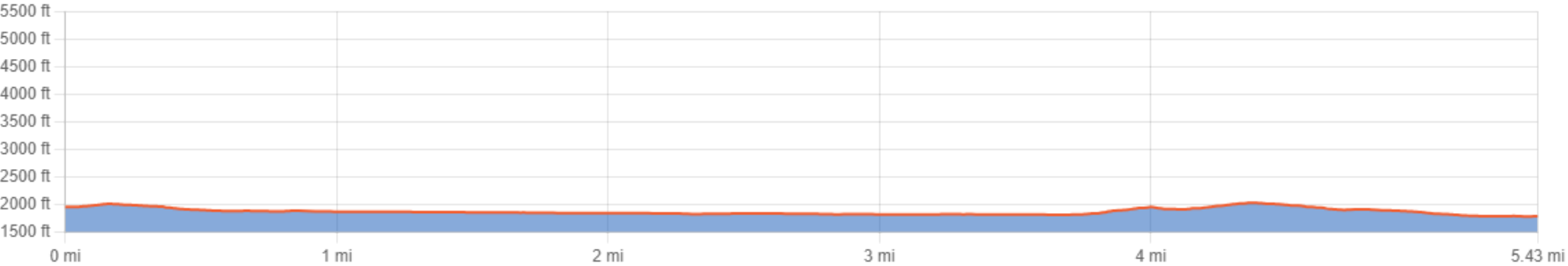
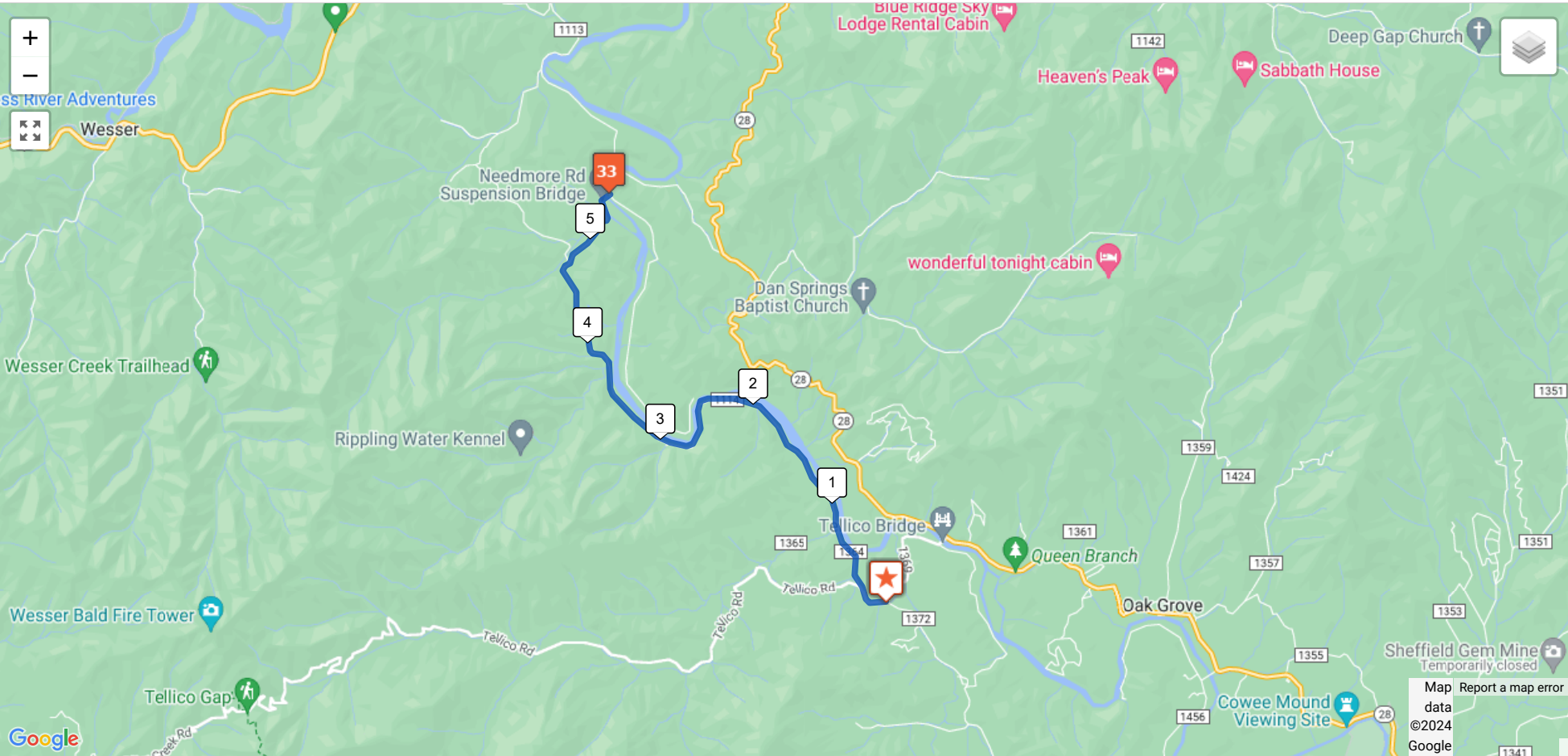
### Exchange 32 / Start Leg 33

#### 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



▼

**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!!!



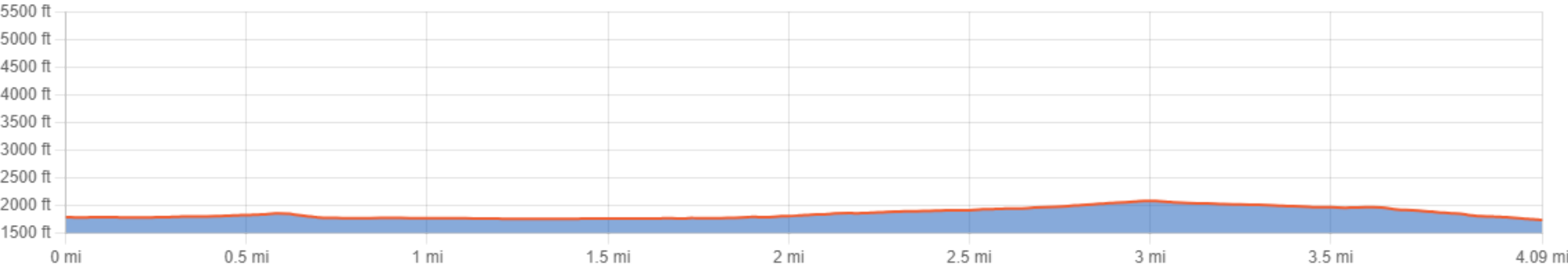
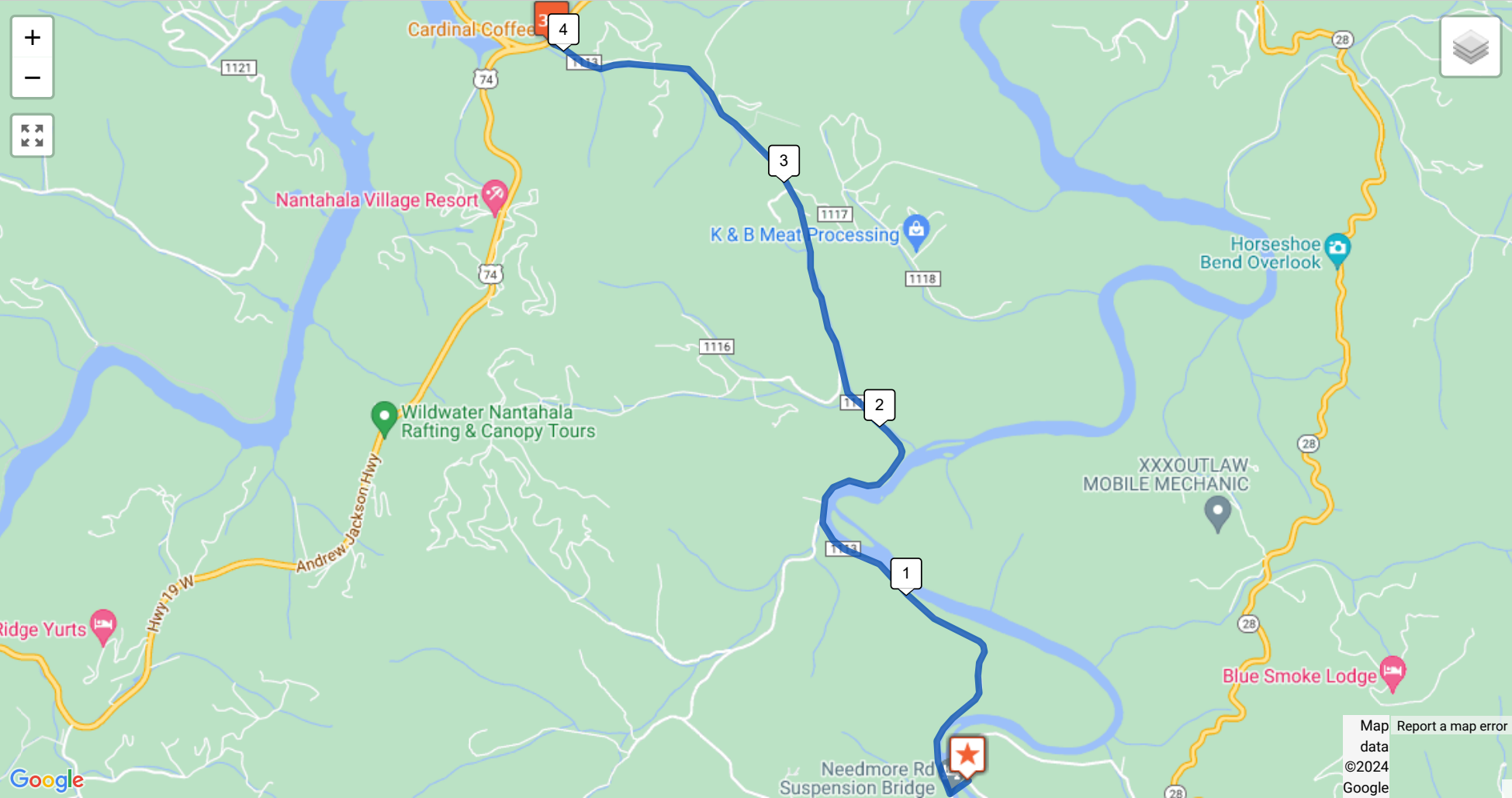
**Exchange 33 / Start Leg 34**

**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



Marker ID



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

**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 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

**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.

34

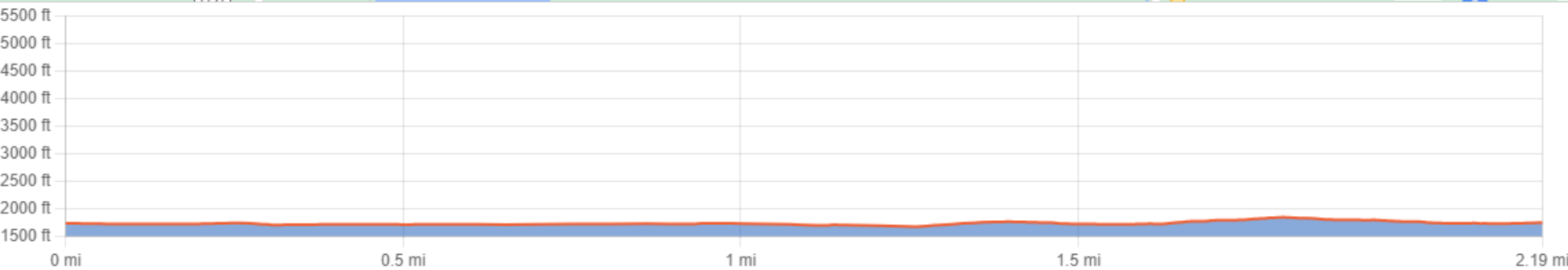
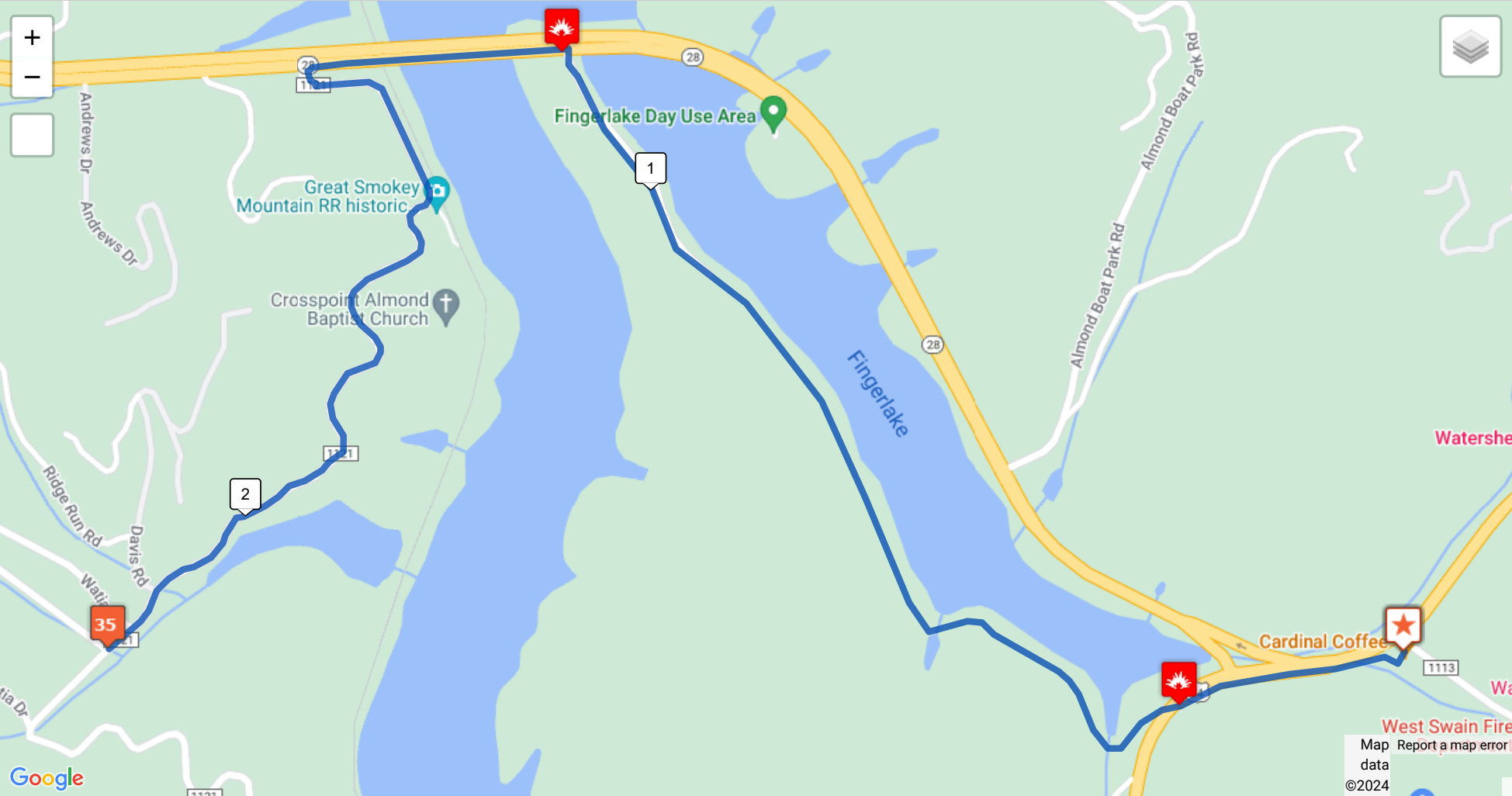
**Exchange 34 / Start Leg 35****End of Leg 34; Start of Leg 35**

Cardinal Coffee

35.364723, -83.549571

5 results

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



Marker ID



34

**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.**

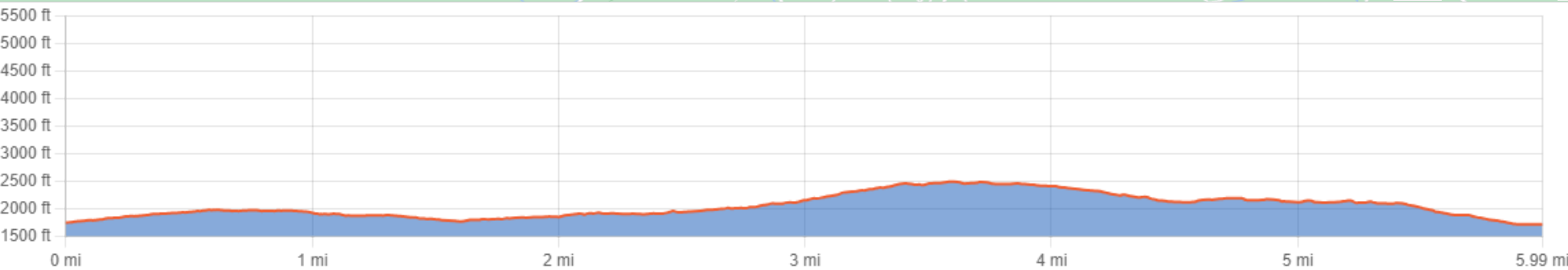
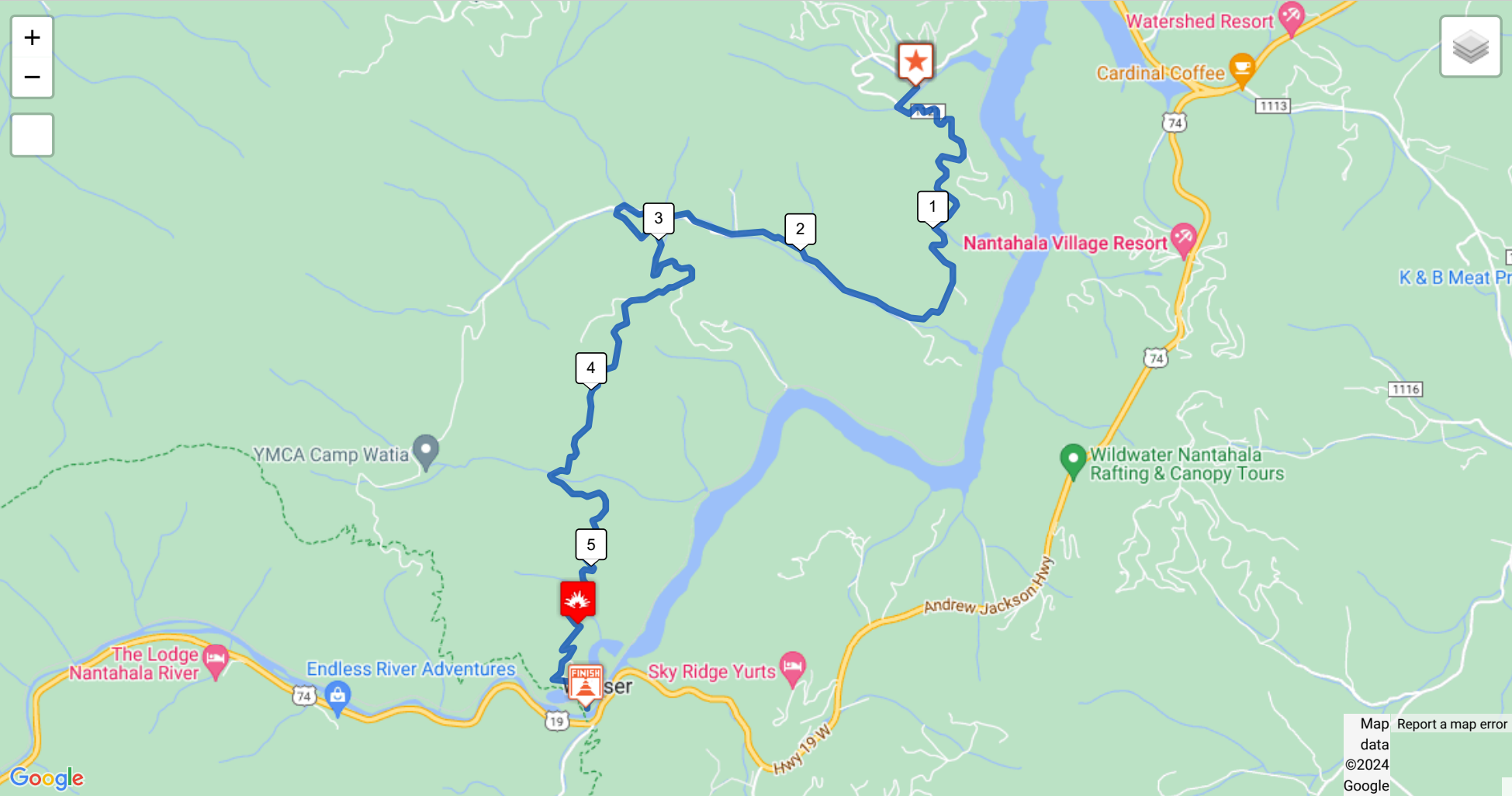
35

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



Marker ID



35

**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