

BRR Leg 1 (3.9 miles, Easy)

Elevation (feet):

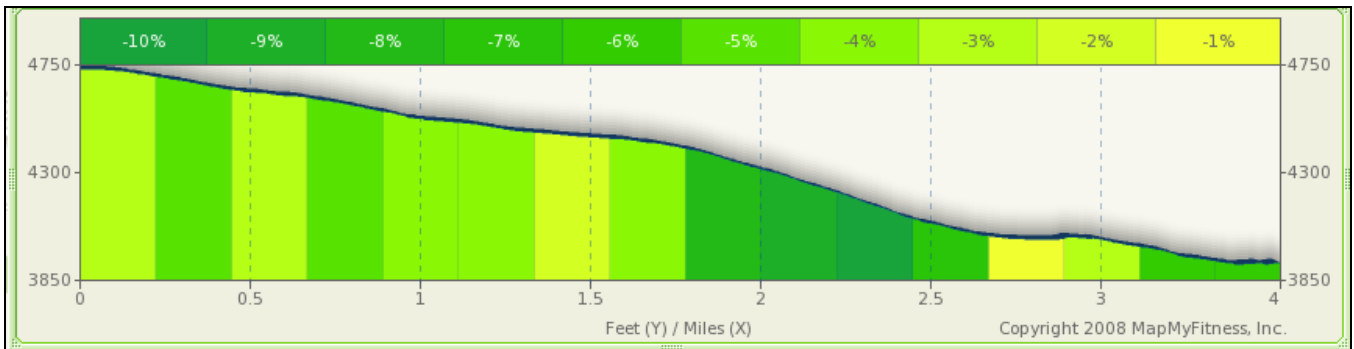
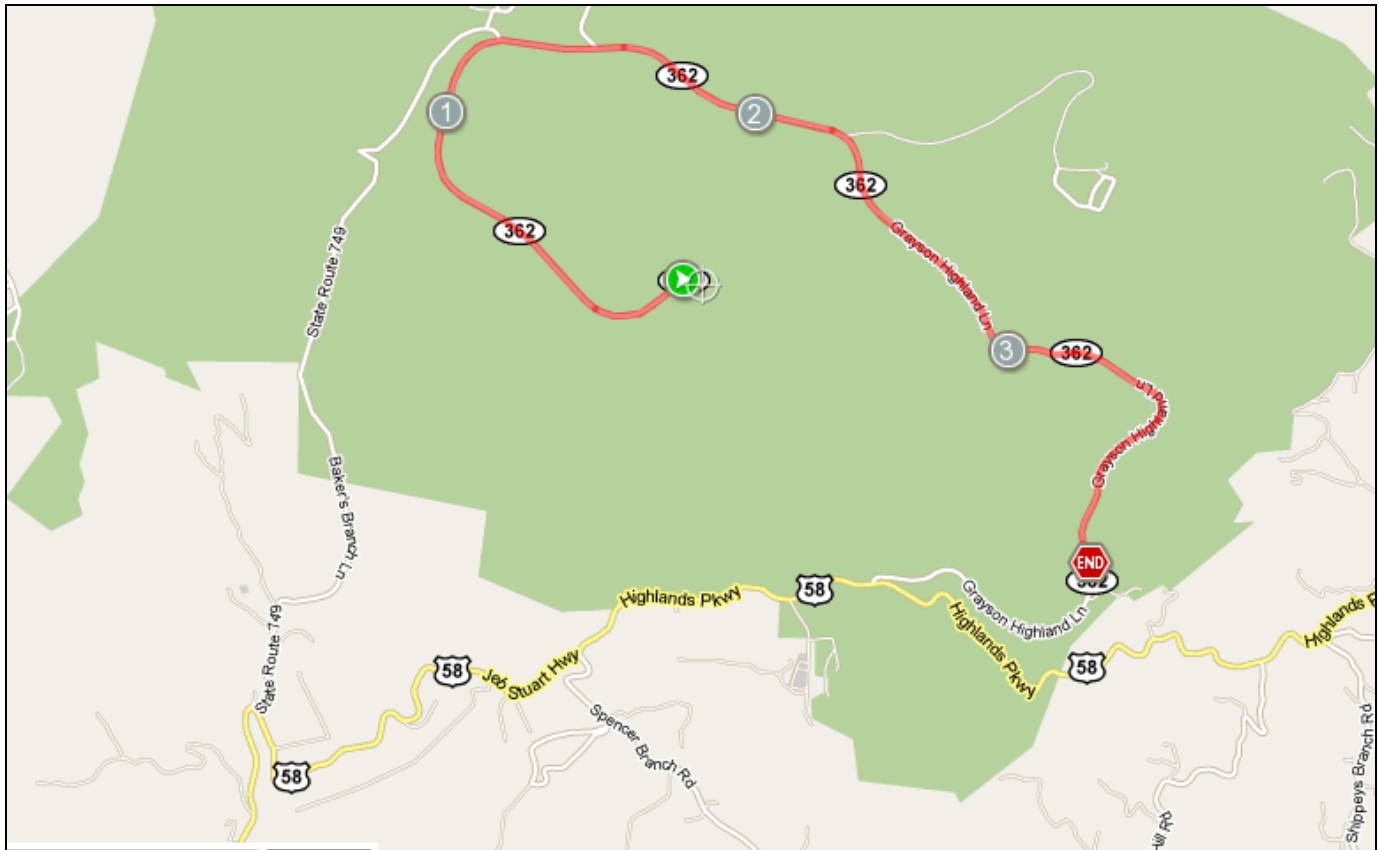
Min	3901
Max	4919
Ascent	+21
Descent	-1031

Leg Legend:

0.0	Start (Grayson Highlands State Park Visitor Center)
3.9	Grayson Highlands State Park Office & Gate, on R (EZ 1)

Leg Notes: Minimal traffic. Entire leg in Grayson Highlands State Park.

Leg Description: Steady, but controlled downhill. Great views of the Grayson Highlands' balds and mountains. Watch for wild ponies. Run on Left, EZ is on Right.



BRR Leg 2 (7.5 miles, Hard)

Elevation (feet):

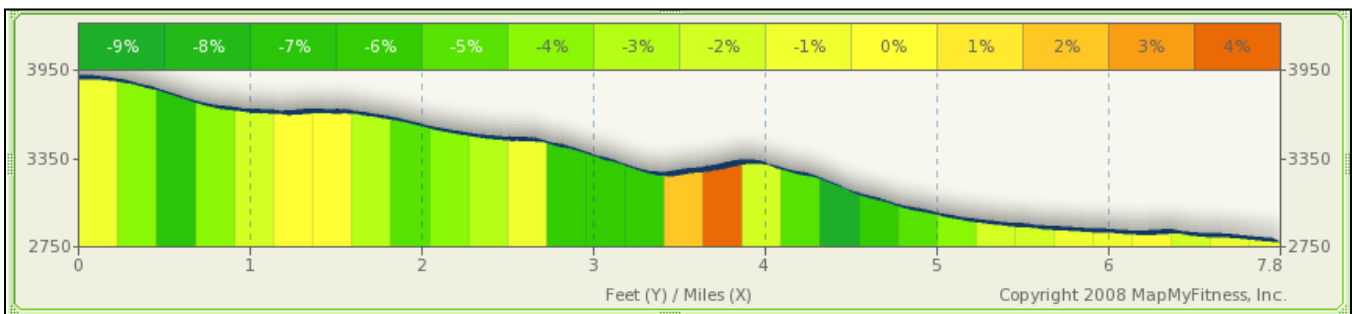
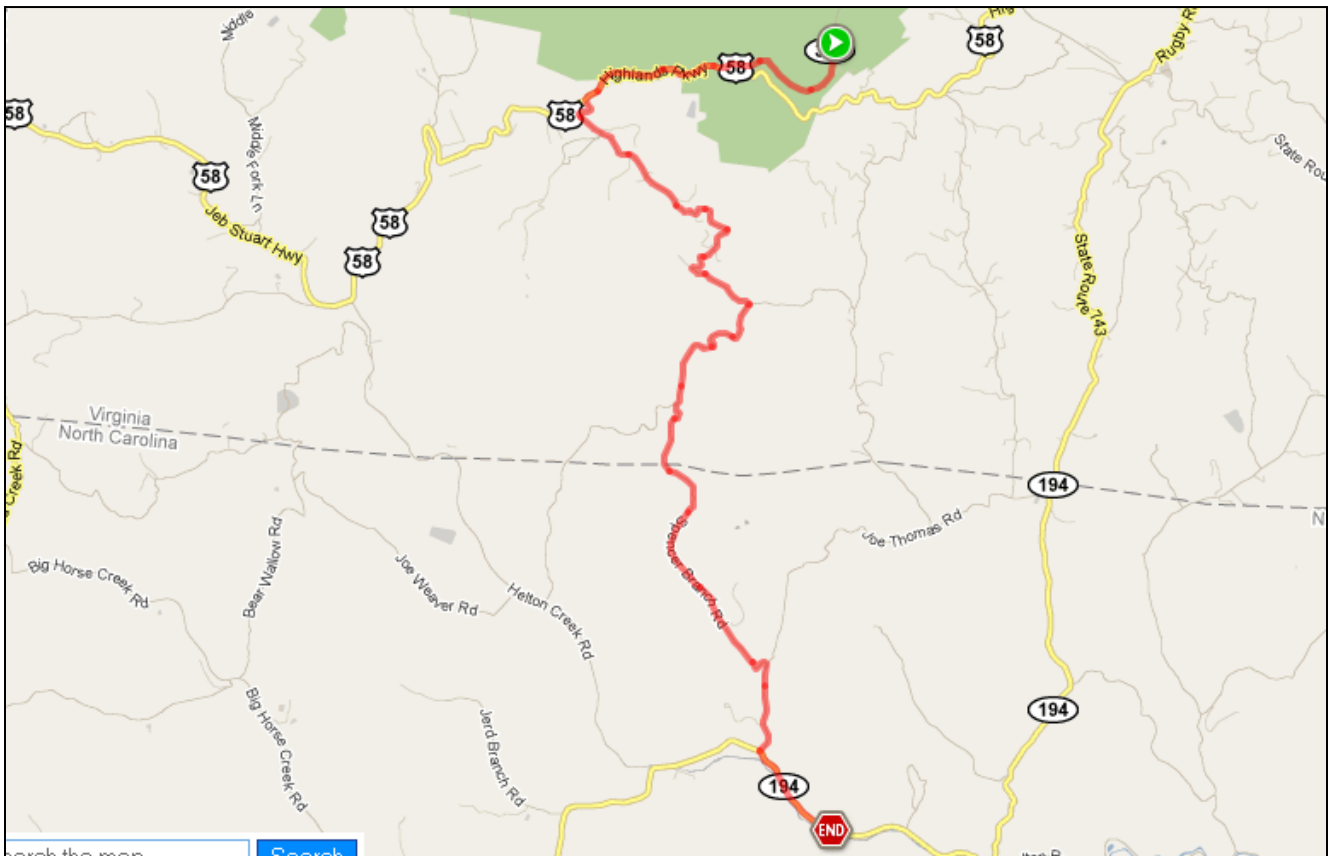
Min	2774
Max	3933
Ascent	+406
Descent	-1539

Leg Legend:

- 0.0 S EZ 1 (Grayson Highlands State Park Office)
- 0.8 R Highlands Parkway #58 (Park Entrance)
- 0.9 L Spencer Branch Rd. #797 (gravel/dirt)
- 2.0 R Wolf Knob #746 (gravel/dirt)
- 1.0 LS Continue on Wolf Knob #746 (gravel/dirt)
- 1.9 RS Wallen's Creek #1374 (paved)
- 0.5 L 194 N (paved)
- 0.4 Creekside Christian Church, on L (EZ 2)

Leg Notes: Stay alert for traffic on Highlands Parkway (#58) and Hwy 194. These are more heavily traveled and have tight shoulders.

Leg Description: Steady downhill, steep at times. Narrow gravel/dirt roads at times. Run on Left, EZ on Left.



BRR Leg 3 (5.2 miles, Moderate)

Elevation (feet):

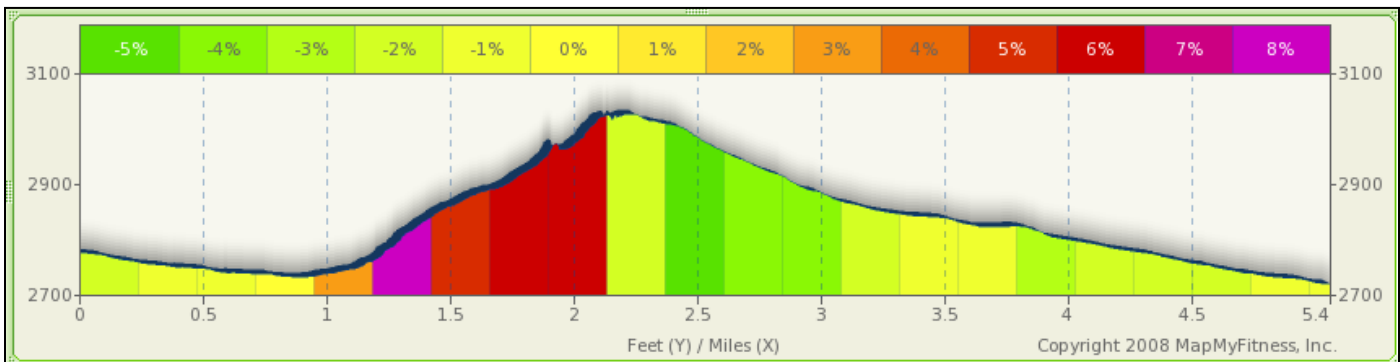
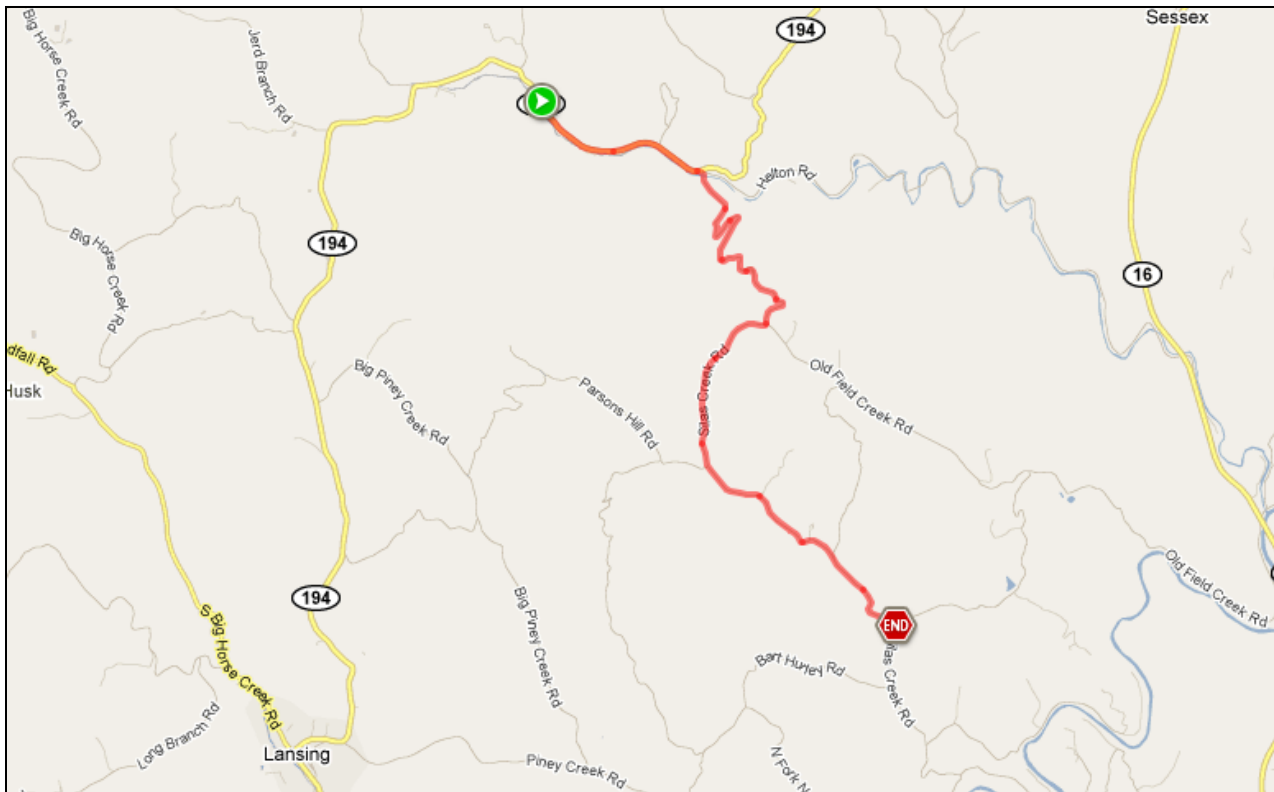
Min	2690
Max	3107
Ascent	+400
Descent	-479

Leg Legend:

0.0	EZ 2 (Creekside Christian Church)
0.9	R Silas Creek #1523/Helton Creek #1527 (paved)
0.0	R Silas Creek #1523 (one lane bridge, gravel/dirt)
1.7	R Stop Sign (Silas Creek Rd. Continues, paved)
2.6	Landmark Baptist Church, on L (EZ 3)

Leg Notes: 194 is a more heavily traveled road. Be alert for traffic.

Leg Description: A good climb and descent on gravel. Mostly flat and rolling before and after the gravel road section. Run on Left, EZ on Left.



BRR Leg 4 (6.9 miles, Hard)

Elevation (feet):

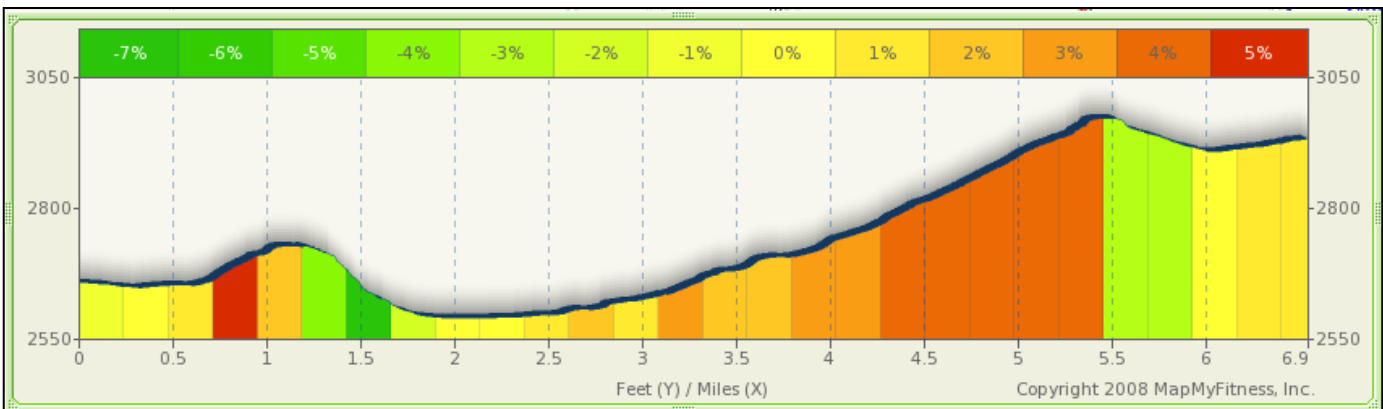
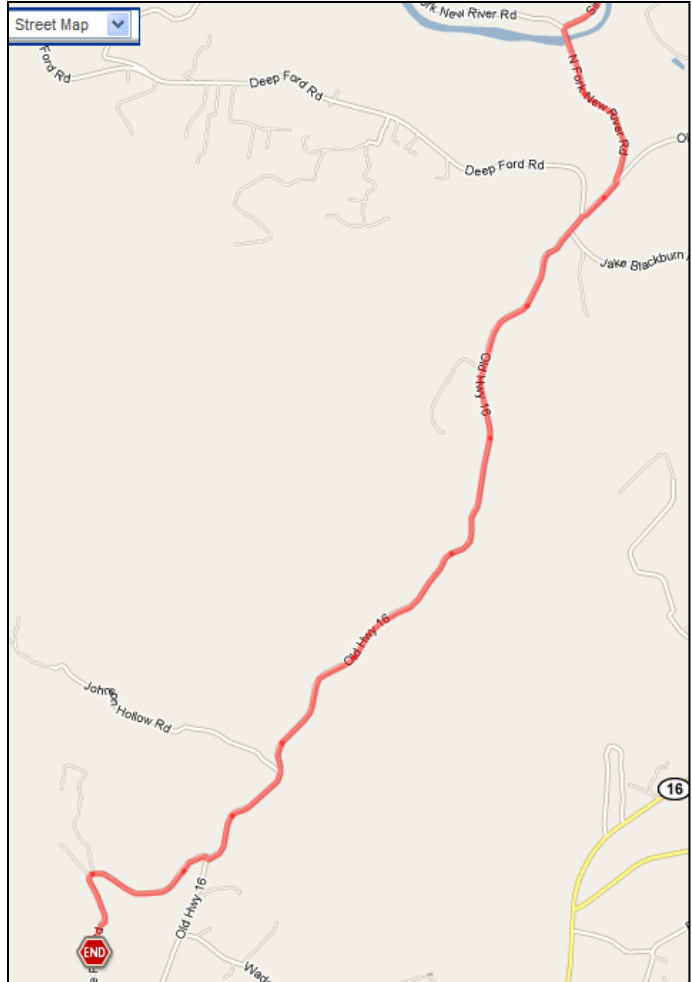
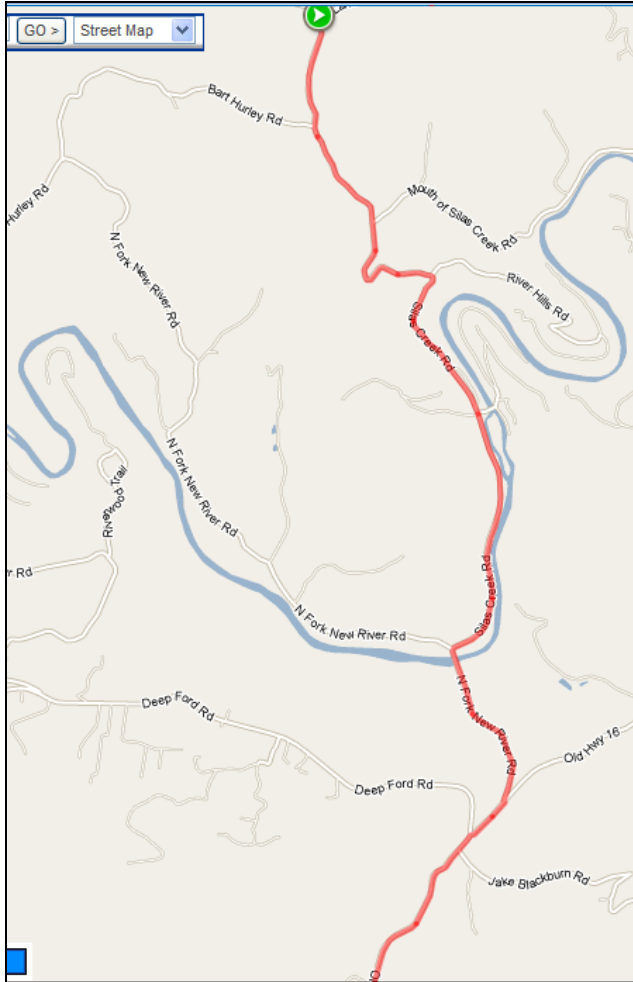
Min	2584
Max	3125
Ascent	+755
Descent	-379

Leg Legend:

0.0	EZ 3 (Landmark Baptist Church)
2.7	L North Fork New River Rd. #1513 (two lane bridge, paved)
0.6	R Old 16 South #1573 (paved)
2.9	R Ashe County Park Rd. #1511 (paved)
0.7	Ashe County Park, on L (EZ 4)

Leg Notes: Be very alert for traffic as you enter Old 16, which is a heavily traveled, winding road with narrow shoulders.

Leg Description: Great running along the New River. A good climb on Old 16. The distance and climb make this a Hard leg. Run on Left, EZ on Left.



BRR Leg 5 (4.8 miles, Moderate)

Elevation (feet):

Min	2912
Max	3162
Ascent	+404
Descent	-325

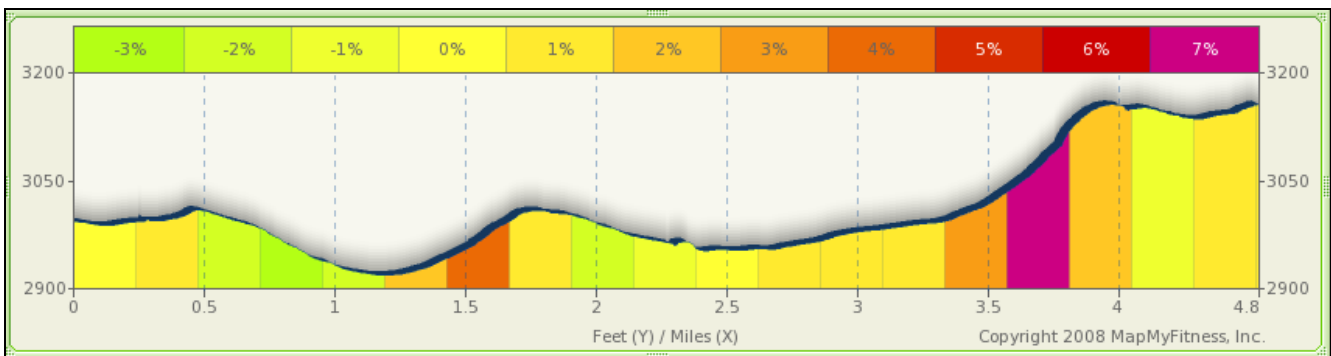
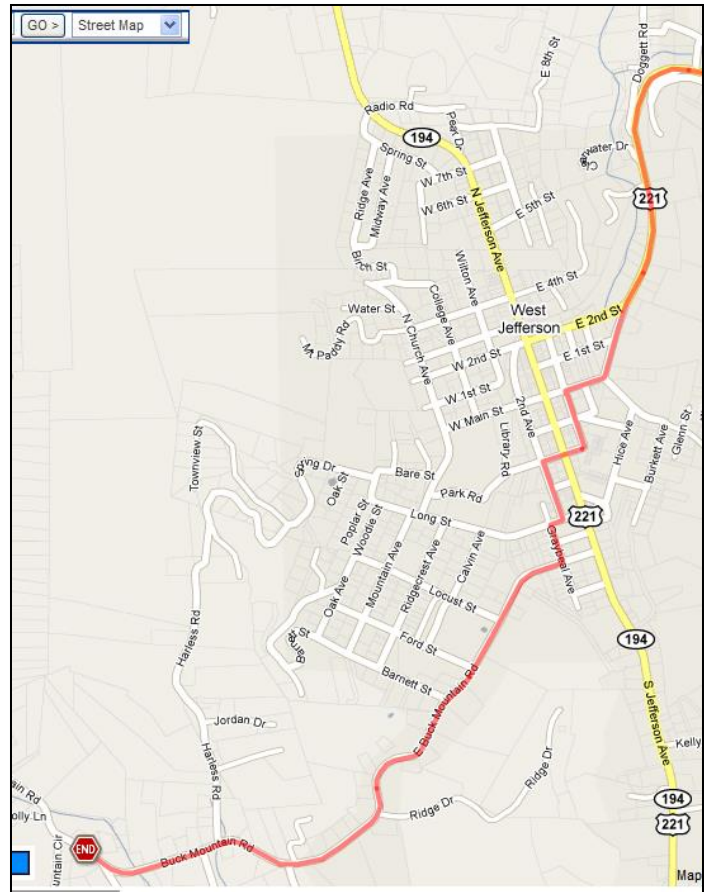
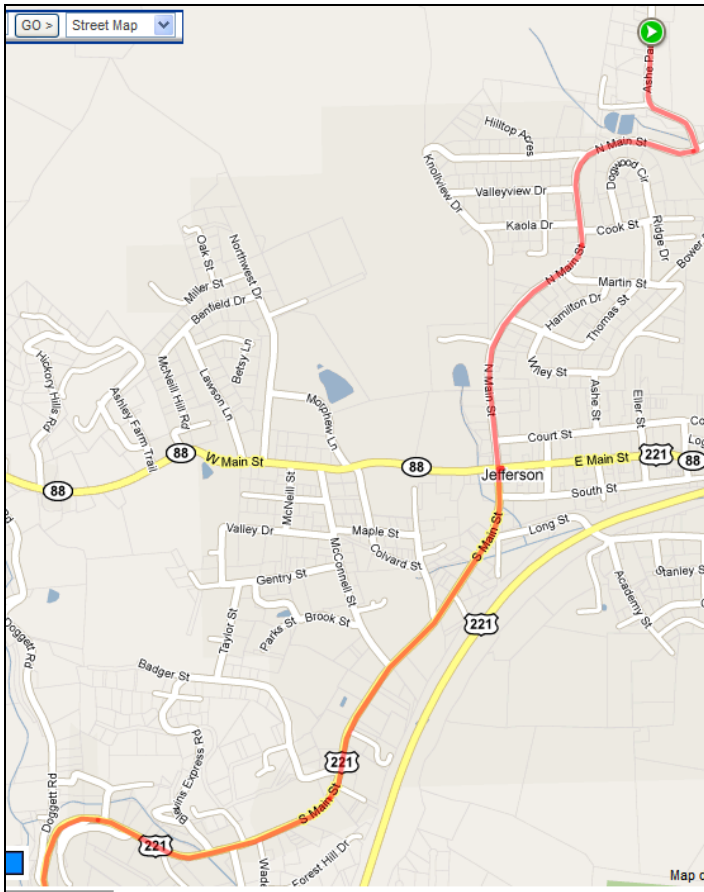
Leg Notes: Run on the Right and use the shoulder and sidewalk, when available along Old 16 and South Main St. until you turn left on North 6th Ave. Once on North 6th Ave Run on Left.

Be alert for traffic lights, stop signs, pedestrians, etc... Streets will be business as usual. Blind curve on Buck Mtn. Rd.

Leg Legend:

- 0.0 EZ 4 (Ashe County Park)
- 0.4 R Old 16 South 1573 (paved, **Run on Right**)
- 0.9 S Through traffic light, South Main St. (**Run on Right**)
- 1.7 L North 6th Ave. (Ashe County Ford Dealership on Right, Speedway gas station on Left) (**Run on Left**)
- 0.2 R East Main Street (Right at blinking red Traffic Light)
- 0.1 L South Third Ave. (1st Left, just before movie theatre)
- 0.1 R East Ashe St. (2 blocks, no choice but to turn Right)
- 0.05 S West Ashe St. (cross Jefferson Ave at Stop Sign)
- 0.05 L South Second Ave. (1st Left after Stop Sign)
- 0.1 R Long Street (1st Right)
- 0.0 L Graybeal Ave. (1st Left)
- 0.1 R Buck Mountain Rd. #1134 (at stop sign, **Run on Left**)
- 1.1 Friendly Grove Baptist Church, on R (EZ 5)

Leg Description: Mostly rolling, with one good climb on Buck Mountain Rd. Run through busy downtown West Jefferson. **Run on Right until North 6th Ave, then Run on Left.** EZ on Right.



BRR Leg 6 (6.8 miles, Hard)

Elevation (feet):

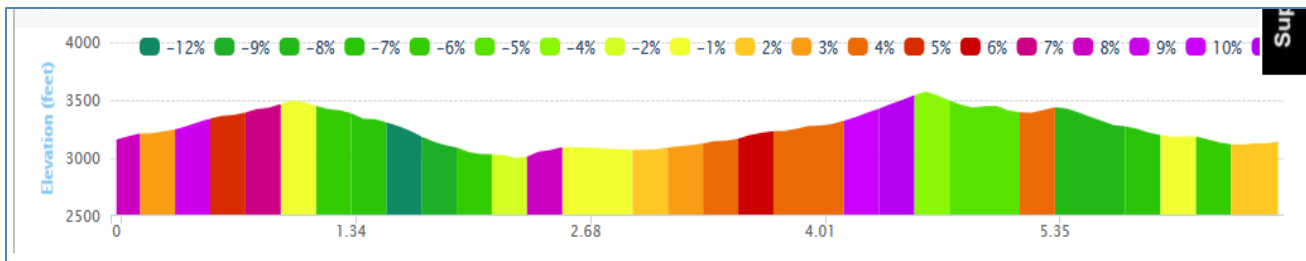
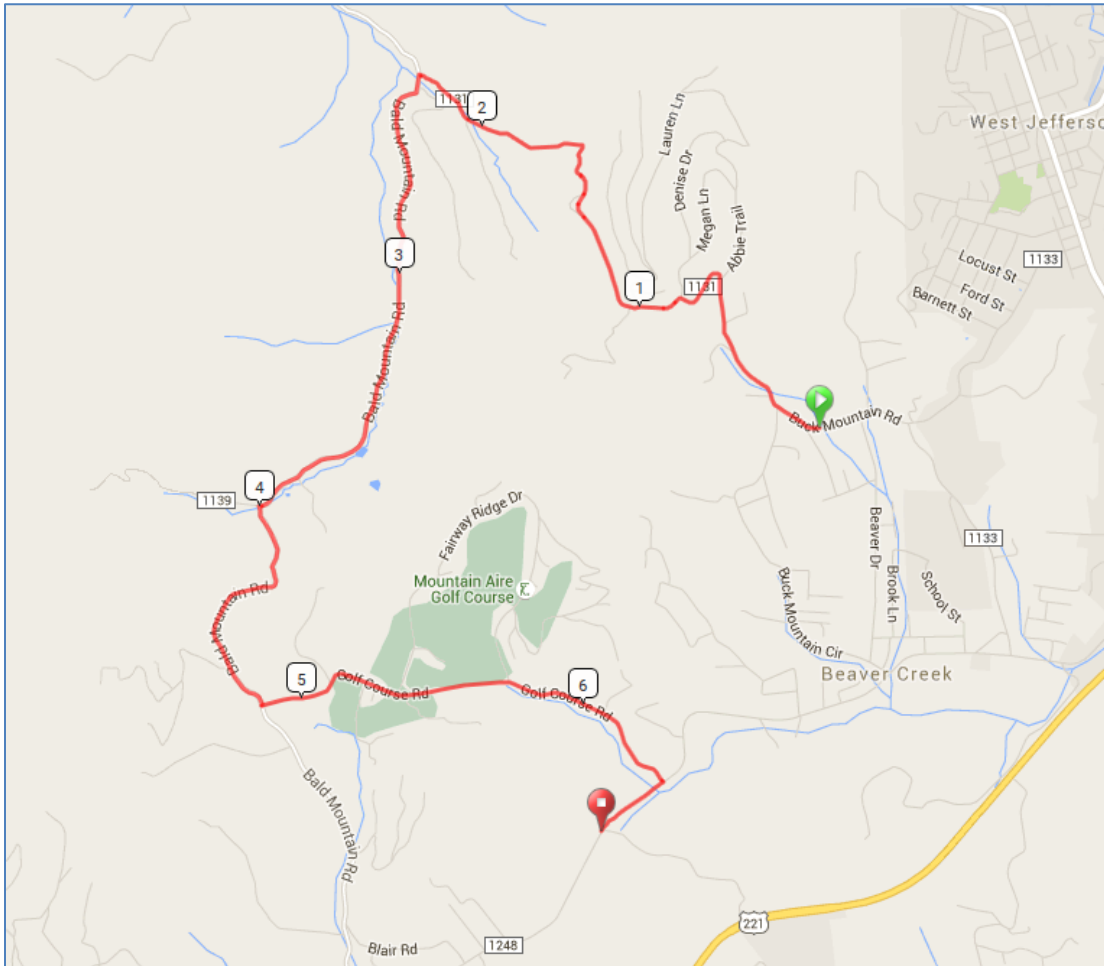
Min	2987
Max	3563
Ascent	+979
Descent	-989

Leg Notes: Minimal traffic. Be alert for more traffic on Beaver Creek School Rd. Run on Left, EZ on Right.

Leg Legend:

- 0.0 EZ 5 (Friendly Grove Baptist Church)
- 1.5 S (pavement ends, gravel/dirt begins)
- 0.8 L Bald Mountain Rd. #1138 (gravel/dirt)
- 1.7 L Bald Mountain Rd. (paved)
- 0.9 L Golf Course Rd.
- 1.5 R Beaver Creek School Rd.
- 0.1 R Christmas Tree Field access trail
- 0.3 Follow trail to Frosty's Choose & Cut (EZ 6)

Leg Description: A good climb and a steep gravel/dirt descent early on, followed by a long gradual climb through the valley. A steep paved climb and 1-mile descent finish this run. Enjoy the view of Bluff Mountain and its waterfall as you begin your first big descent.



BRR Leg 7 (2.3 miles, Easy)

Elevation (feet):

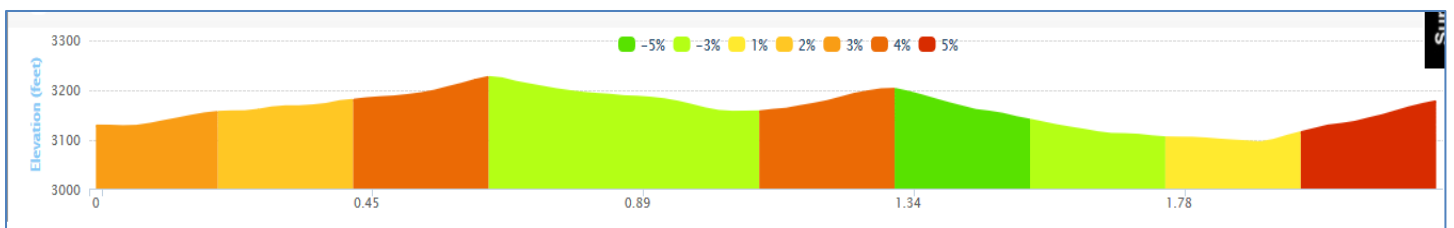
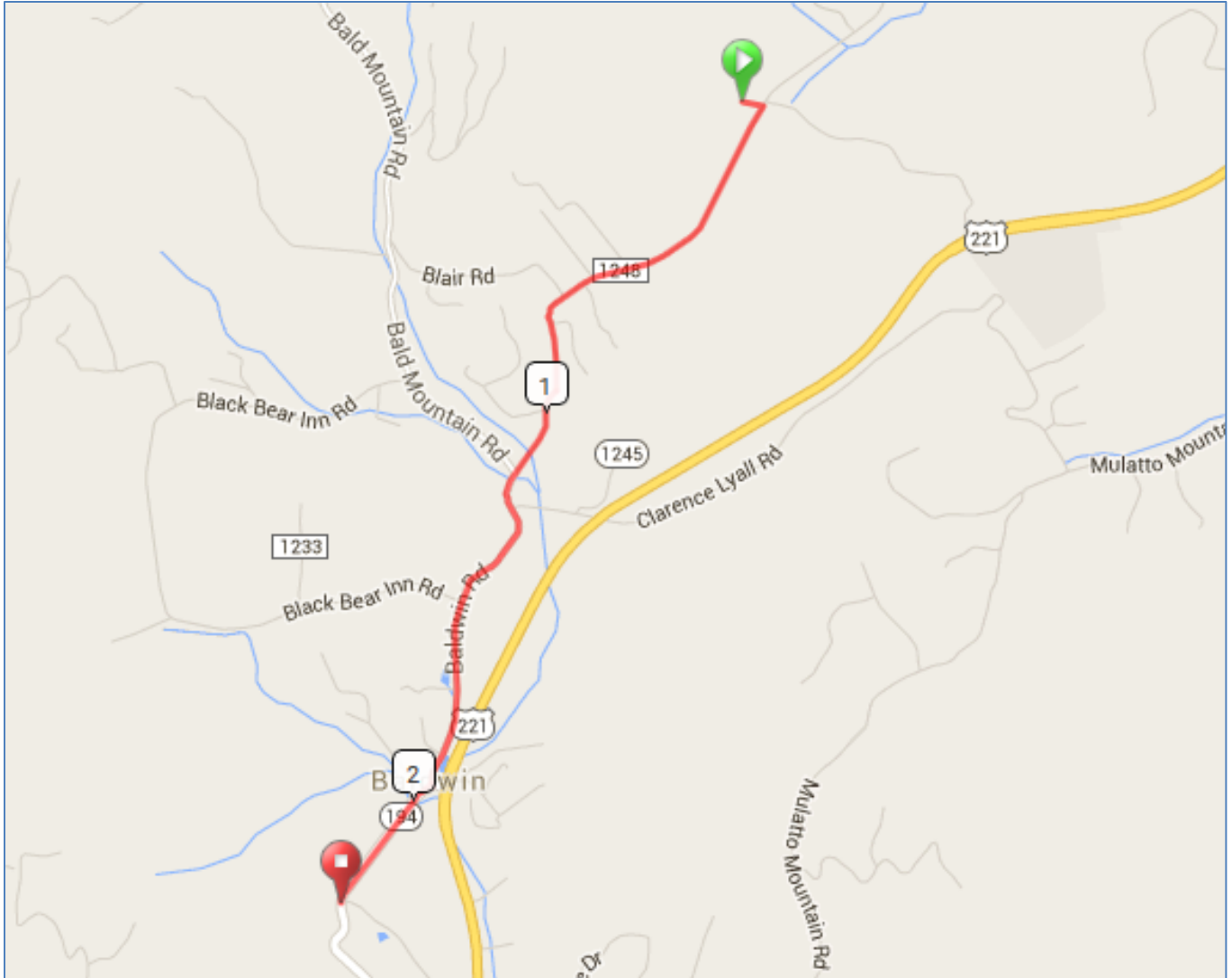
Min	3095
Max	3226
Ascent	+165
Descent	-148

Leg Legend:

0.0	EZ 6 (Frosty's Choose & Cut)
0.0	S Follow gravel road/trail
0.5	R Beaver Creek School Rd (as you exit trail)
1.4	R 194 South
0.3	Bethany Methodist Church, on L (EZ 7)

Leg Notes: Beaver Creek School Rd & 194 are heavily traveled, winding roads with tight shoulders. Be alert for traffic.

Leg Description: Mostly rolling and downhill. Small climb in the final 0.3 on 194. Run on Left, EZ on Left.



BRR Leg 8 (3.1 miles, Easy)

Elevation (feet):

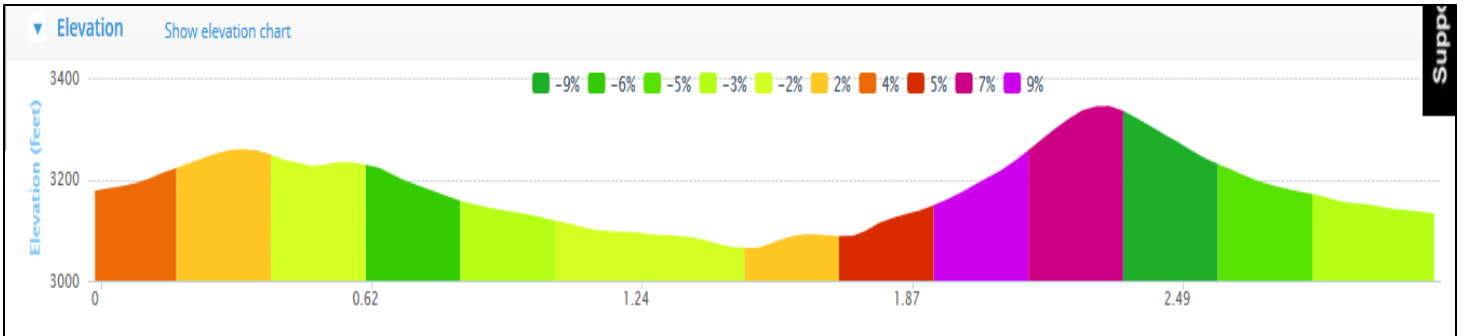
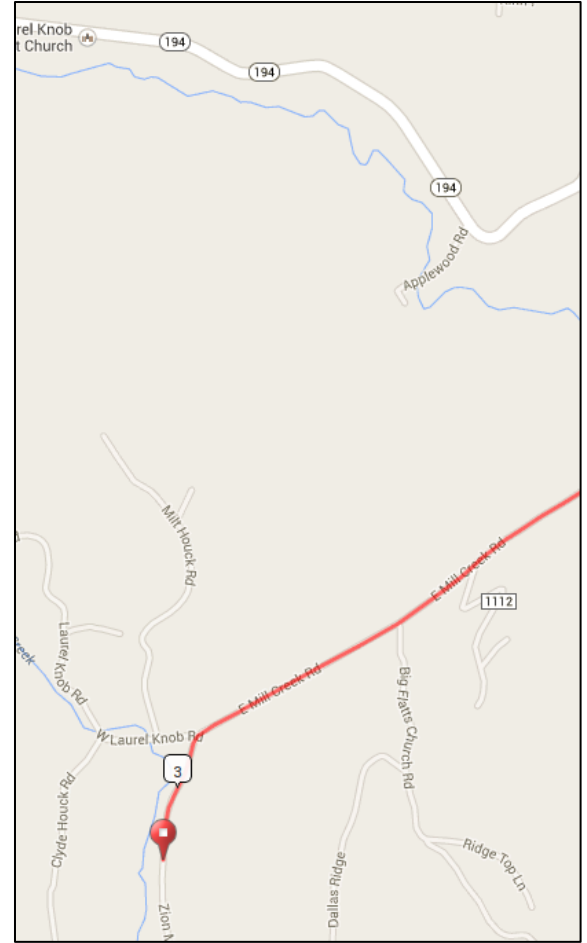
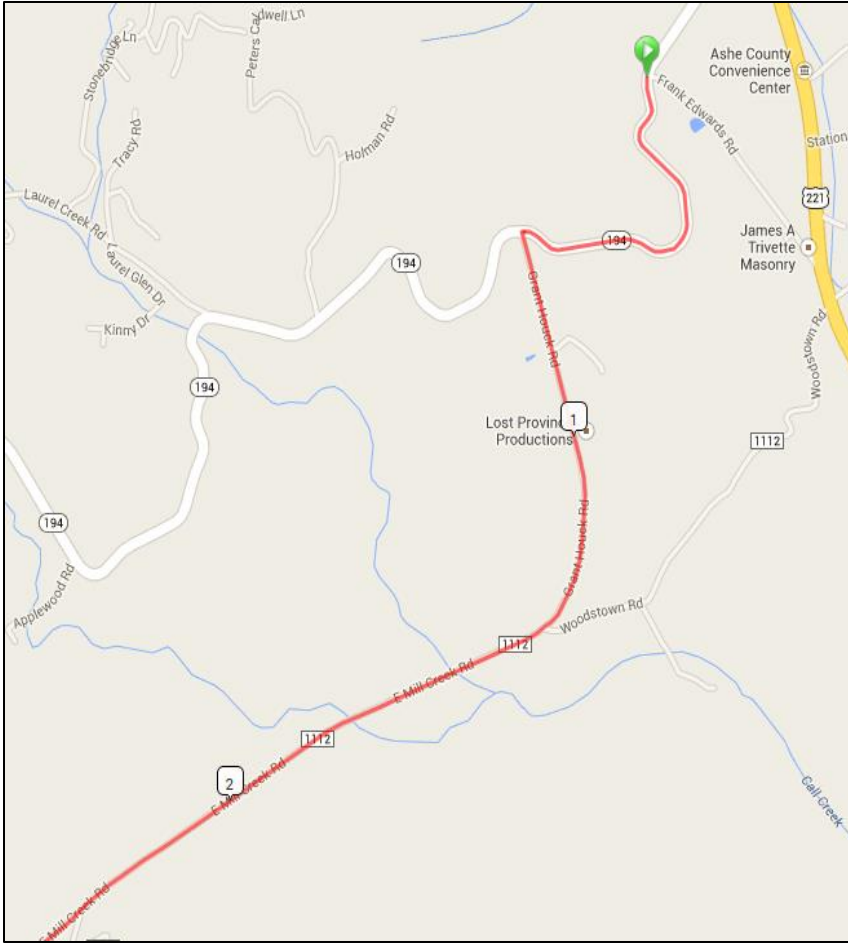
Min	3061
Max	3343
Ascent	+326
Descent	-378

Leg Legend:

- 0.0 EZ 7 (Bethany Methodist Church)
- 0.6 L Grant Houck Rd. #1114 to East Mill Creek #1112
- 2.5 Zion Methodist Church, on L (EZ 8)

Leg Notes: 194 is a heavily traveled, winding road with tight shoulders. Be alert for traffic.

Leg Description: Mostly rolling and downhill. One monster climb about 1.0 mile before EZ 7. Run on Left, EZ on Left.



BRR Leg 9 (4.6 miles, Easy)

Elevation (feet):

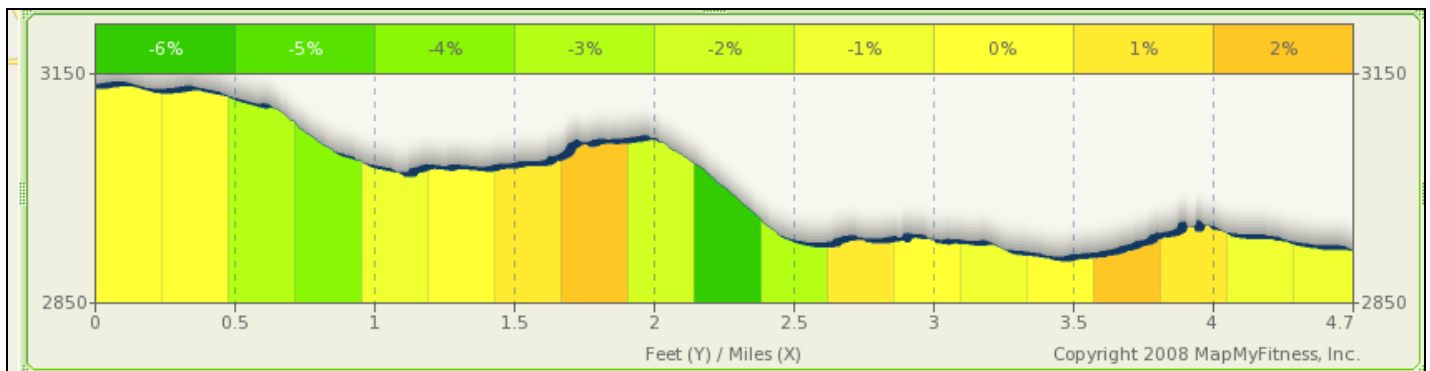
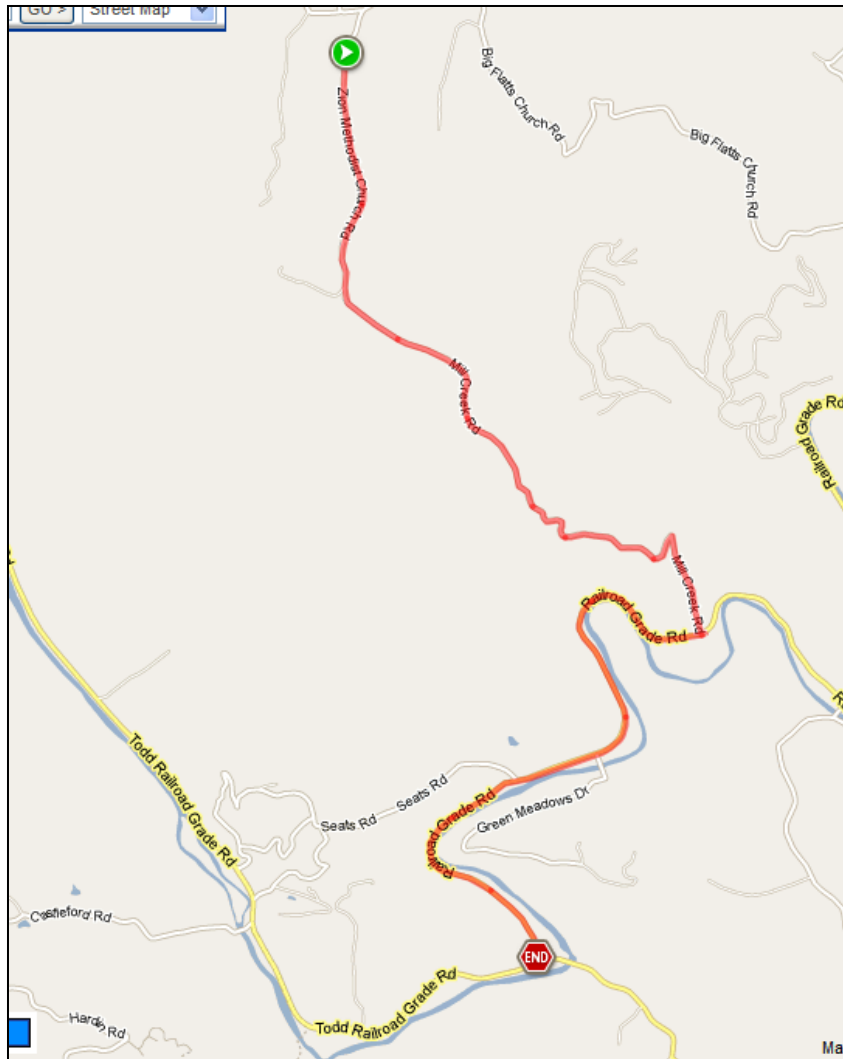
Min	2904
Max	3134
Ascent	+186
Descent	-401

Leg Legend:

0.0	EZ 8 (Zion Methodist Church)
2.5	R Railroad Grade Rd. #1106
2.1	Riverside Restaurant, on L (EZ 9)

Leg Notes: Enjoy the views of the New River.

Leg Description: Mostly downhill and flat with one good climb and decent about the middle of the leg. Run on Left, EZ on Left.



BRR Leg 10 (5.3 miles, Easy)

Elevation (feet):

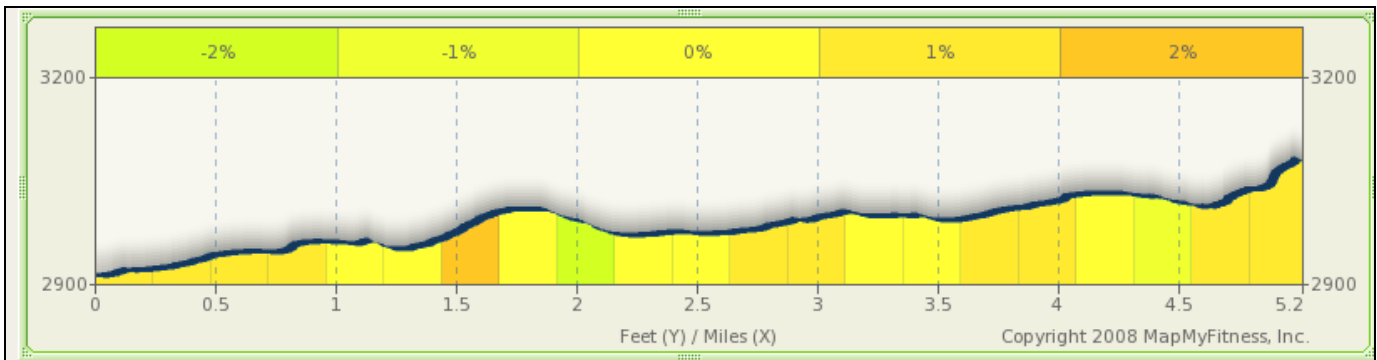
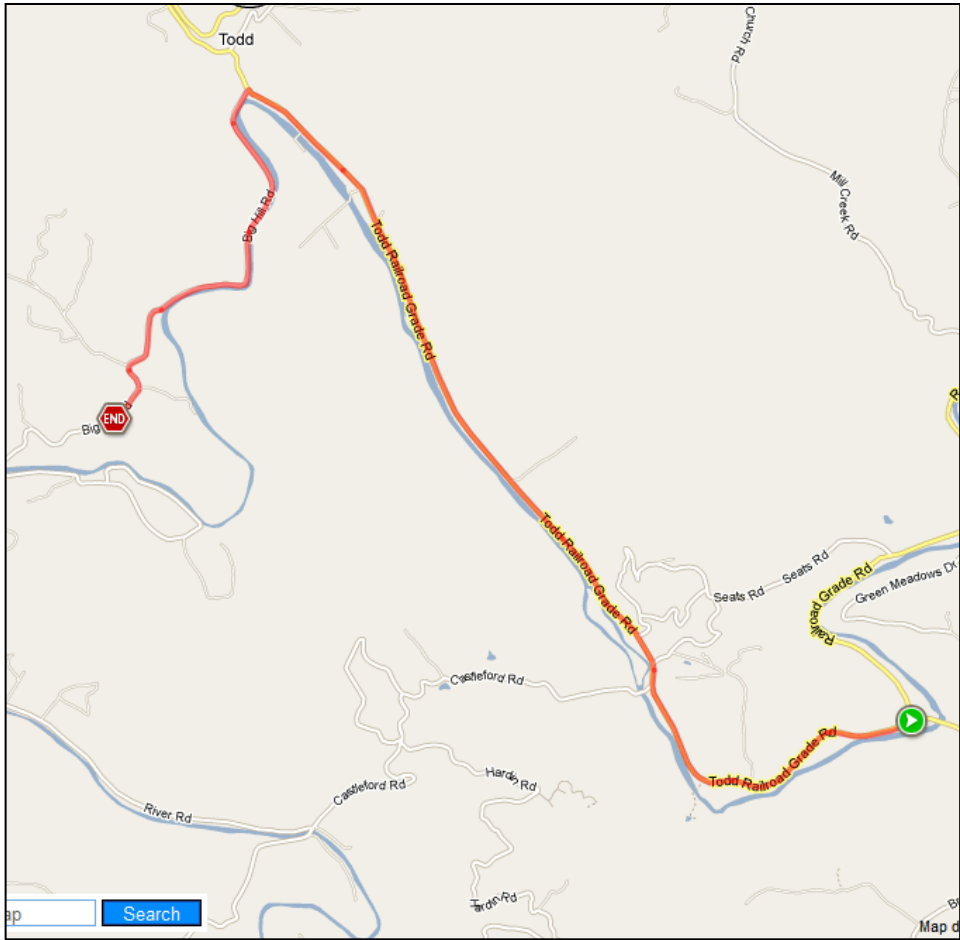
Min	2918
Max	3085
Ascent	+315
Descent	-166

Leg Legend:

0.0	EZ 9 (Riverside Restaurant)
3.7	L Big Hill Rd. (Community of Todd)
1.6	Green Valley Community Park, on L (EZ 10)

Leg Notes: Great run along the New River.

Leg Description: Flat run with a bit of a climb on Big Hill Road (go figure). Run on Left, EZ on Left.



BRR Leg 11 (8.4 miles, Very Hard)

Elevation (feet):

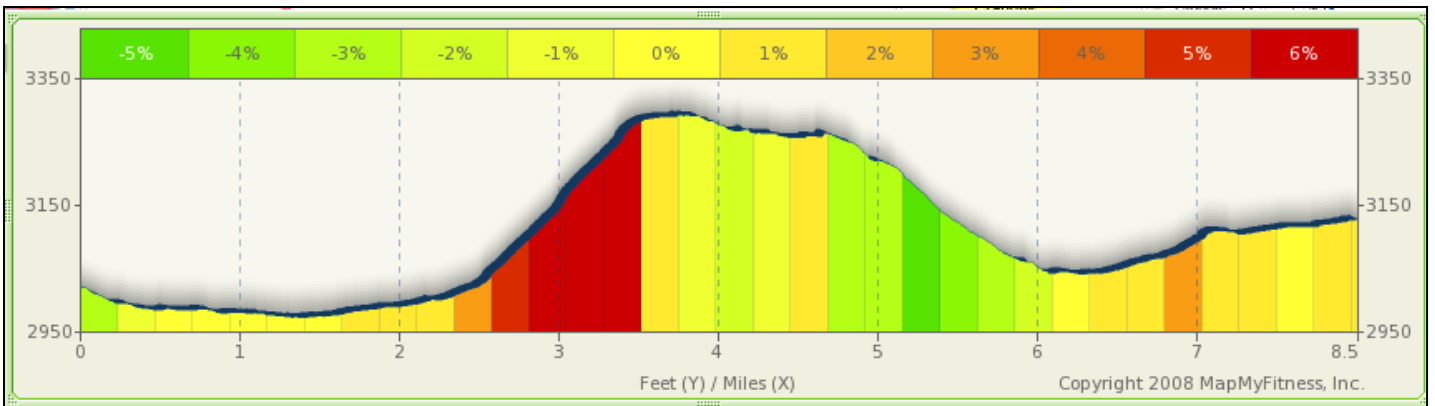
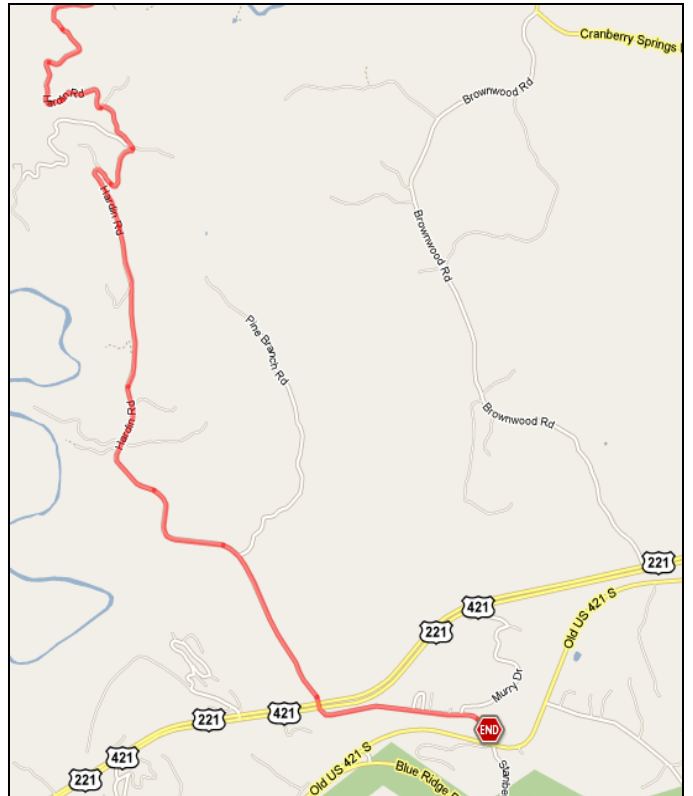
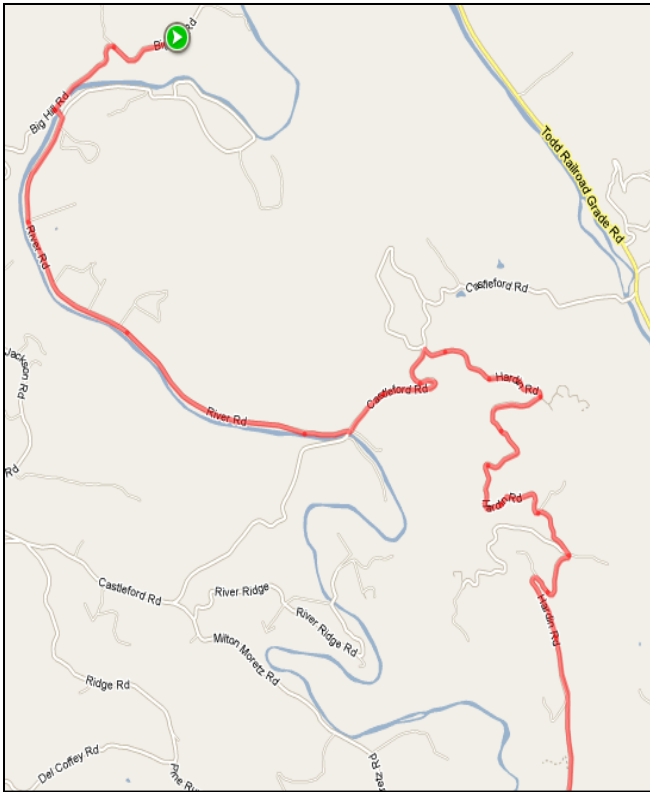
Min	2959
Max	3411
Ascent	+680
Descent	-551

Leg Legend:

- 0.0 EZ 10 (Green Valley Community Park)
- 0.5 L River Rd.
- 2.0 L South Castleford Rd.
- 0.6 R Hardin Rd. (gravel/dirt)
- 2.1 S (gravel ends/paved begins)
- 2.4 S Brown's Farm Rd. (Cross 421 4-lane highway)
- 0.6 ReGeneration Church, on L (EZ 11)

Leg Notes: Enjoy the views of the New River while you can. All rural roads. Be alert for blind curves on Castleford. **Be very alert as you cross Highway 421.**

Leg Description: The distance, along with a good climb on Castleford and Hardin Rds. makes this a tough leg. Run on Left, EZ on Left.



BRR Leg 12 (6.1 miles, Hard)

Elevation (feet):

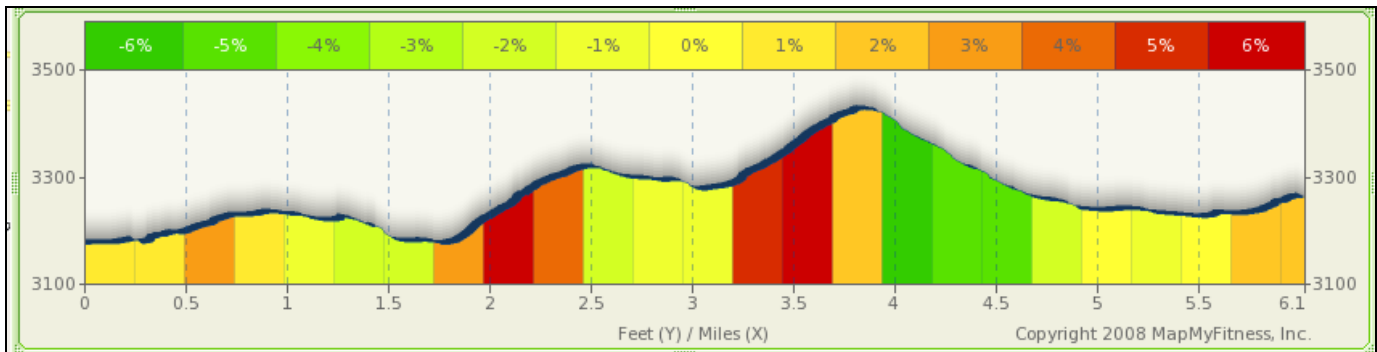
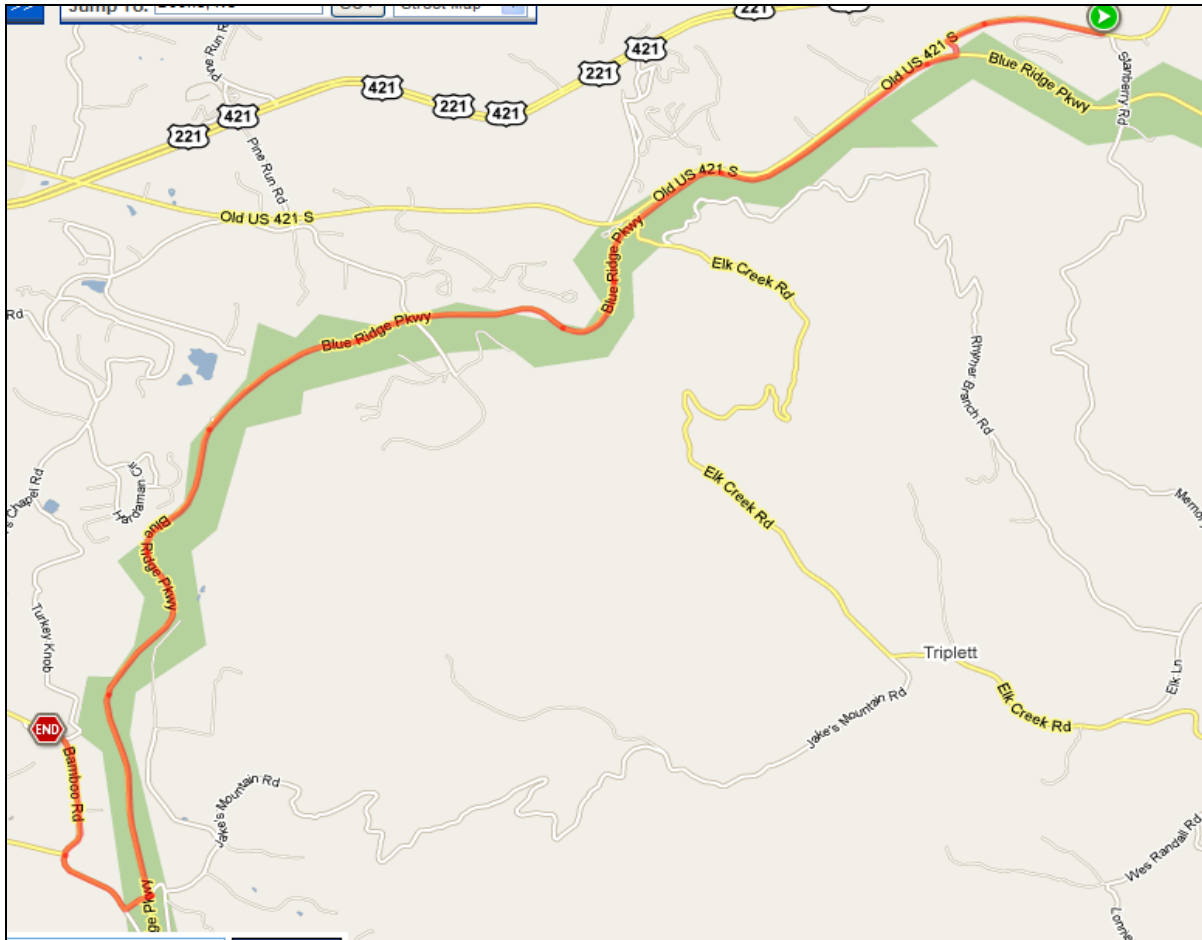
Min	3139
Max	3506
Ascent	+661
Descent	-547

Leg Notes: Support vehicles are not permitted on the Blue Ridge Parkway. **Runners must wear a reflective vest while running on the Parkway. Must run on Left, Single File.** Bamboo is narrow with minimal shoulder.

Leg Legend:

0.0	EZ 11 (ReGeneration Church)
0.05 R	Old 421
0.5 L	Blue Ridge Parkway Entrance
0.1 R	Blue Ridge Parkway
4.6 R	Exit Blue Ridge Parkway at Bamboo Gap (just over bridge)
0.1 L	Little Laurel
0.1 R	Bamboo
0.6 L	Mount Vernon Baptist Church, on L (EZ 12)

Leg Description: A very honest 10K+, but with awesome views from the Blue Ridge Parkway. Run on Left, EZ on Left.



BRR Leg 13 (9.1 miles, Very Hard)

Elevation (feet):

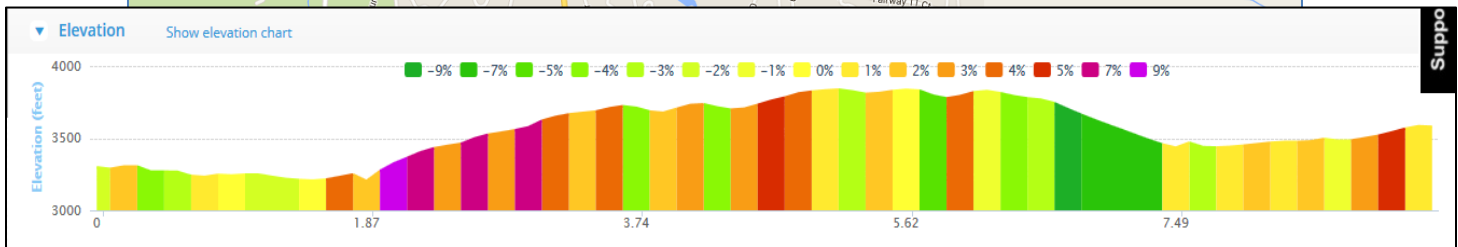
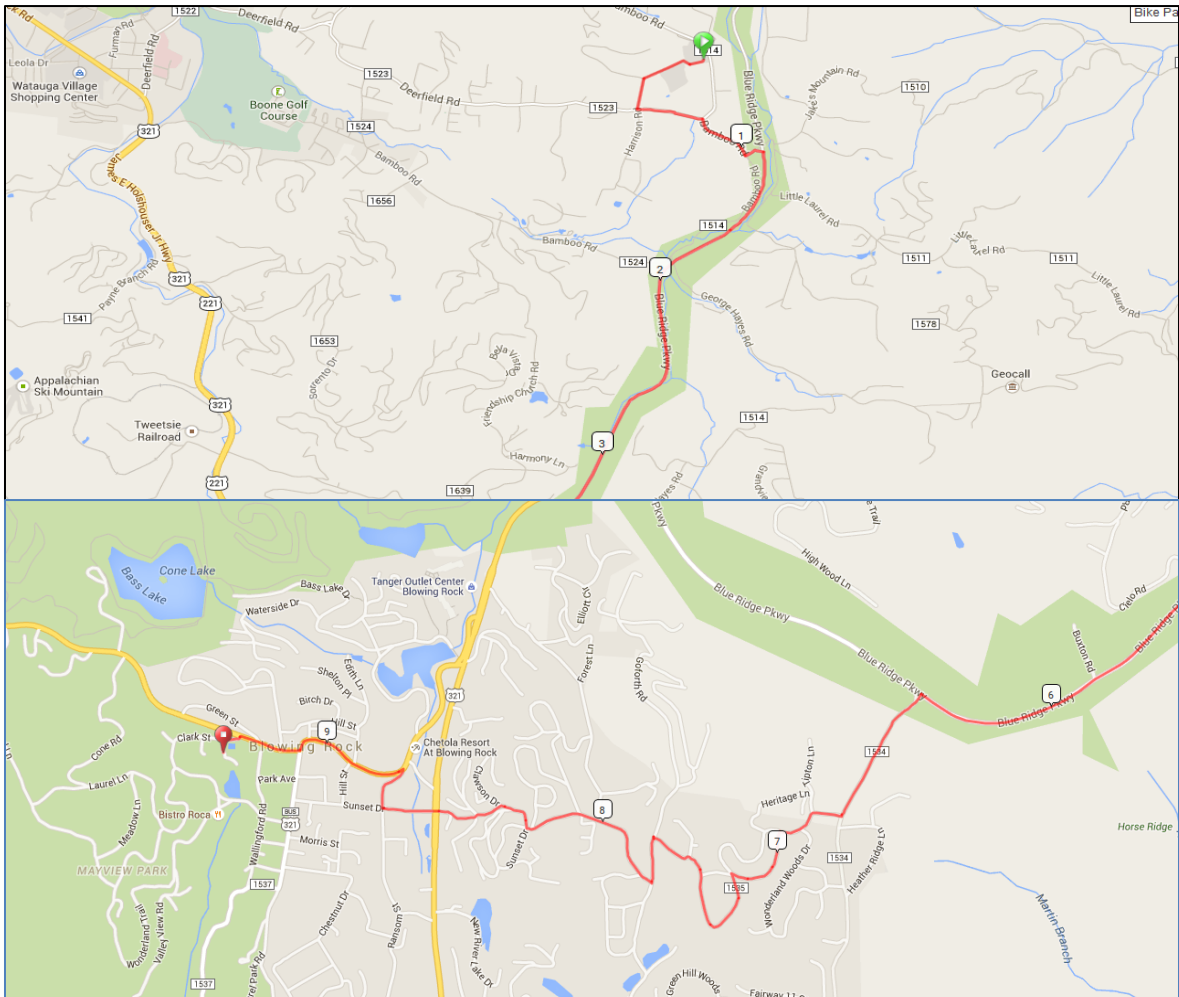
Min	3205
Max	3840
Ascent	+969
Descent	-710

Leg Notes: Support vehicles are not permitted on the Blue Ridge Parkway. **Runners must wear a reflective vest while running on the Parkway.** Run on the Left. Lots of turns on this Leg.

Leg Description: Challenging long run. Run on Left, EZ on Left.

Leg Legend:

- 0.0 EZ 12 (Mt. Vernon Baptist Church)
- S Continue through Church parking lot
- 0.3 L Hartley Knob Rd.
- 0.2 L Deerfield Rd.
- 0.3 R Bamboo Rd.
- 0.2 L Little Laurel
- 0.1 R Blue Ridge Parkway entrance
- 0.1 R Blue Ridge Parkway South
- 5.2 L Green Hill Rd.
- 0.3 R Wonderland Dr.
- 1.0 L Goforth Rd (at stop sign)
- 0.1 R Sunset Dr (at stop sign)
- 0.7 S Cross Hwy 321 (at traffic light)
- 0.2 R Ransom St
- 0.1 L 221S/Main St. Blowing Rock
- 0.3 R 221 South/Blowing Rock Highway at traffic light before Mellow Mushroom
- 0.2 Blowing Rock Swimming Pool, on L (EZ 13)



BRR Leg 14 (6.2 miles, Hard)

Elevation (feet):

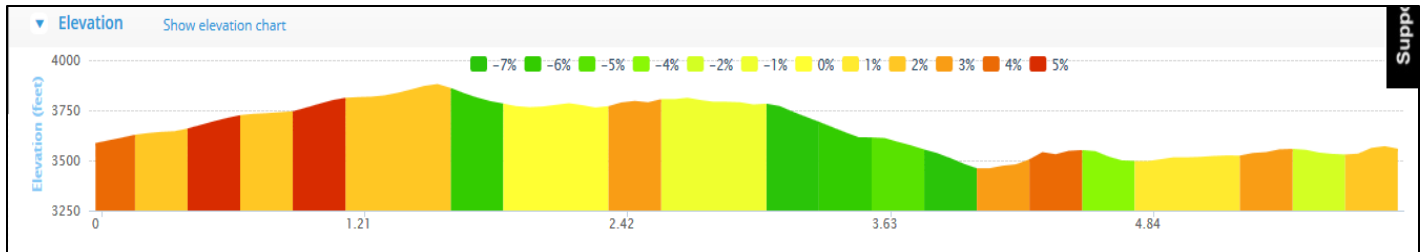
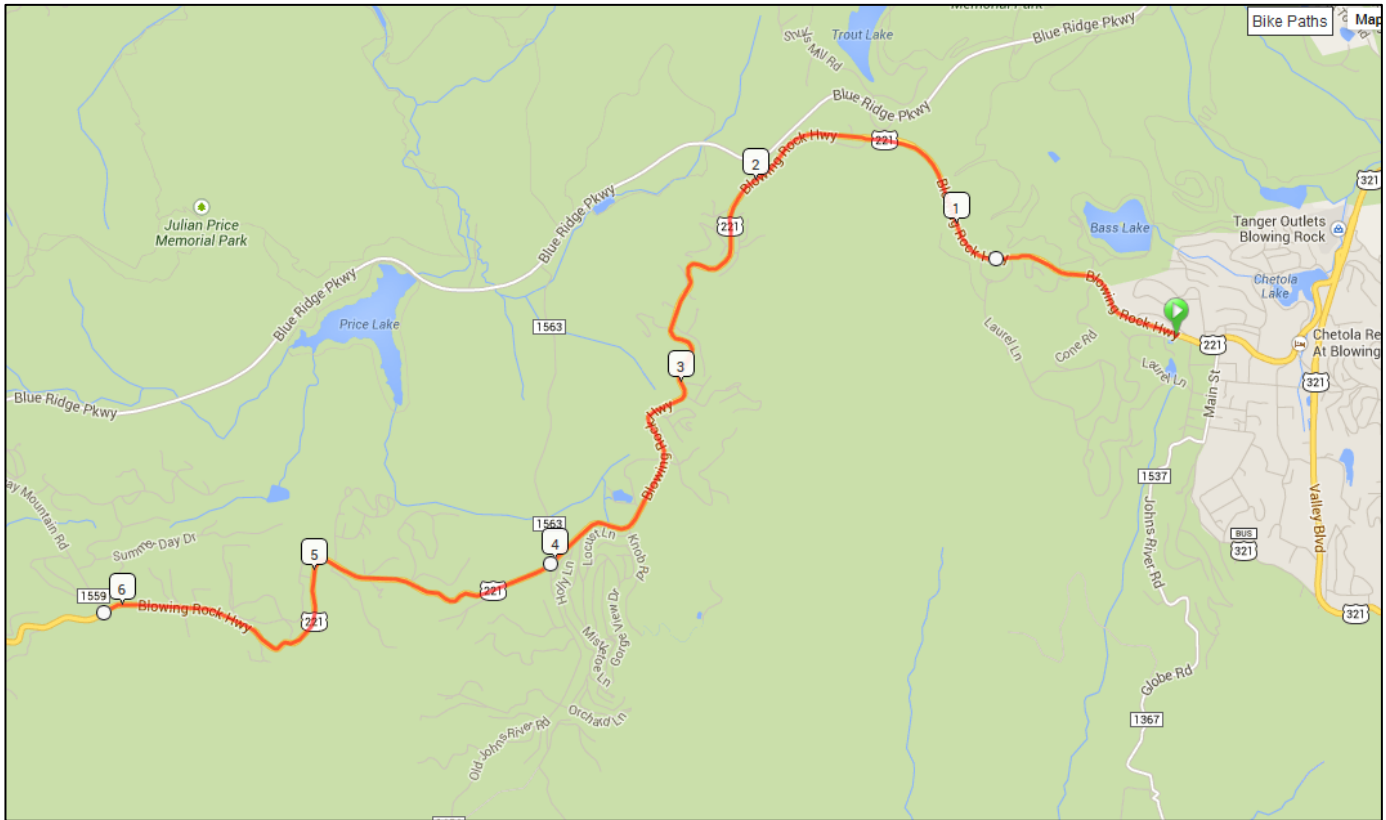
Min	3451
Max	3874
Ascent	+532
Descent	-539

Leg Legend:

0.0	EZ 13 (Blowing Rock Swimming Pool)
0.0	R Clark St
0.0	L 221 South
6.2	Grandfather Country Store, on L (EZ 14)

Leg Notes: Stay alert for traffic on 221. Tight shoulders. Caution Runner signs will be posted frequently to warn on-coming traffic.

Leg Description: Rolling on 221 South. Stay alert for traffic. No turns. Run on Left, EZ on Left.



BRR Leg 15 (10.5 miles, Very Hard)

Elevation (feet):

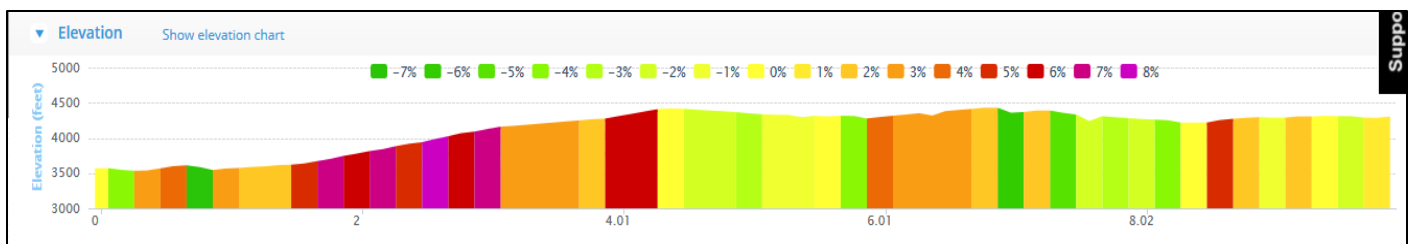
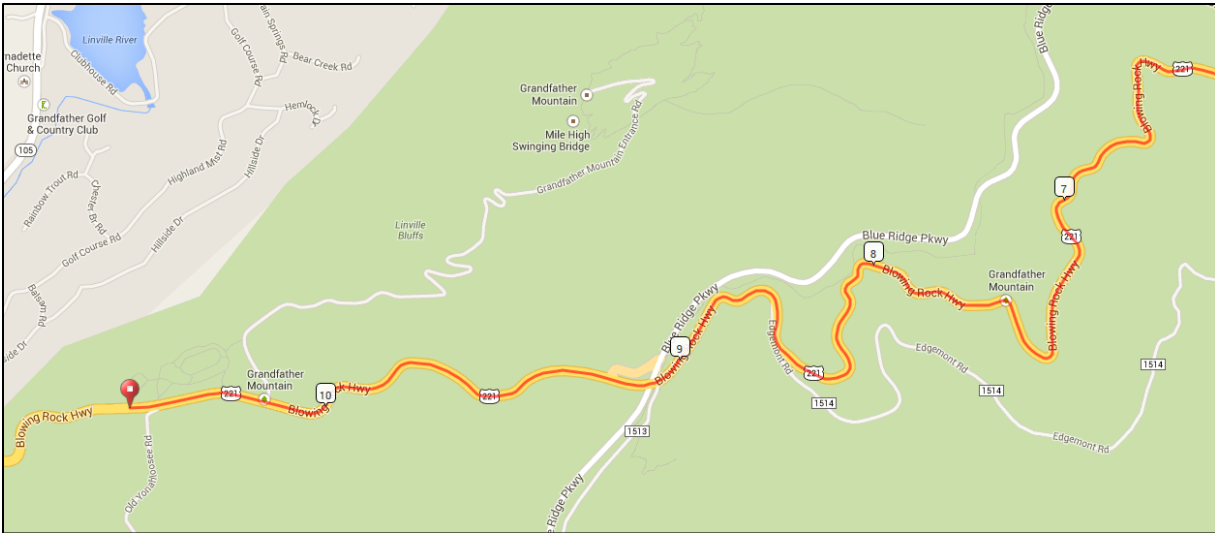
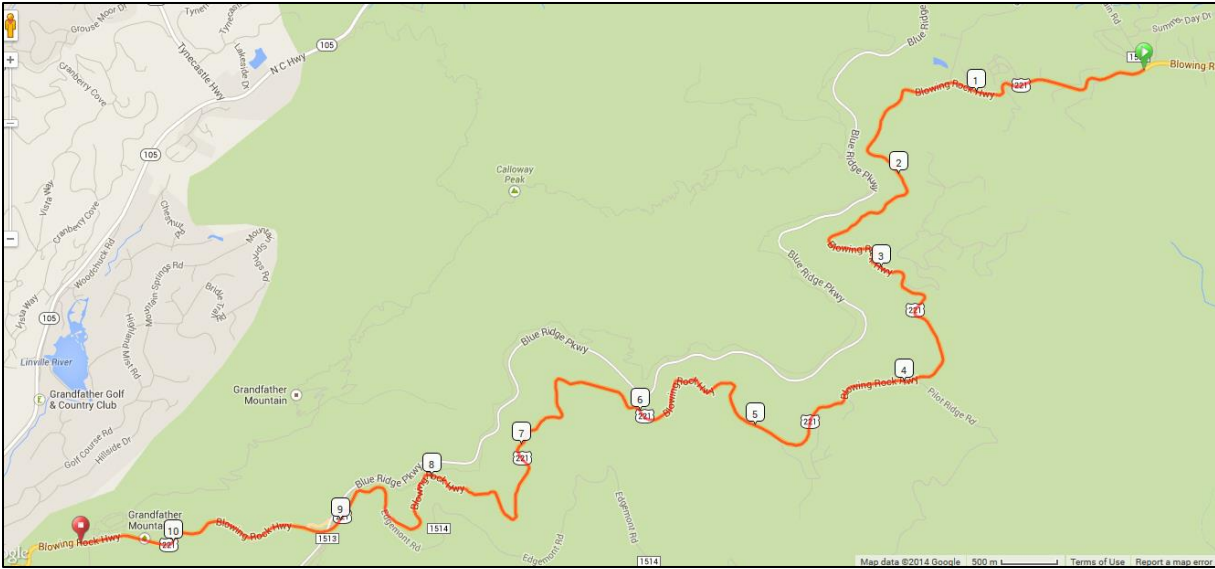
Min	3560
Max	4311
Ascent	+1222
Descent	-493

Leg Legend:

0.0	EZ 14 (Grandfather Country Store)
	221 South
10.5	Grandfather Mountain, on L (EZ 15)

Leg Notes: Mostly desolate stretches of road along the base of Grandfather Mountain. 221 is winding, stay alert.

Leg Description: Tough leg because of the distance and because most of it is a climb. Run on Left, EZ on Left.



BRR Leg 16 (3.2 miles, Easy)

Elevation (feet):

Min	3618
Max	4286
Ascent	+15
Descent	-675

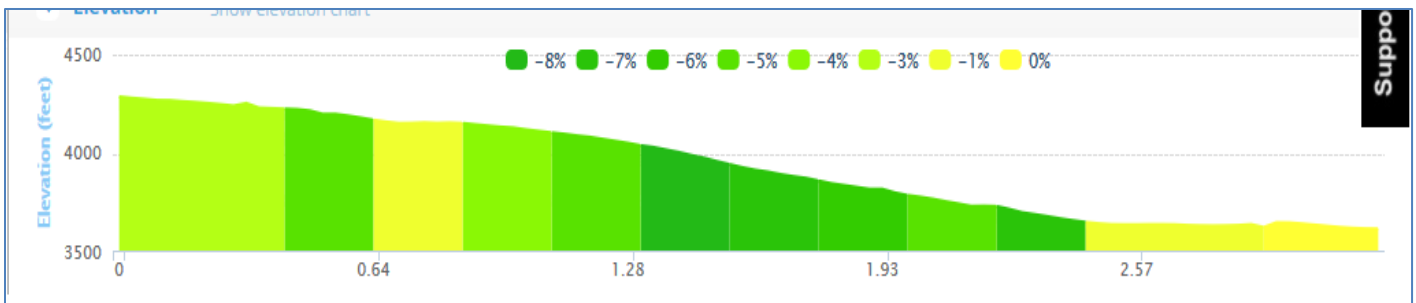
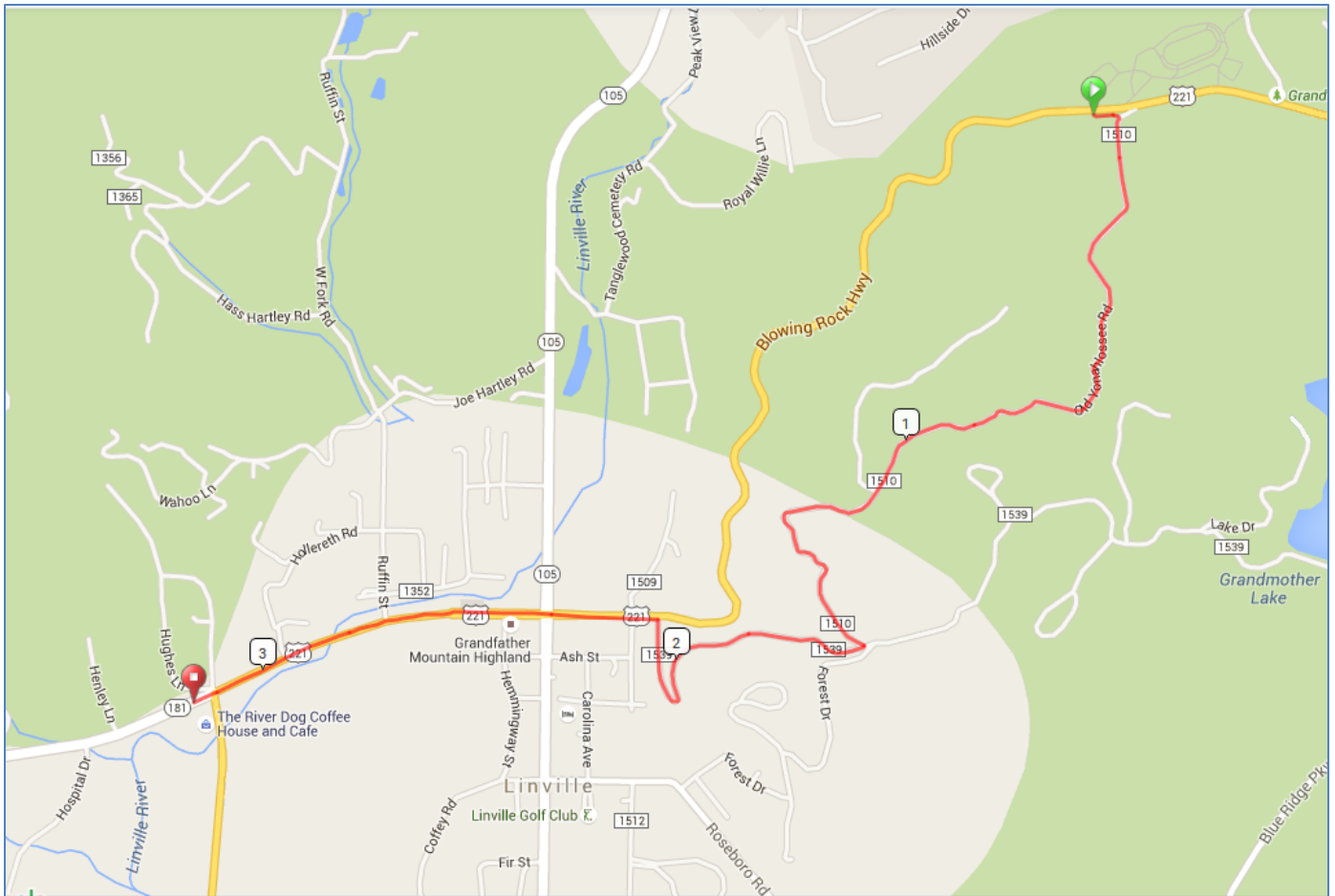
Leg Notes: 221 and 181 are heavily traveled. Be alert for traffic. Run on L.

Vans are NOT permitted on Old Yonahloosee Rd, must use 221 South.

Leg Legend:

- 0.0 EZ 15 (Grandfather Mountain, Old Yonahloosee Rd.)
- 1.6 R Remain on Old Yonahloosee Rd (DO NOT turn Left through gate.)
- 0.6 L 221 South
- 0.2 S Through traffic light
- 0.7 S Through traffic light
- 0.1 First National Bank shopping complex, on L (EZ 16)

Leg Description: Be alert for traffic on 221/181. Run on Left, EZ on Left.



Suppo

BRR Leg 17 (2.9 miles, Easy)

Elevation (feet):

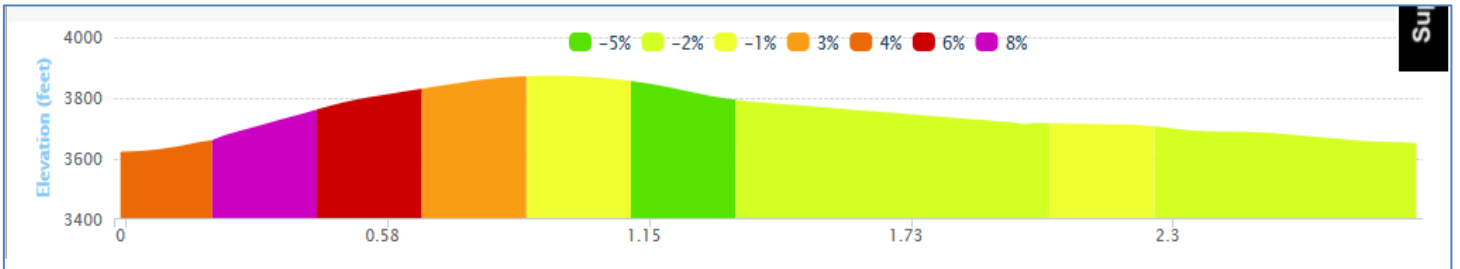
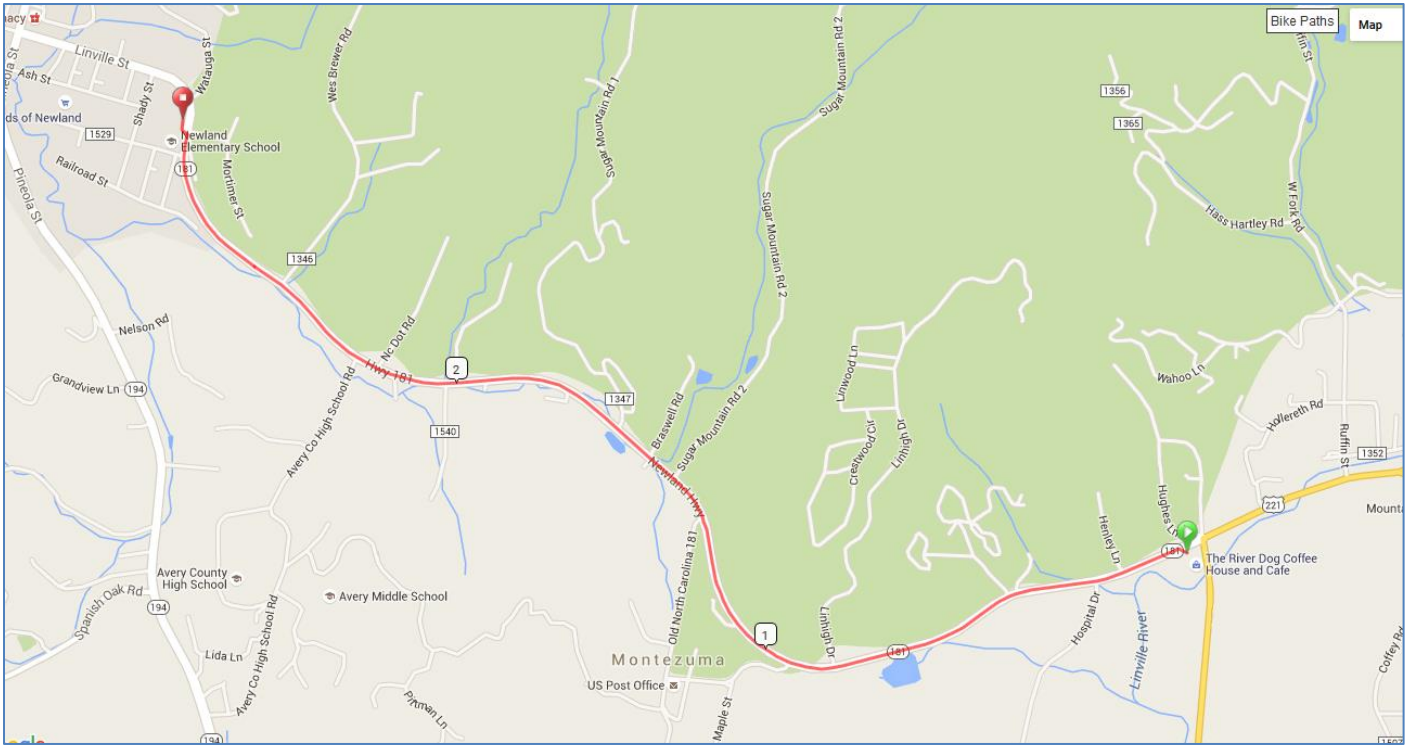
Min 3618
 Max 3871
 Ascent +247
 Descent -225

Leg Legend:

0.0 EZ 16 (First National Bank Shopping Complex)
 0.0 L Turn Left out of shopping complex on 181 South
 2.9 Newland Elementary School, on L (EZ 17)

Leg Notes: 221 and 181 are heavily traveled. Be alert for traffic. Run on L.

Leg Description: Be alert for traffic on 181. Run on Left, EZ on Left.



BRR Leg 18 (5.0 miles, Moderate)

Elevation (feet):

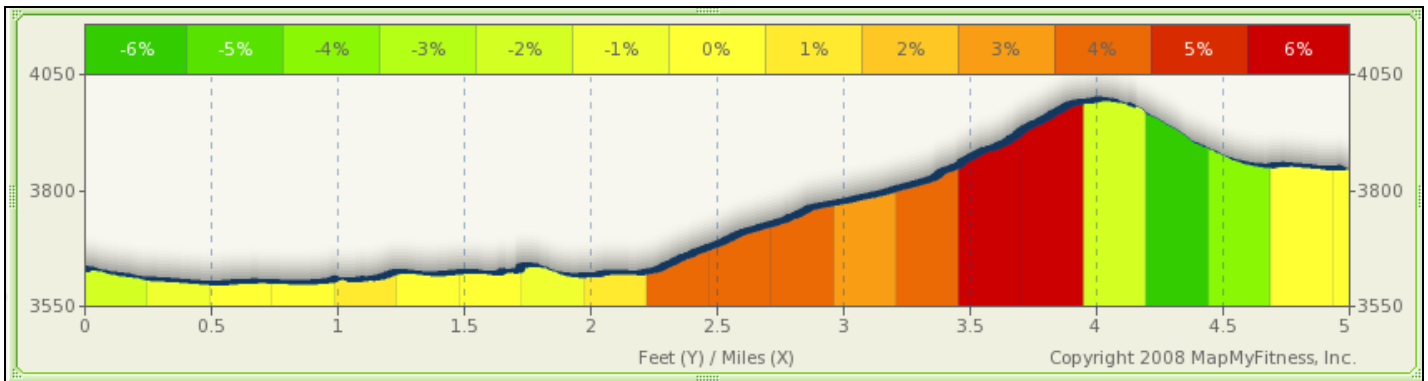
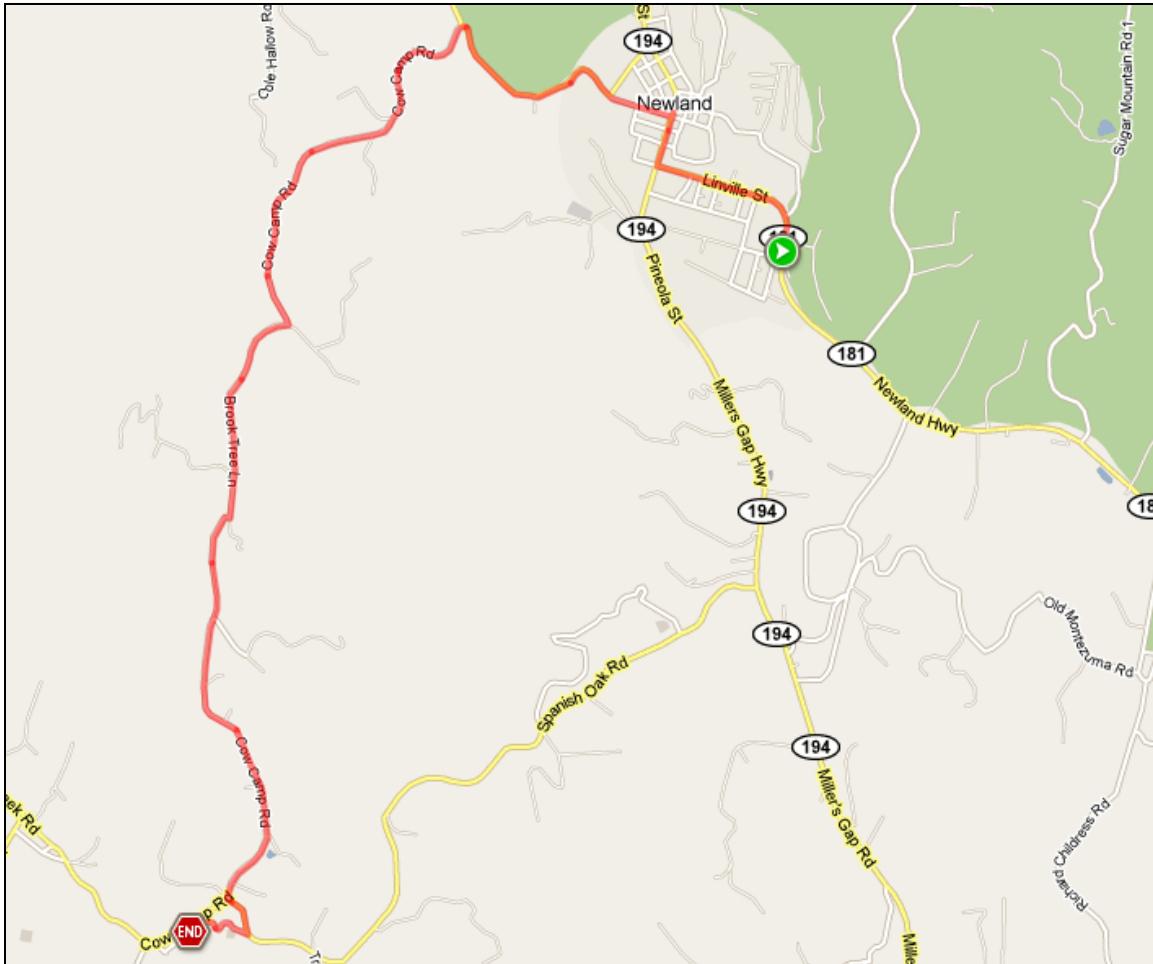
Min	3562
Max	4071
Ascent	+570
Descent	-370

Leg Legend:

- 0.0 EZ 16 (Newland Elementary School)
- 0.0 L Turn Left out of parking lot
- 0.4 R 194 North (at Traffic Light)
- 0.2 L Old Toe River Rd. (at Traffic Light)
- 0.8 L Cow Camp
- 3.2 R Spanish Oak
- 0.3 L Mt Pleasant Rd
- 0.1 Christmas Tree Lot, on L (EZ 18)

Leg Notes: Running through downtown Newland, traffic lights, etc..., but quickly turns rural.

Leg Description: Mostly rolling with a big climb on Cow Camp. Be extra alert for traffic on Spanish Oak. Run on Left, EZ on Left.



BRR Leg 19 (5.8 miles, Moderate)

Elevation (feet):

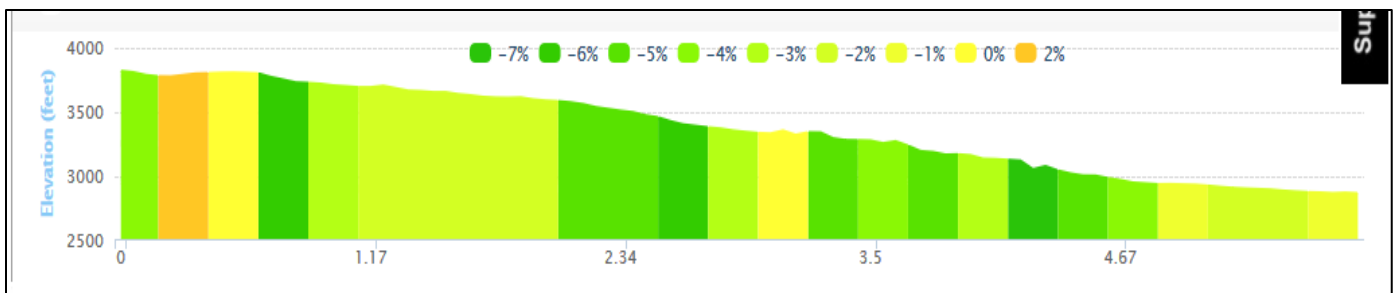
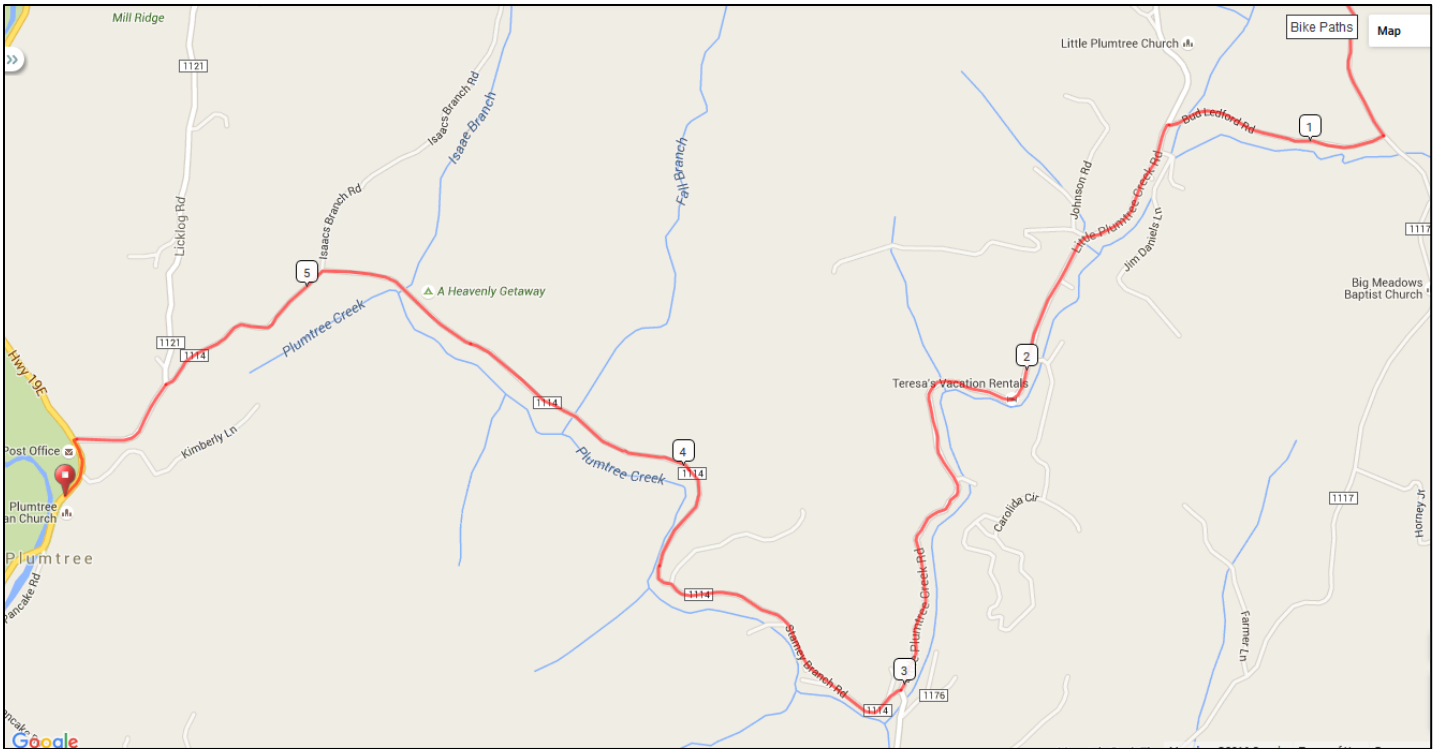
Min	2869
Max	3837
Ascent	+31
Descent	-966

Leg Notes: Rural route, but remain alert for traffic on narrow roads.

Leg Legend:

- 0.0 EZ 18 (Mt. Pleasant Rd/Spanish Oak Rd Tree Lot)
- 0.8 R Bud Ledford Rd
- 0.5 L Little Plumtree Creek Rd
- 1.7 R Stamey Branch Rd. (becomes Big Plumtree Creek Rd)
(Make certain to stay Right at this intersection!)
- 1.0 S Gravel road begins/pavement ends
- 0.6 S Pavement begins/gravel ends
- 0.8 S Remain on Big Plumtree Creek Rd
- 0.3 L 19E
- 0.1 Plumtree Presbyterian Church on L (EZ 19)

Leg Description: Several turns on this leg...know the map well.
Run on Left, EZ on Left.



BRR Leg 20 (3.8 miles, Easy)

Elevation (feet):

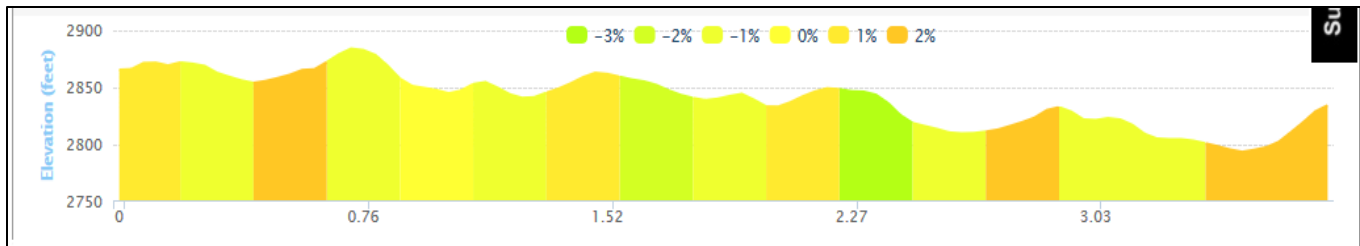
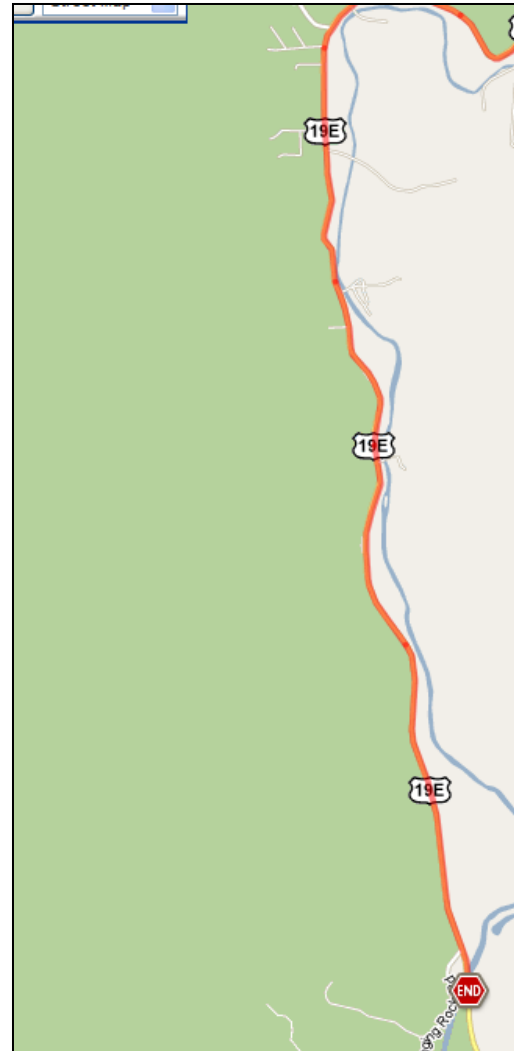
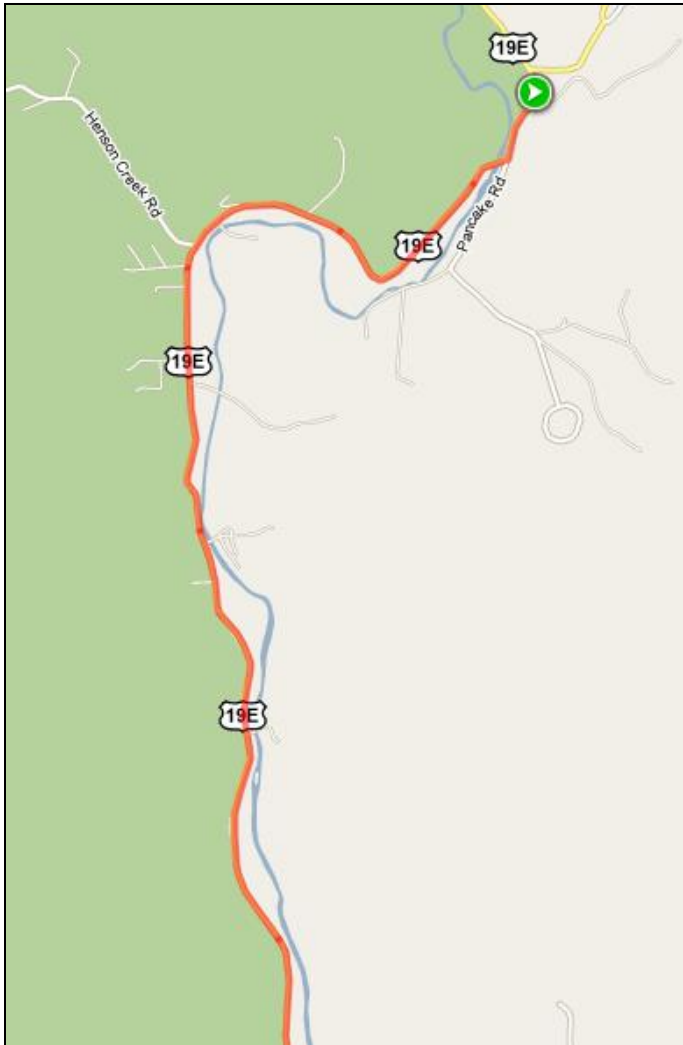
Min	2763
Max	2895
Ascent	+160
Descent	-192

Leg Legend:

0.0	EZ 19 (Plumtree Presbyterian Church)
3.8	Riverside Elementary School, on R (EZ 20)

Leg Notes: 19E is a heavily traveled road. Be alert for traffic.

Leg Description: Flat and gentle downhill. Entire leg is on 19E. No turns. Run on Left, EZ on Right.



BRR Leg 21 (8.0 miles, Very Hard)

Elevation (feet):

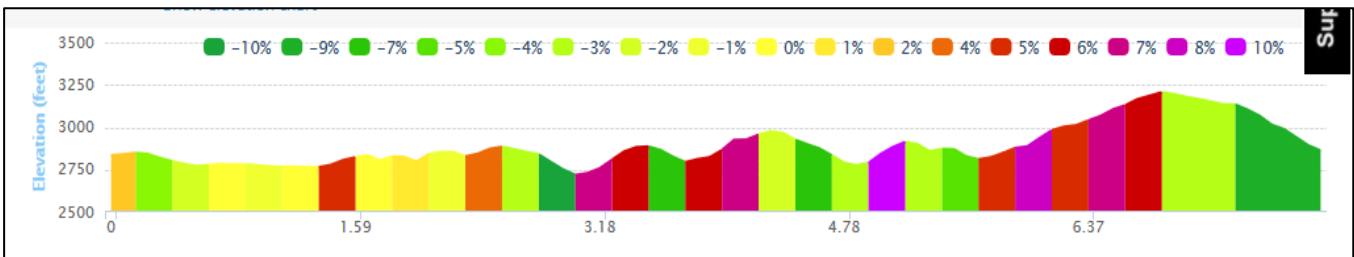
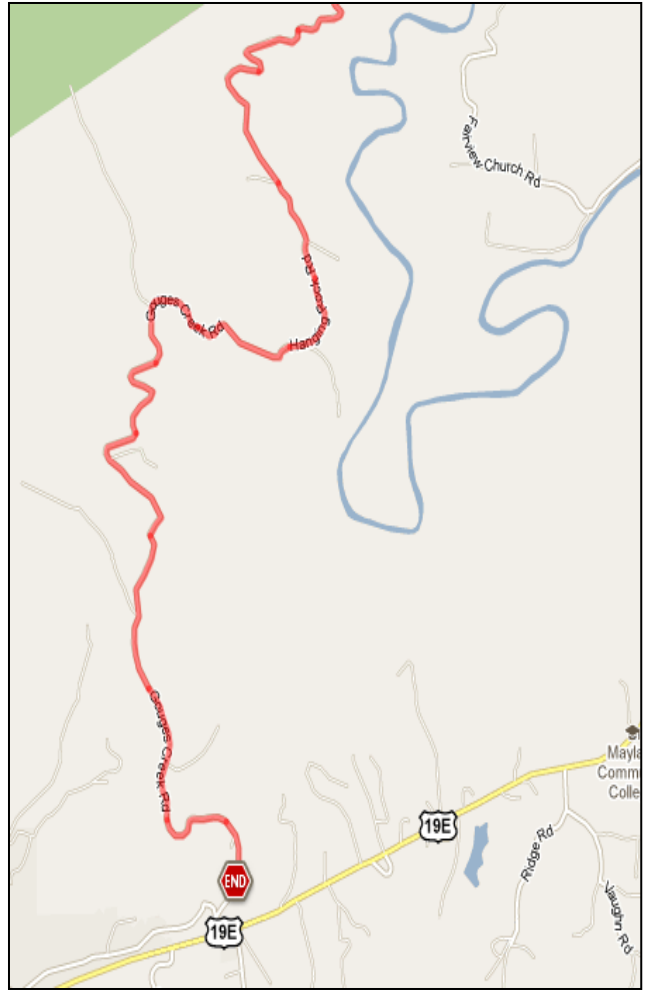
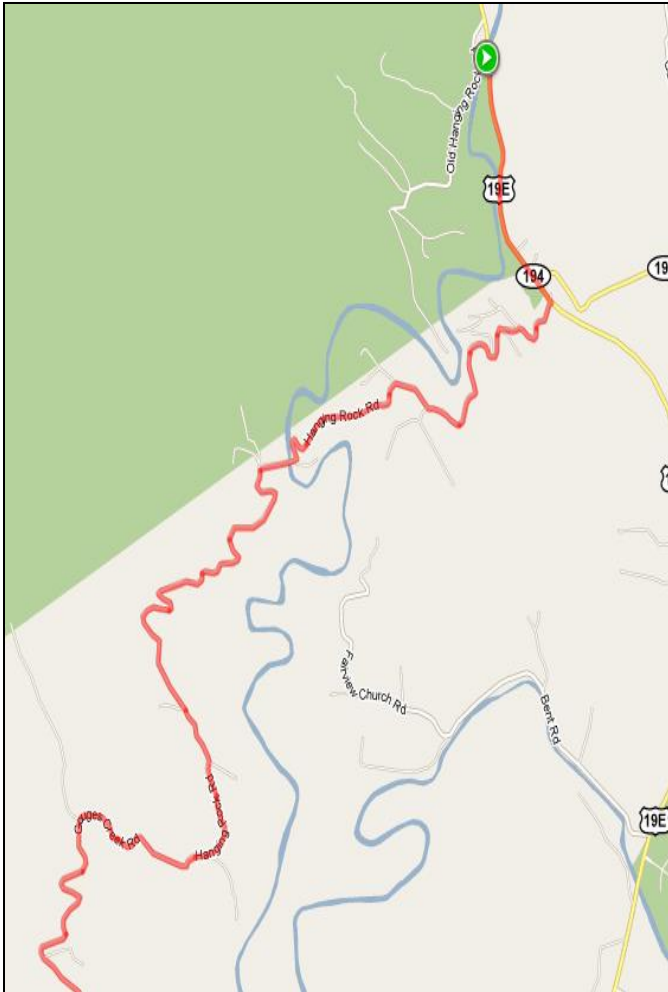
Min	2710
Max	3209
Ascent	+1019
Descent	-985

Leg Legend:

0.0	EZ 20 (Riverside Elementary School)
1.4	R Hanging Rock Rd.
6.6	Mt. Carmel Baptist Church, on L (EZ 21)

Leg Notes: 19E is a heavily traveled road. Be alert for traffic.

Leg Description: Long leg with some tough climbs. One turn onto Hanging Rock Rd. Hanging Rock Rd. turns into Gouges Creek Rd. at the County Line, but is the same road. Run on Left, EZ on Left.



BRR Leg 22 (2.6 miles, Easy)

Elevation (feet):

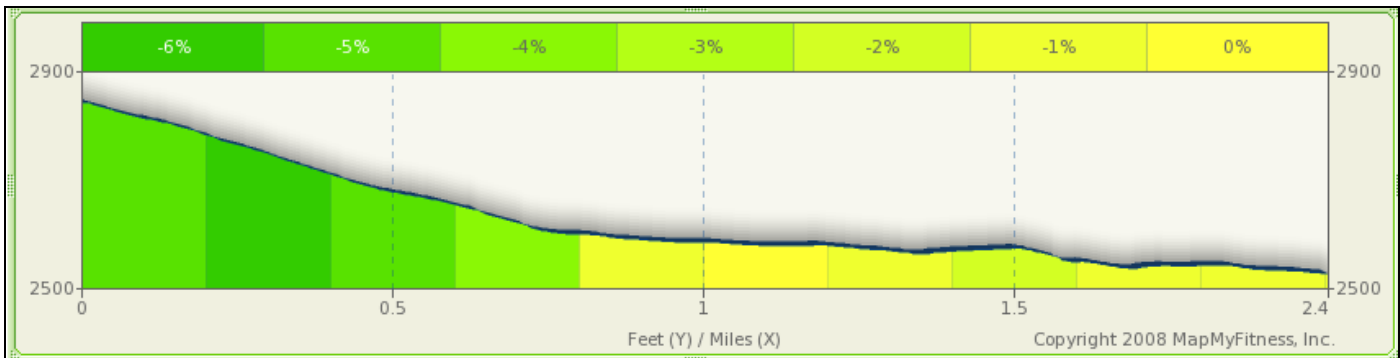
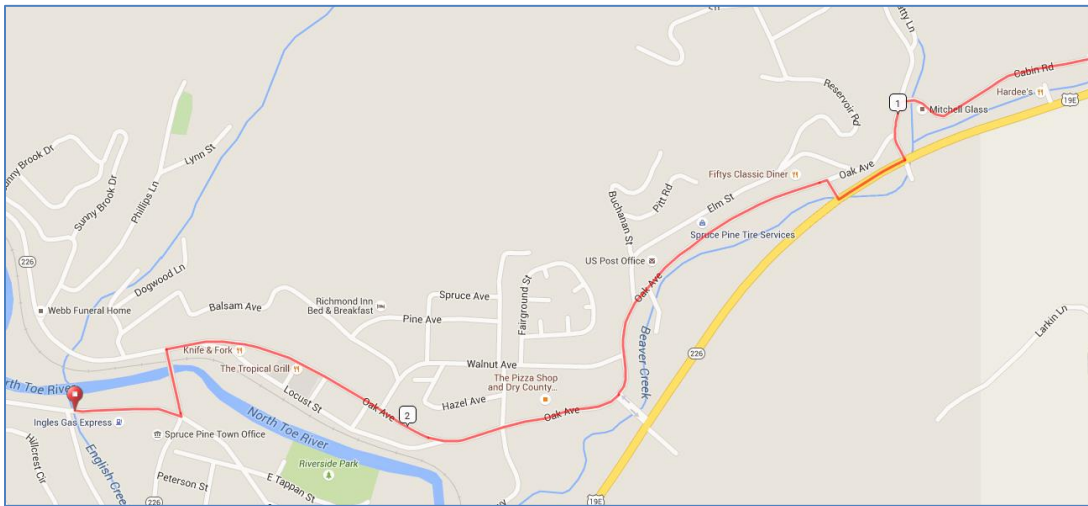
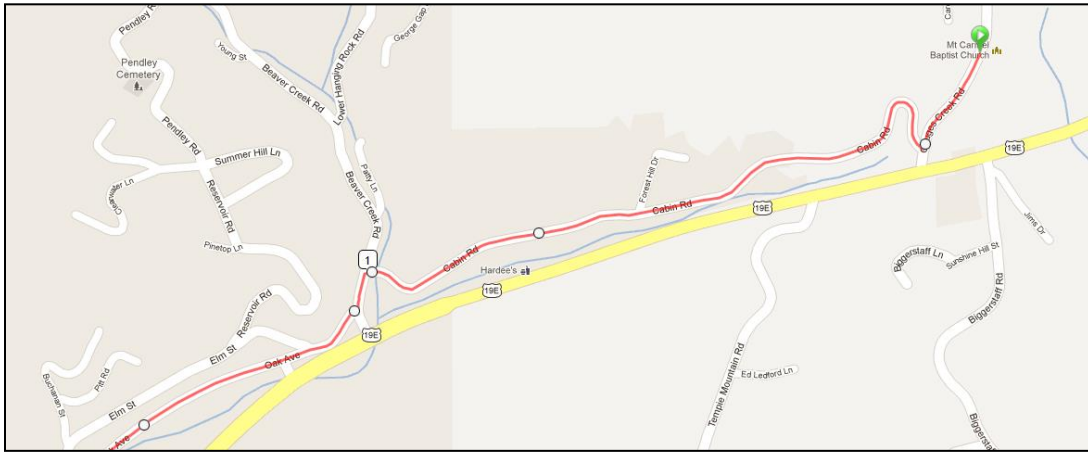
Min	2494
Max	2867
Ascent	+23
Descent	-358

Leg Notes: Vans take 19E to Oak Ave (do not drive on Cabin Rd). **Runners are on 19E for less than 0.1 mile, run on the Right for this short segment.** Otherwise, run on Left.

Leg Legend:

- 0.0 EZ 21 (Mount Carmel Baptist Church)
- 0.1 R Cabin Road (**No Vans on Cabin Rd**)
- 0.9 L Beaver Creek Rd. at stop sign
- 0.1 R 19E (**Run on Right on 19E**)
- 0.1 R Oak Ave. to Spruce Pine
- 0.0 L Oak Avenue (in front of Bantom Chef)
- 1.1 L Highland Avenue
- 0.2 R Greenwood Road
- 0.1 Ingles Grocery Store, on L (EZ 22)

Leg Description: Easy leg. Run on Left, EZ on Left. Run on Right for short segment of 19E only.



BRR Leg 23 (4.8 miles, Moderate)

Elevation (feet):

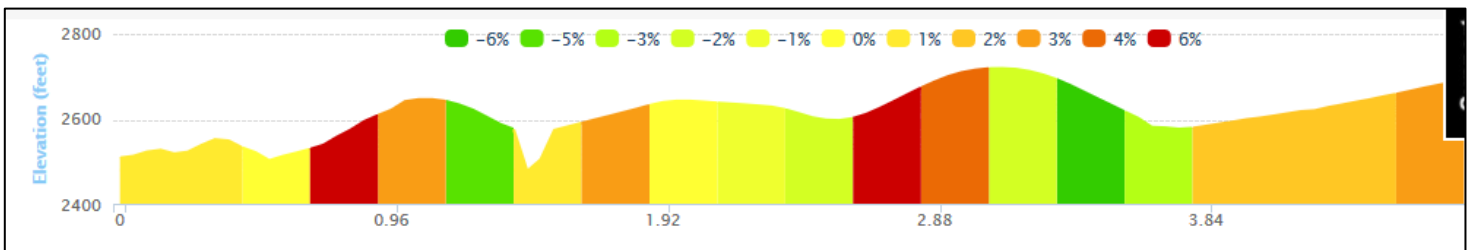
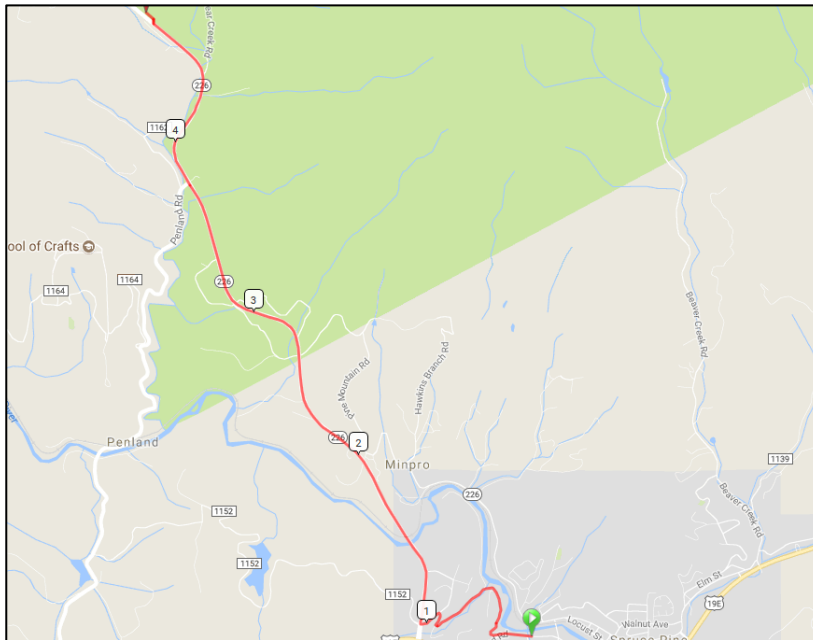
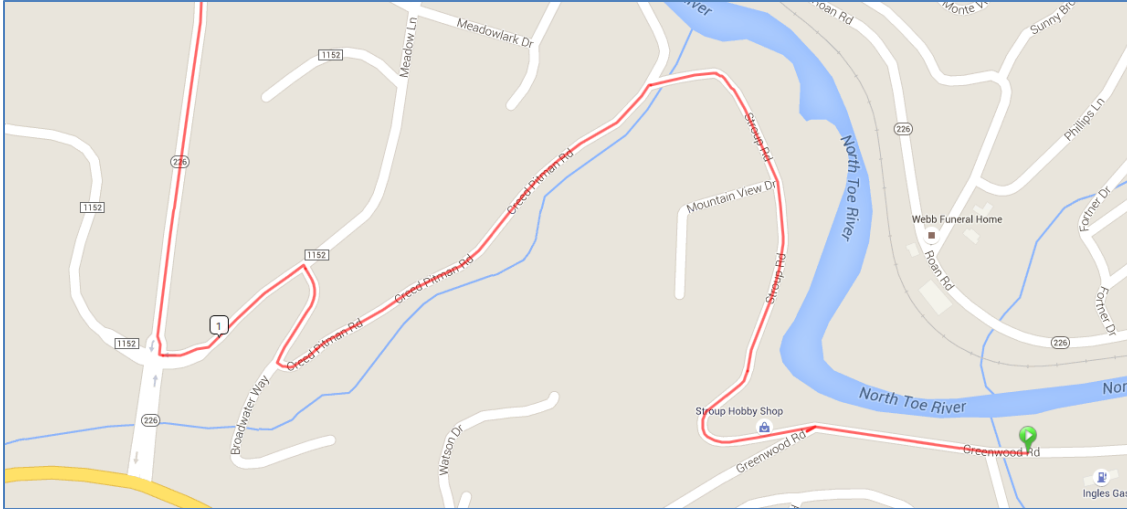
Min	2504
Max	2727
Ascent	+513
Descent	-328

Leg Notes: Run on the left on 226. 226 is heavily traveled. Be alert to traffic when running and when crossing to EZ. **Vans not permitted on Stroup Rd.**

Leg Legend:

- 0.0 EZ 22 (Ingles Grocery)
- 0.2 R Stroup Rd (**Vans not permitted on Stroup Rd**)
- 0.3 LS Creed Pittman Rd
- 0.3 R Broadwater Way
- 0.1 L Meadow Lane
- 0.1 R 226 North
- 3.8 Ledger Ace Hardware on R (EZ 23)

Leg Description: Lots of turns early on. Long run on 226, remain alert for traffic. Run on Left, EZ on Right.



BRR Leg 24 (5.8 miles, Moderate)

Elevation (feet):

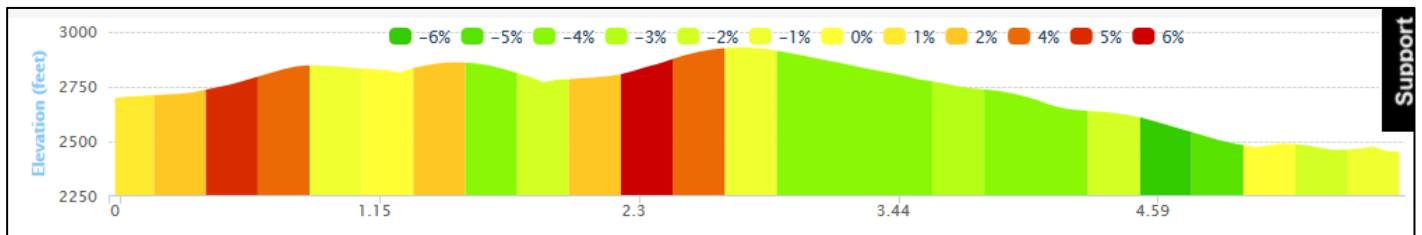
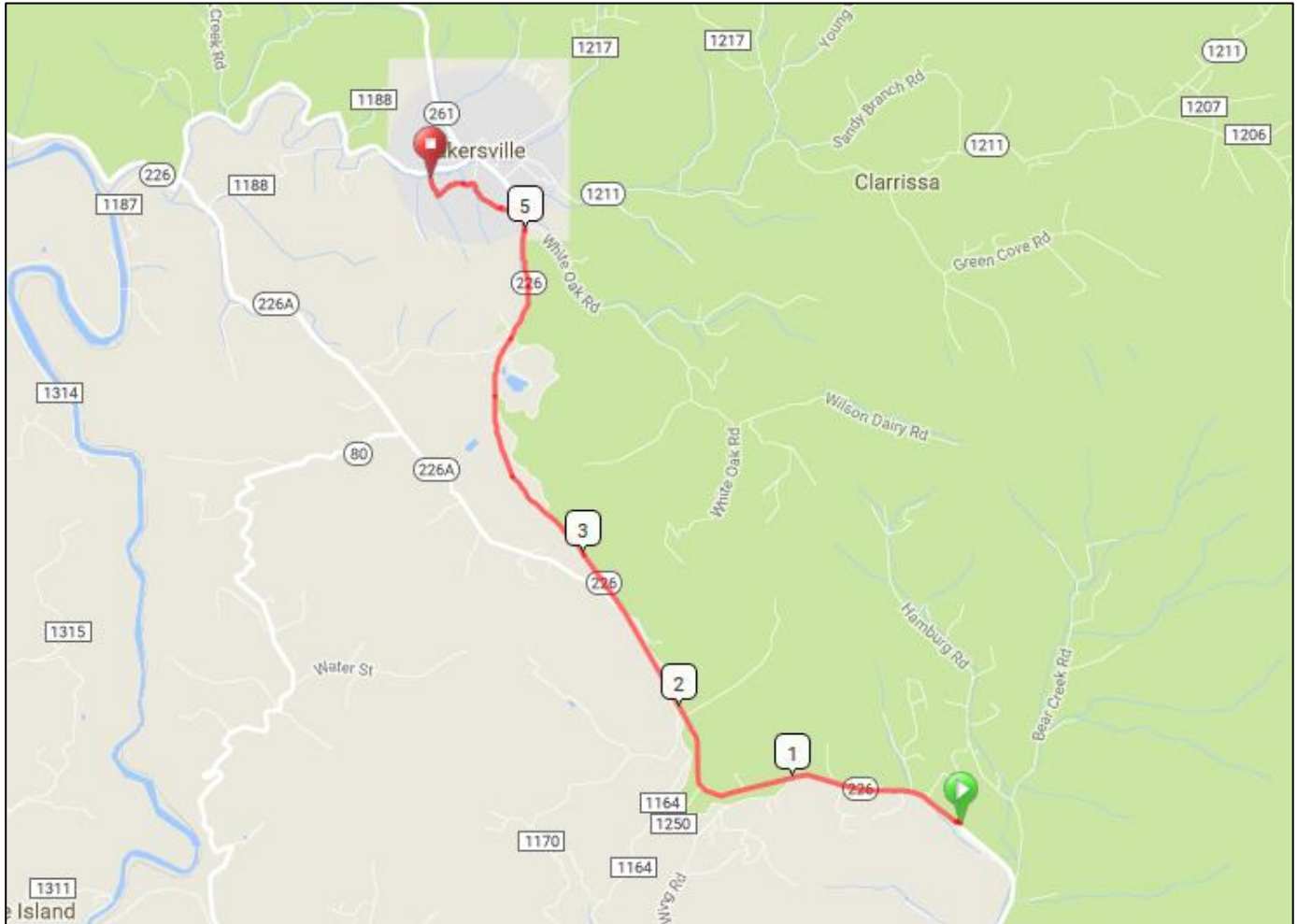
Min	2436
Max	2917
Ascent	+338
Descent	-598

Leg Notes: 226 is heavily traveled. Remain alert for traffic.

Leg Legend:

0.0	EZ 23 (Ledger Ace Hardware)
	Remain on 226 North
5.1	L South Mitchell Ave.
0.4	L Baker Lane (street sign on Left)
0.2	R Remain on Baker Lane at Friendship Baptist Ch.
0.1	Bakersville Fire Dept., on R (EZ 24)

Leg Description: Long run on 226 to Bakersville. Run on Left, EZ on Right.



BRR Leg 25 (4.3 miles, Moderate)

Elevation (feet):

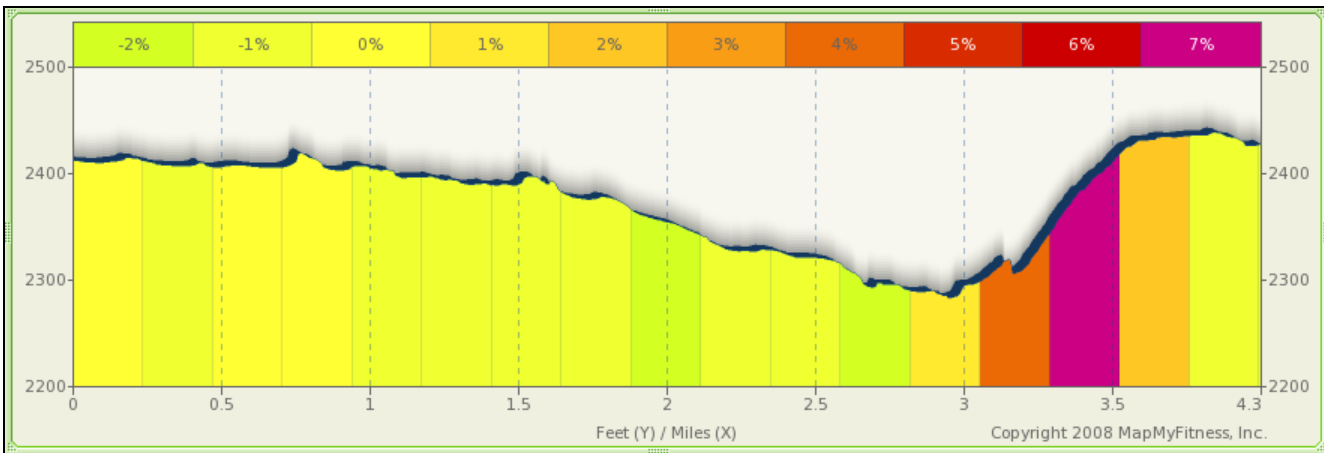
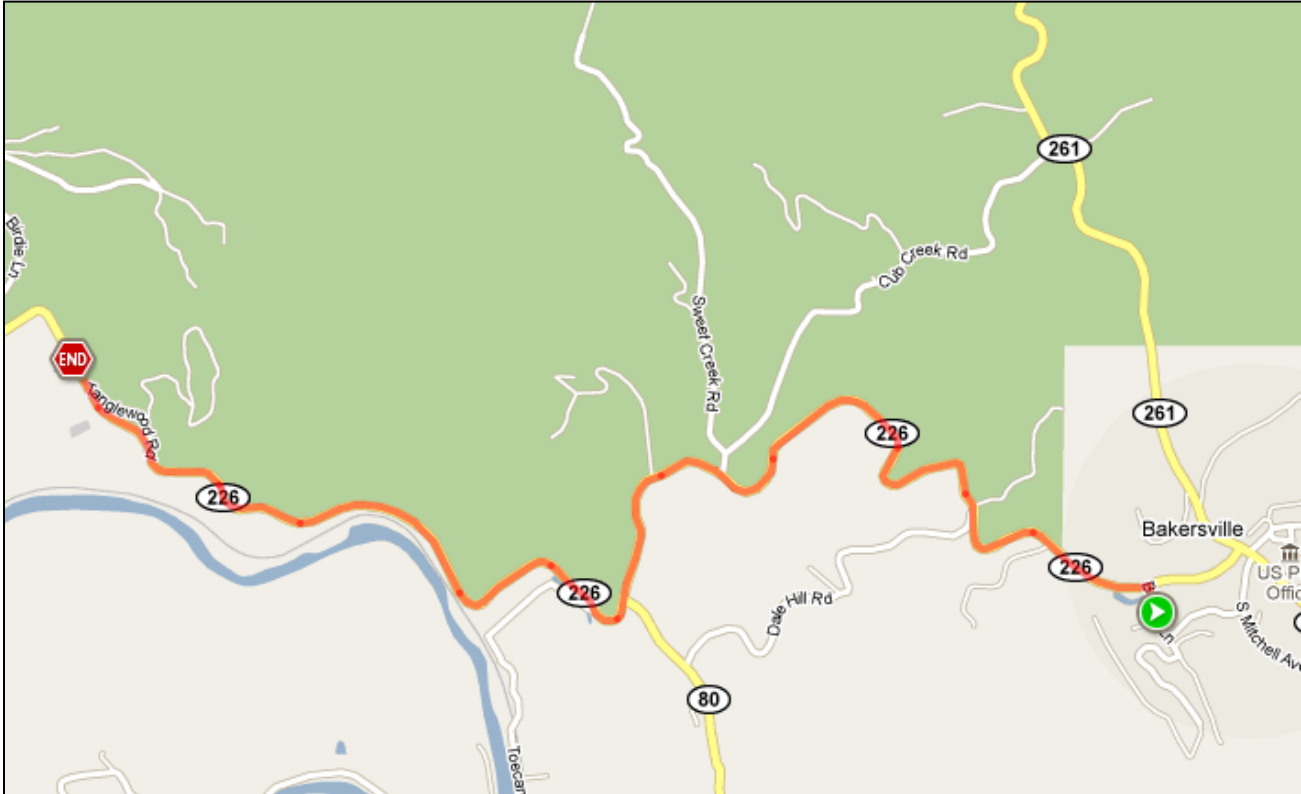
Min	2290
Max	2492
Ascent	+287
Descent	-244

Leg Legend:

0.0	EZ 24 (Bakersville Fire Dept.)
0.0	Cross bridge
0.0	L Route 226
4.3	Red Hill Baptist Church, on L (EZ 25)

Leg Notes: 226 is more heavily traveled, although the traffic will be lighter during night hours, stay alert for traffic.

Leg Description: The distance, but mostly the rolling hills and big finishing hill make this moderate. Run on Left, EZ on Left.



BRR Leg 26 (4.4 miles, Moderate)

Elevation (feet):

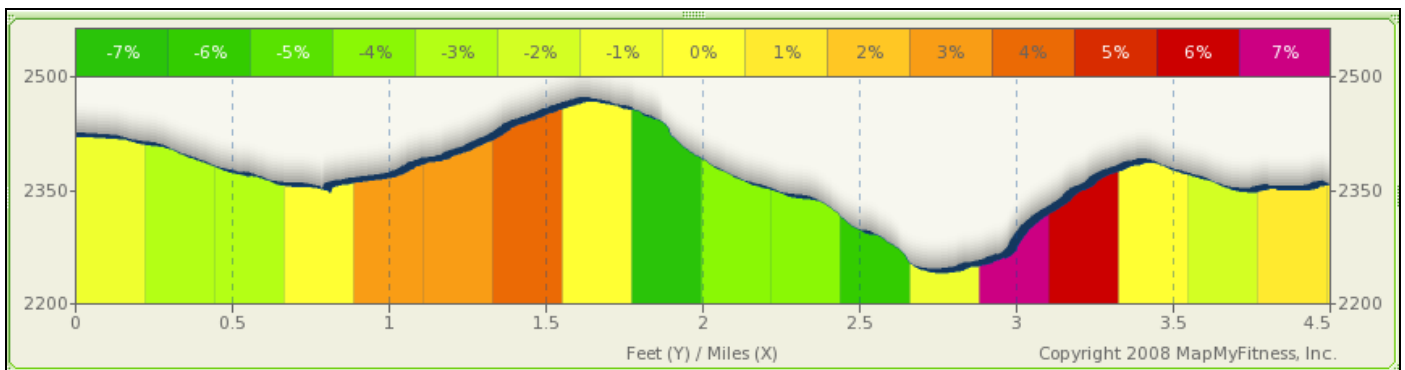
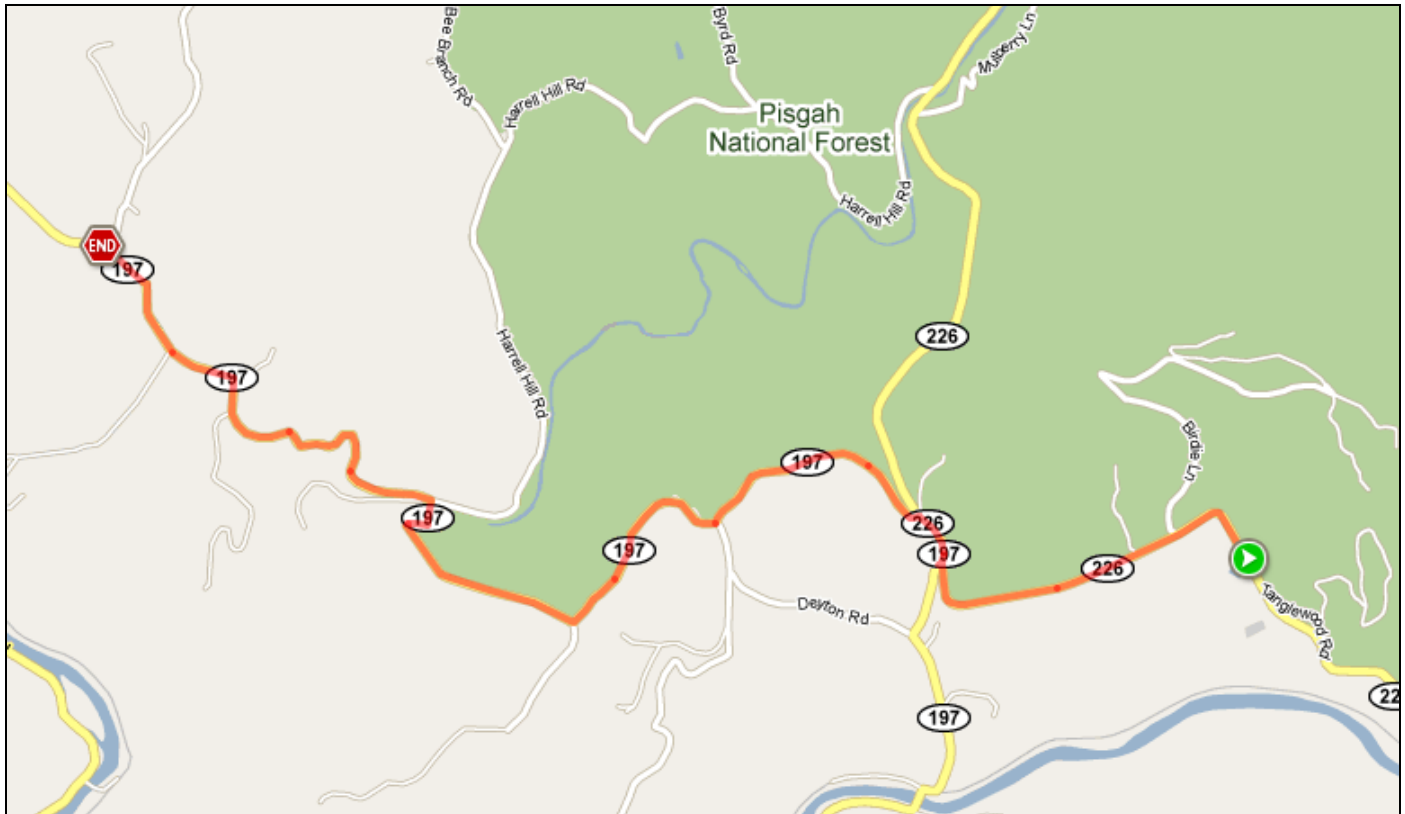
Min	2187
Max	2570
Ascent	+543
Descent	-613

Leg Legend:

- 0.0 EZ 25 (Red Hill Baptist Church)
- 1.0 S Remain on 226 N, 197 N joins
- 0.1 L 197 North
- 1.9 L Remain on 197 N at Harrell Hill Rd. (after bridge)
- 1.4 Tipton Hill Elementary School, on R (EZ 26)

Leg Notes: 226 N often carries more traffic than 197 N. Both roads have many curves, stay alert for traffic.

Leg Description: Some difficult hills, but the distance makes this moderate. Run on Left, EZ on Right.



BRR Leg 27 (9.3 miles, Hard)

Elevation (feet):

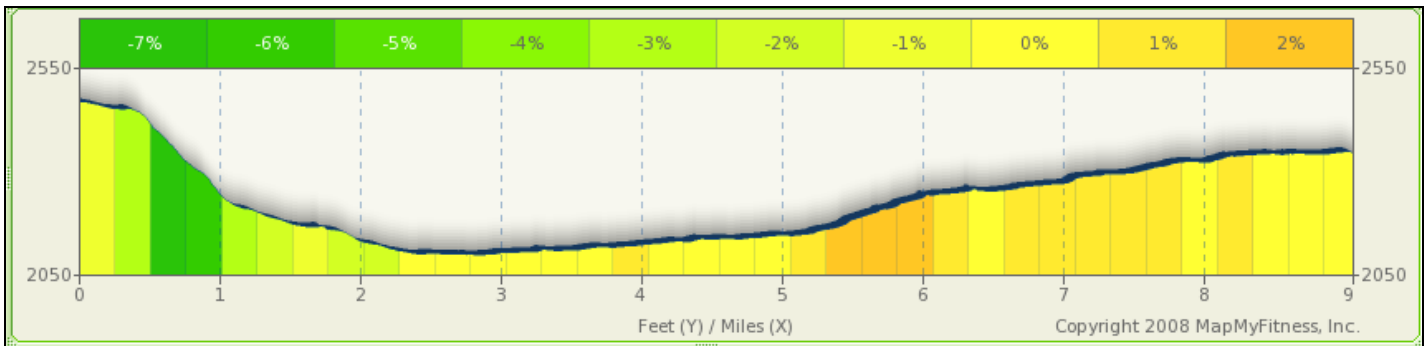
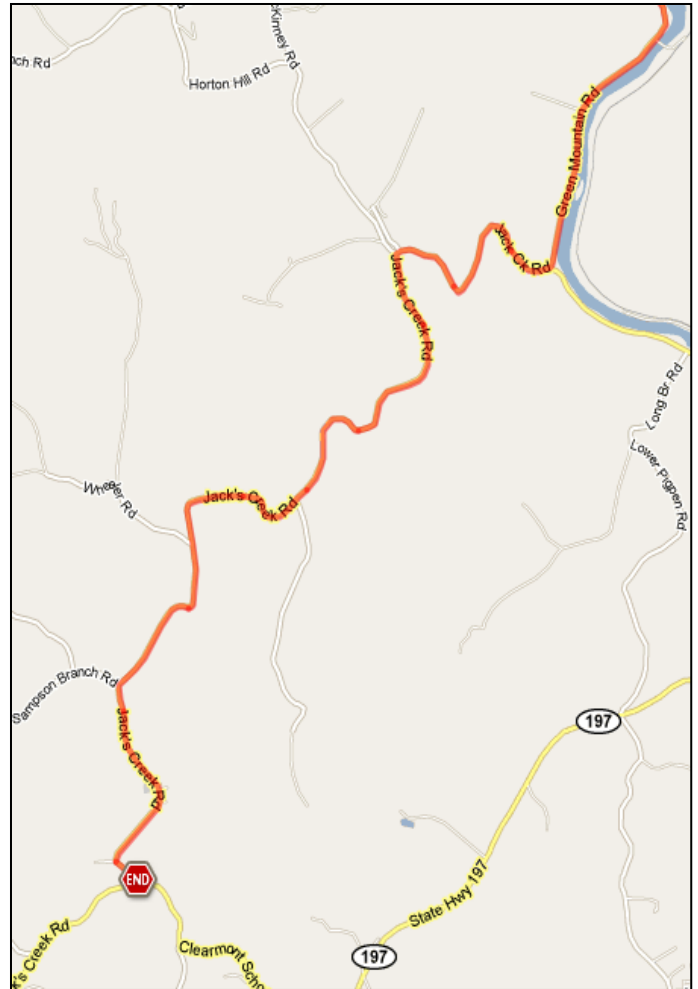
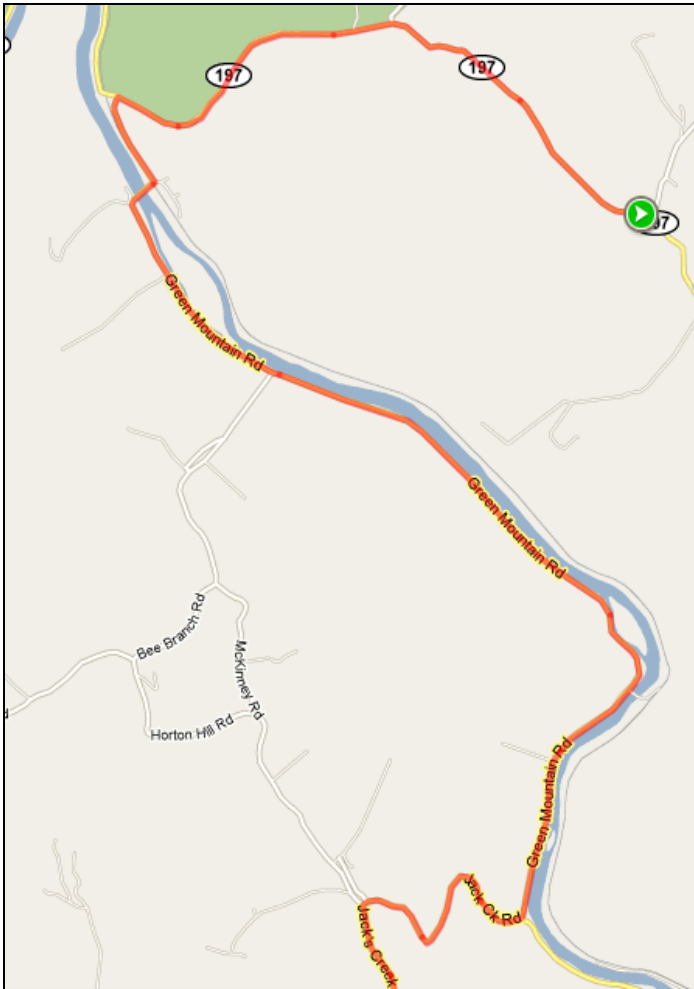
Min	2071
Max	2513
Ascent	+552
Descent	-649

Leg Legend:

- 0.0 EZ 26 (Tipton Hill Elementary School)
- 2.2 L Whitson Branch Rd. / Green Mt. Rd. (turn left before going under the bridge)
- 0.3 R cross RR tracks (do NOT race the train)
- 0.1 L after bridge, Green Mountain Rd.
- 3.0 R Jacks Creek Rd.
- 3.7 Clearmont School Road, on L (EZ 27)

Leg Notes: The RR tracks are active, even at night. Stay alert for trains and do not attempt to race the train.

Leg Description: The distance makes this a hard leg. Run on Left, EZ on Left.



BRR Leg 28 (7.4 miles, Hard)

Elevation (feet):

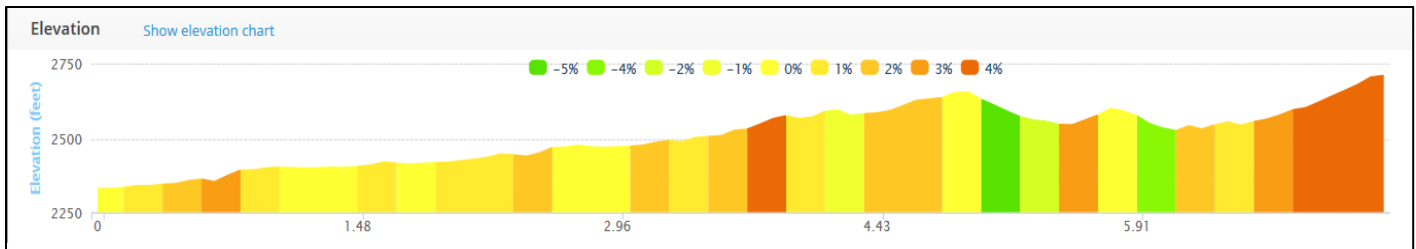
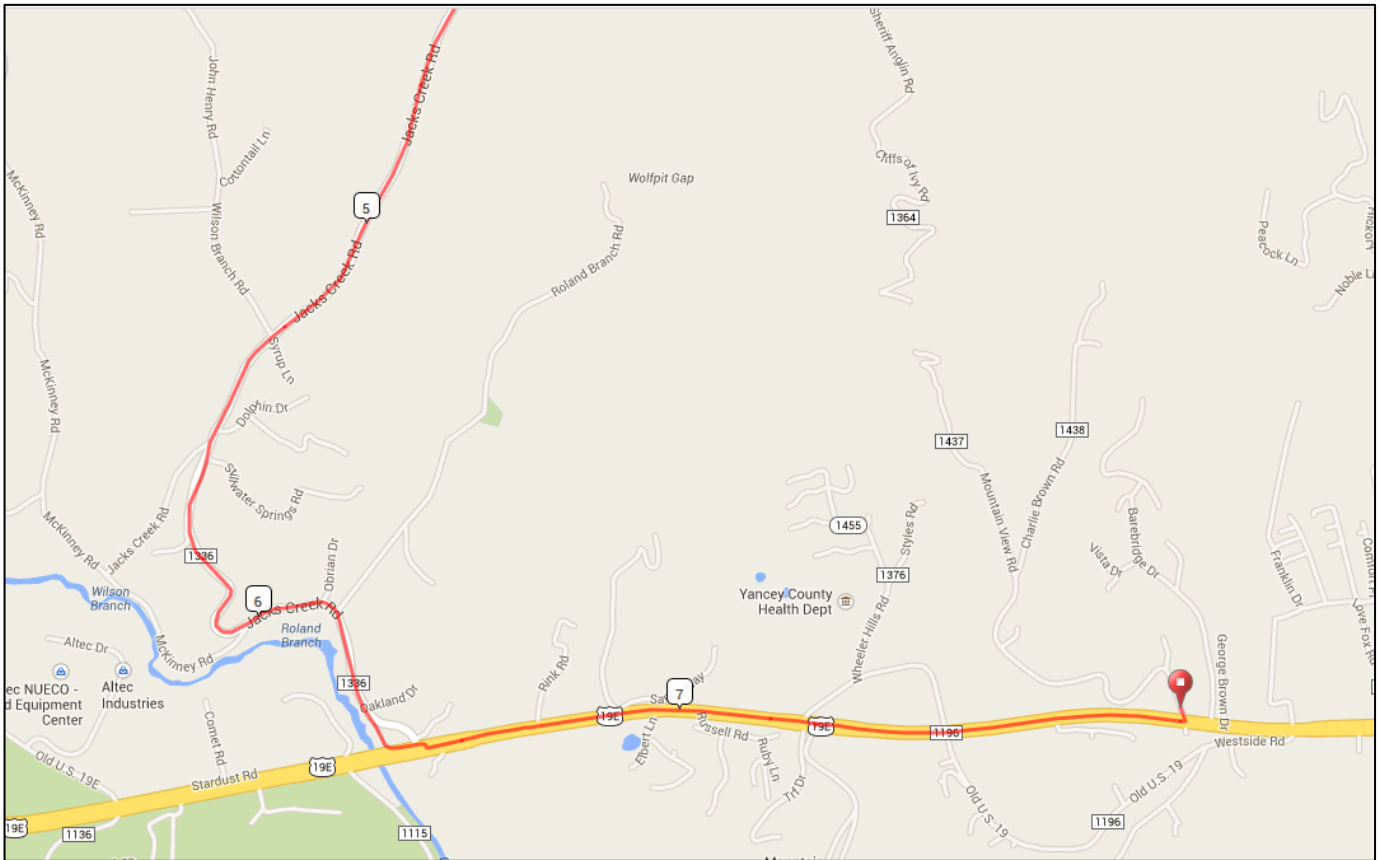
Min	2332
Max	2711
Ascent	+617
Descent	-244

Leg Legend:

0.0	EZ 27 (Clearmont Elementary School)
6.5 L	19 E (Run on Left)
0.8 R	Mountain Heritage High School Rd (Cross at light)
0.1	Tennis Courts, on R (EZ 28)

Leg Notes: Jacks Creek is a winding road. Run alert. On 19E Run on Left shoulder, facing traffic.

Leg Description: The distance and a steady climb make this a "Hard" leg. Remain on Jacks Creek until intersection with 19E. Run on Left, EZ on Left.



BRR Leg 29 (7.7 miles, Hard)

Elevation (feet):

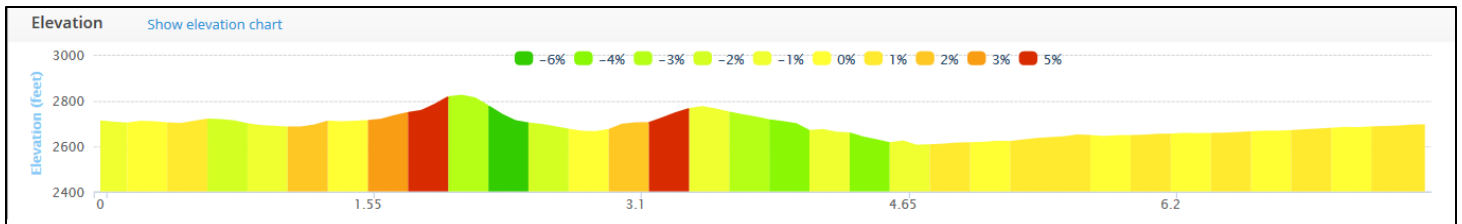
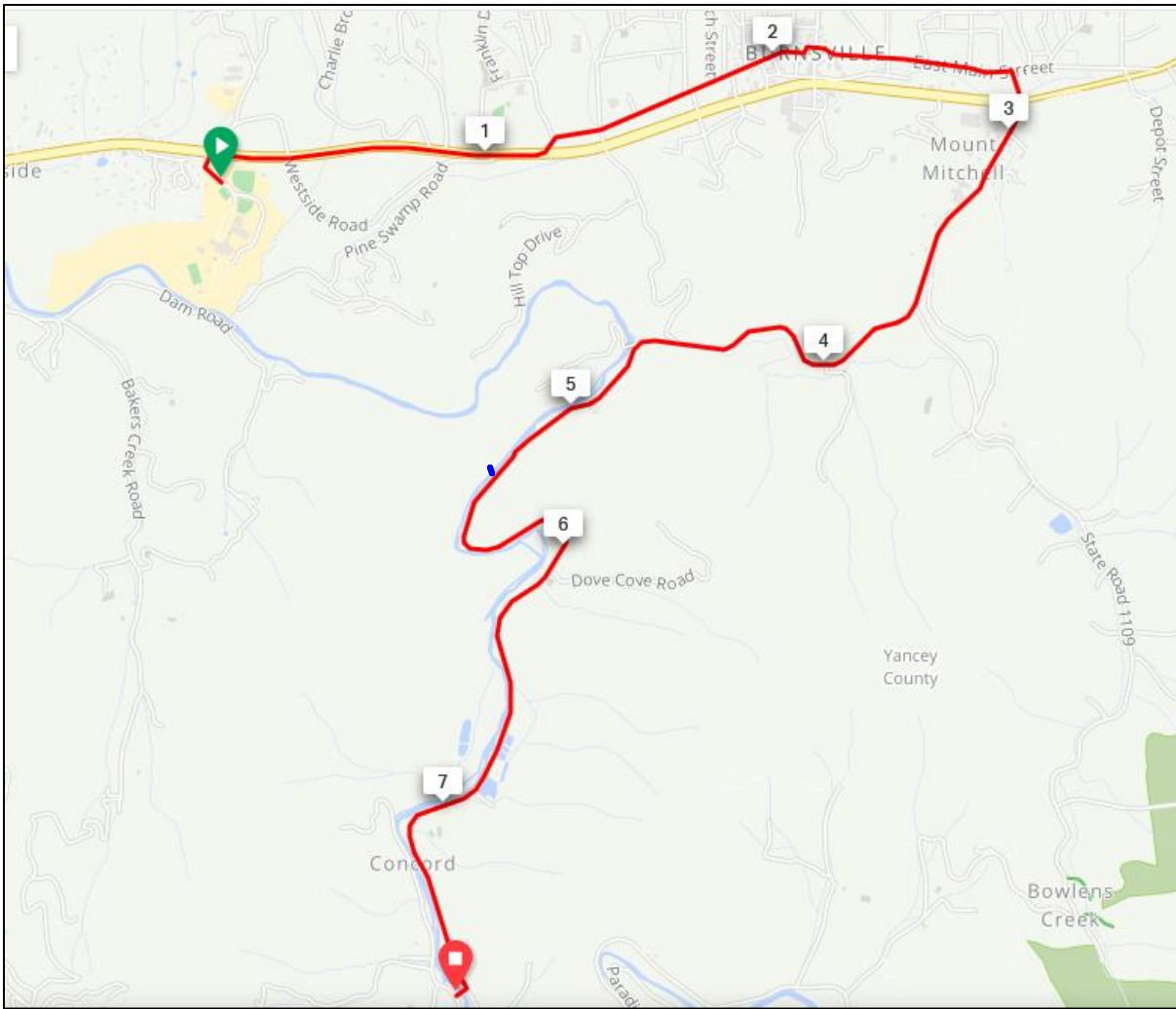
Min	2602
Max	2825
Ascent	+371
Descent	-389

Leg Notes: Stay alert to traffic lights, pedestrians, etc... Town square separates West and East Main St. Run L around traffic circle, then L on East Main St. **At Mile 5.4 of Leg, runners must move to the Right of the road. At Mile 5.7 of Leg, runners must move to Left side of road. There is big, blind turn in the road and there is no shoulder on the Left side.**

Leg Legend:

- 0.0 EZ 28 (Mountain Heritage High School)
- 0.1 R 19E (**Cross at traffic light. Run on Left of 19E.**)
- 1.1 L Burnsville Business (West Main St to East Main St.) (**Circle Left at the park at town center.**)
- 1.6 R Pensacola Rd.
- 0.1 S 197S/Pensacola Rd. (cross 19E at Traffic Light)
- 4.8 R Toodies Creek Rd (cross bridge)
- 0.0 L Concord Baptist Church (new building), on R (EZ 29)

Leg Description: More than an honest 10K, but flat to rolling along the Cane River. Run on Left, EZ on Right.



BRR Leg 30 (4.4 miles, Easy)

Elevation (feet):

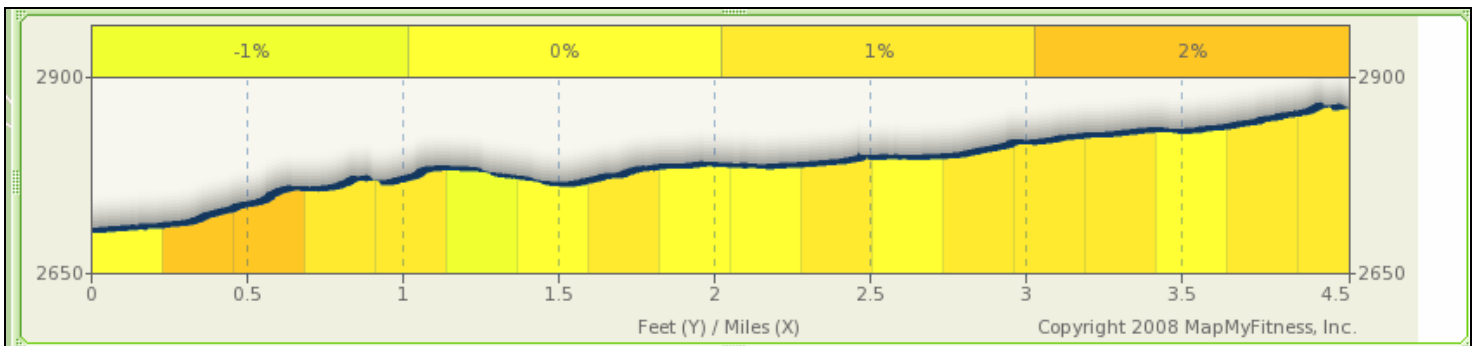
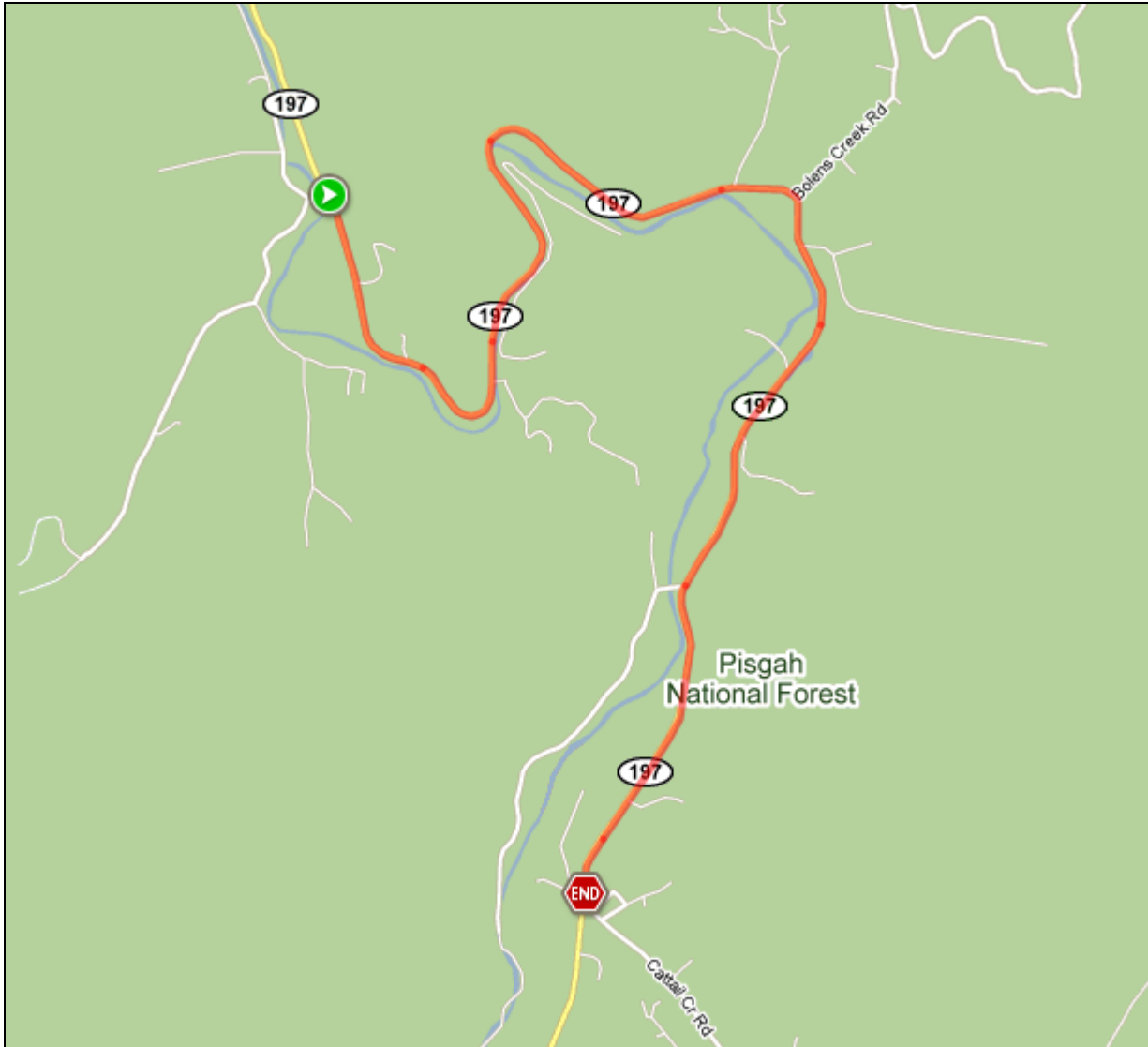
Min	2680
Max	2861
Ascent	+225
Descent	-62

Leg Legend:

0.0	EZ 29 (Concord Baptist Church)
0.1	R 197 South
4.3	Laurel Branch Baptist Church, on R (EZ 30)

Leg Notes: No turns.

Leg Description: Flat along the Cane River. Run on Left, EZ on Right.



BRR Leg 31 (6.7 miles, Mountain Goat Hard)

Elevation (feet):

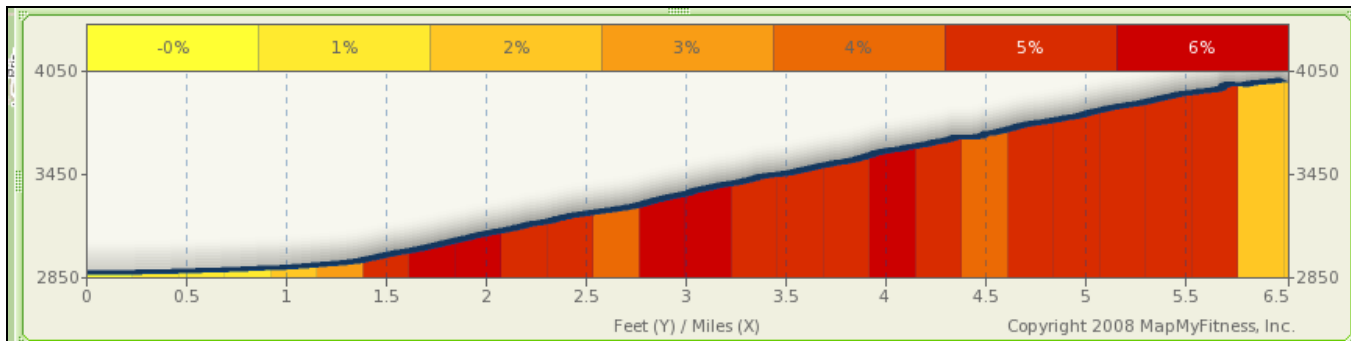
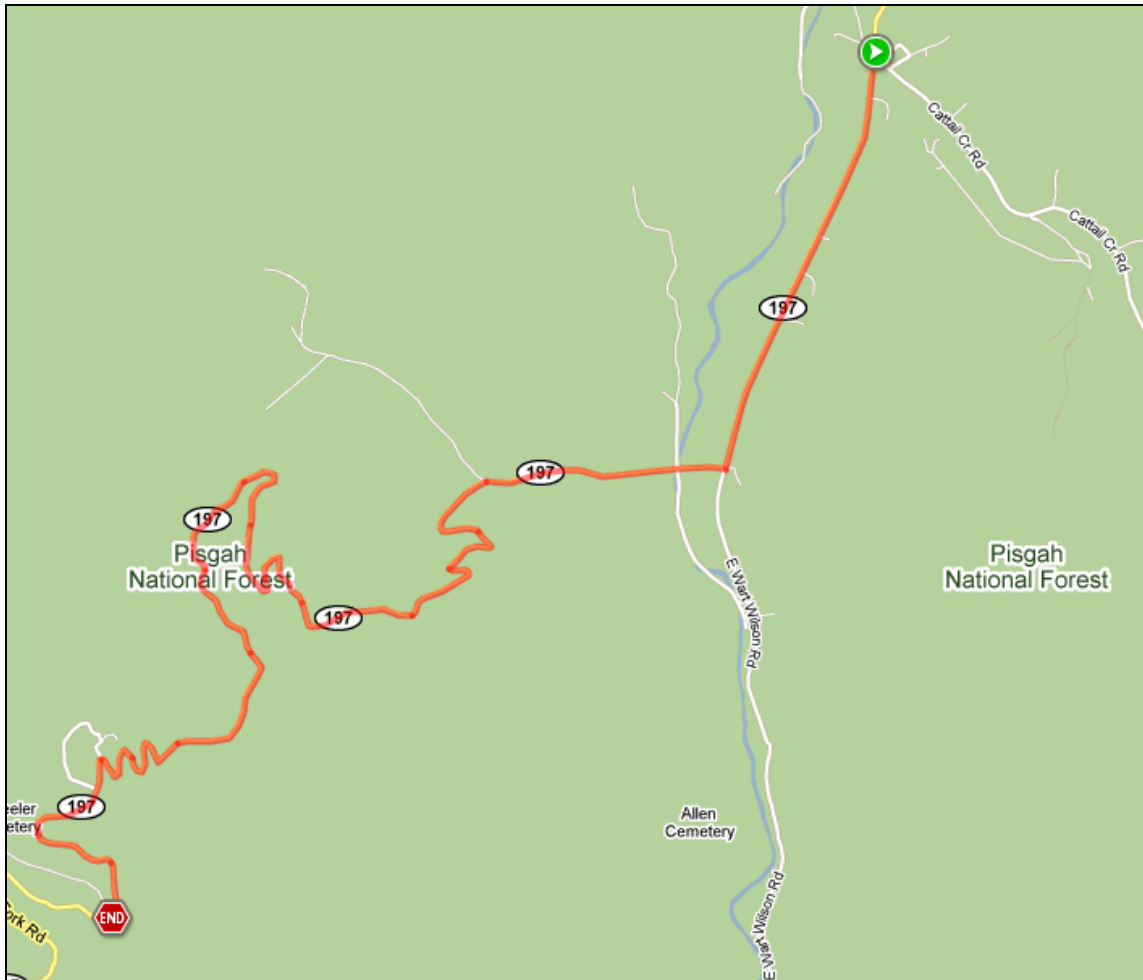
Min	2861
Max	4263
Ascent	+1405
Descent	-4

Leg Legend:

0.0	EZ 30 (Laurel Branch Baptist Church)
1.4	R 197 South Continues
5.3	The top, on L (EZ 31)

Leg Notes: After 1.4 miles take the hard right at Murchison (stay on 197 South). The EZ is at the top!

Leg Description: The topo says it all. Run on the Left, EZ on Left.



BRR Leg 32 (9.3 miles, Very Hard)

Elevation (feet):

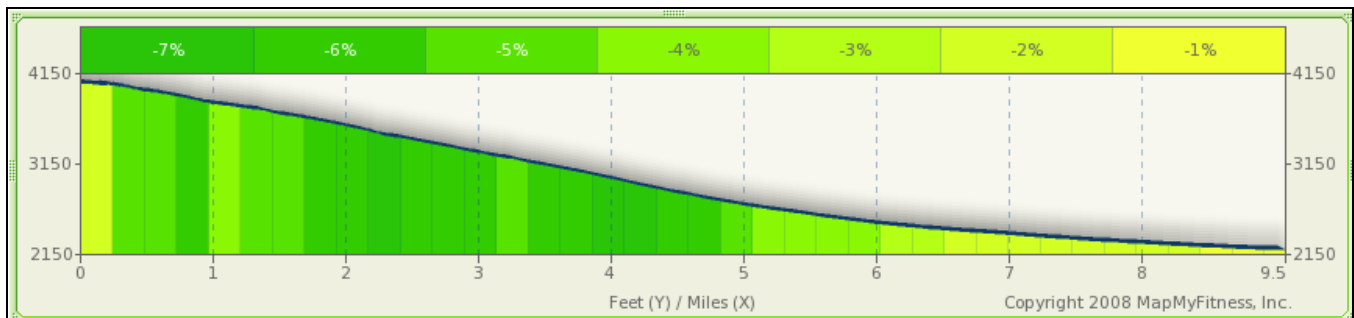
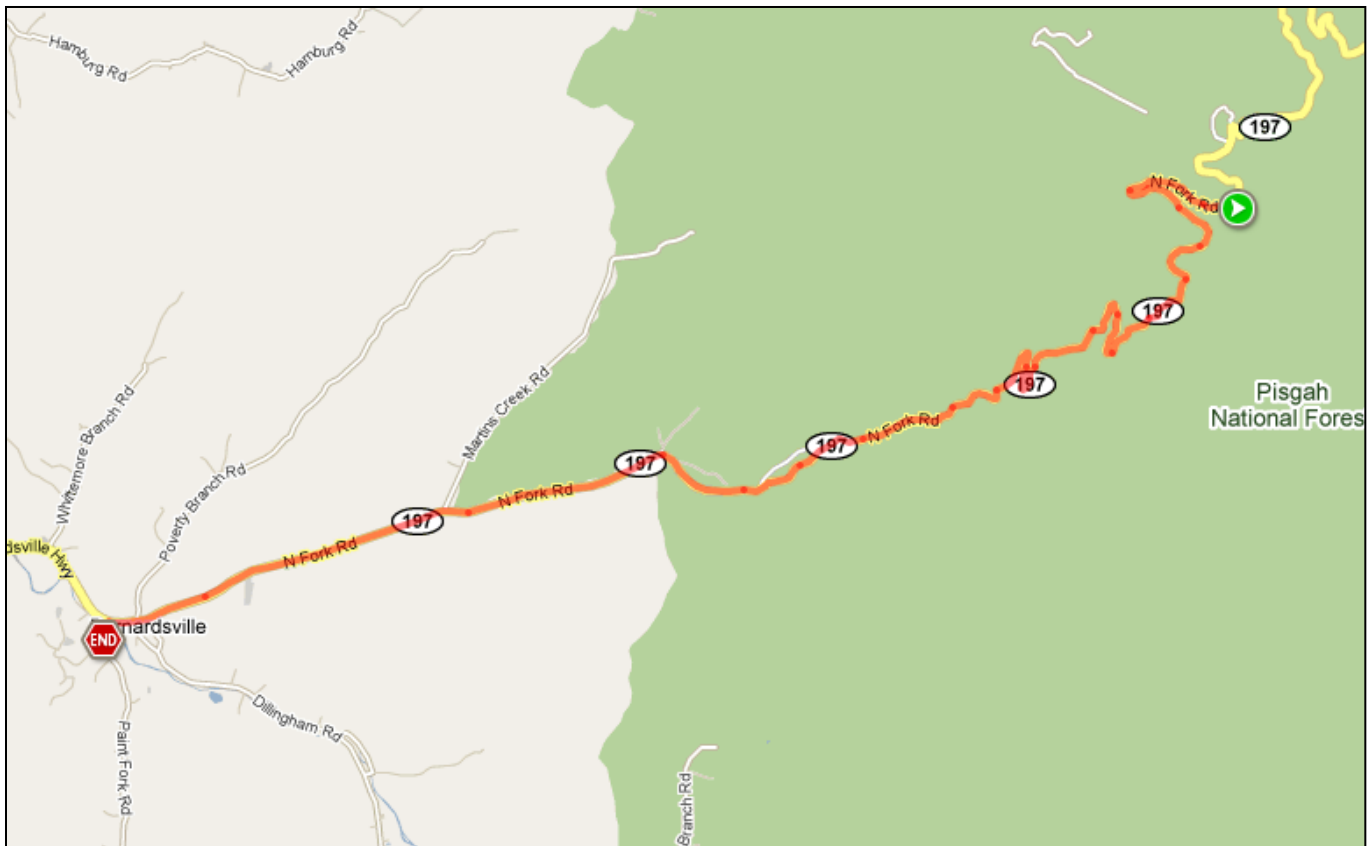
Min	2185
Max	4264
Ascent	+5
Descent	-2079

Leg Legend:

0.0	EZ 31 (gravel begins)
4.4	S gravel ends, paved begins
4.7	L Paint Fork
0.2	Barnardsville Elemen. School, on R (EZ 32)

Leg Notes: Gravel most of the way. Don't be fooled...you'll cross a bridge that is paved about 0.5 before the gravel truly ends. Only one turn on Paint Fork.

Leg Notes: The distance, the gravel road, and all downhill on tired legs make this very hard. Run on Left, EZ on Right.



BRR Leg 33 (5.3 miles, Mountain Goat Hard)

Elevation (feet):

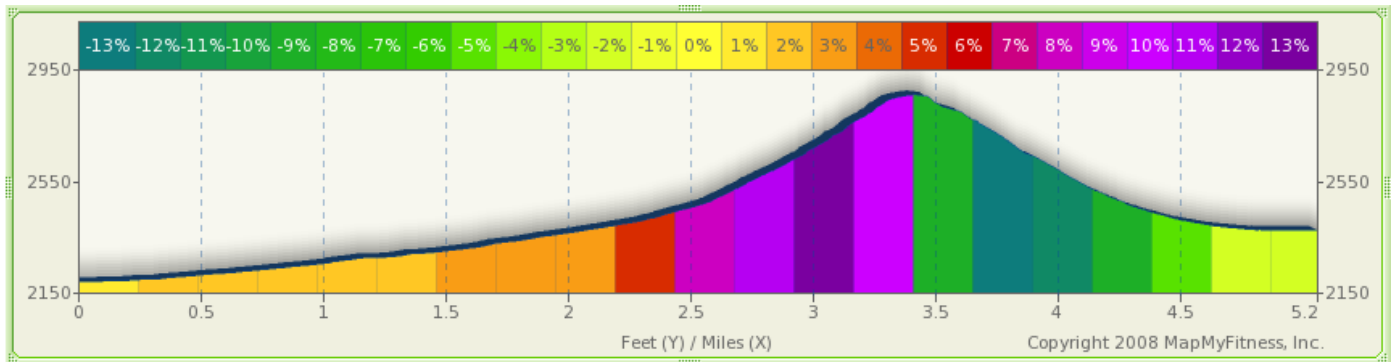
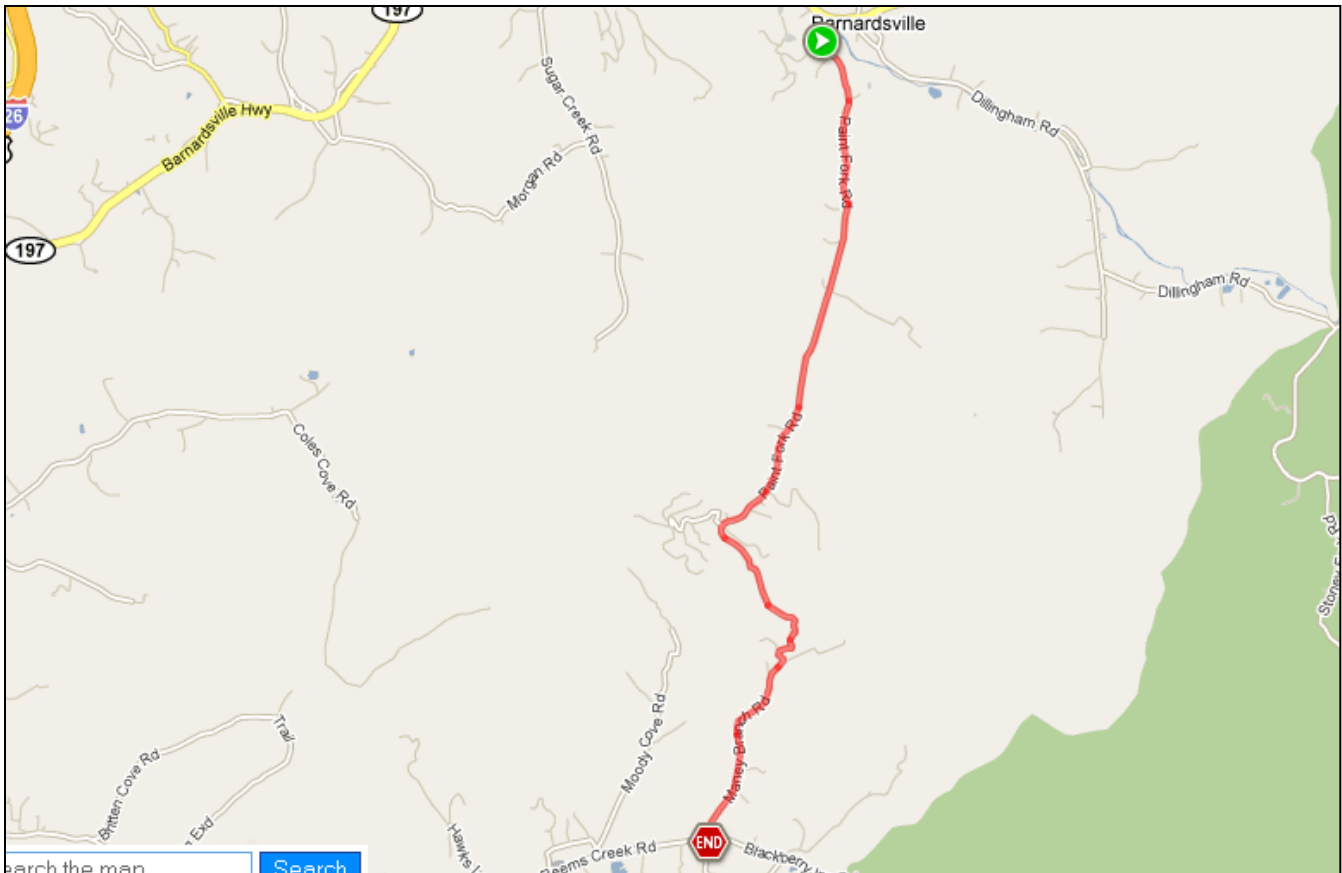
Min	2188
Max	3097
Ascent	+910
Descent	-678

Leg Legend:

0.0	EZ 32 (Barnardsville Elementary School)
3.1	S Maney Branch Rd.
2.1	S Reems Creek Rd.
0.1	Beech Community Center baseball field, on R (EZ 33)

Leg Notes: Paint Fork and Maney Branch are winding. Stay alert for traffic. Paint Fork changes to Maney Branch at the top of the climb. Same road. NO turns.

Leg Notes: Steepest climb and steepest descent of the Relay. History requires a Mountain Goat rating. No turns. Run on Left, EZ on Right after stop sign.



BRR Leg 34 (4.5 miles, Moderate)

Elevation (feet):

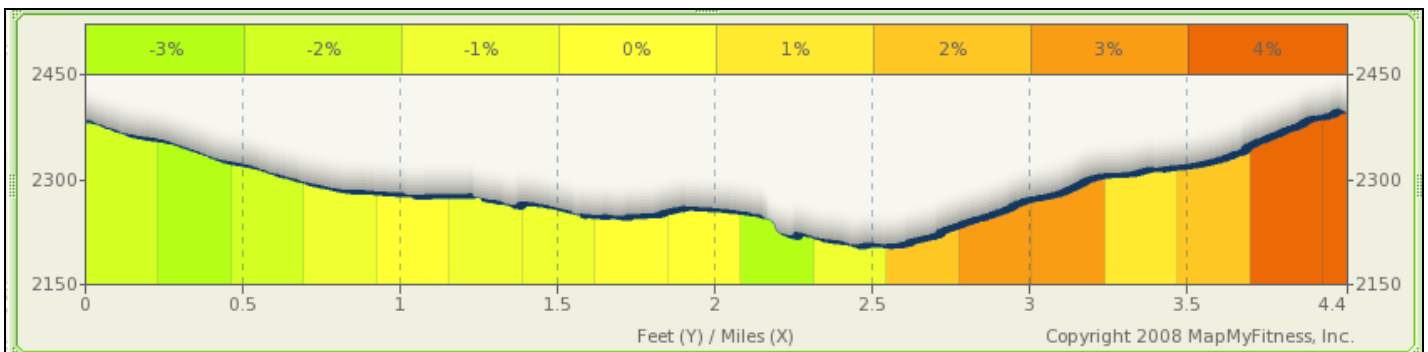
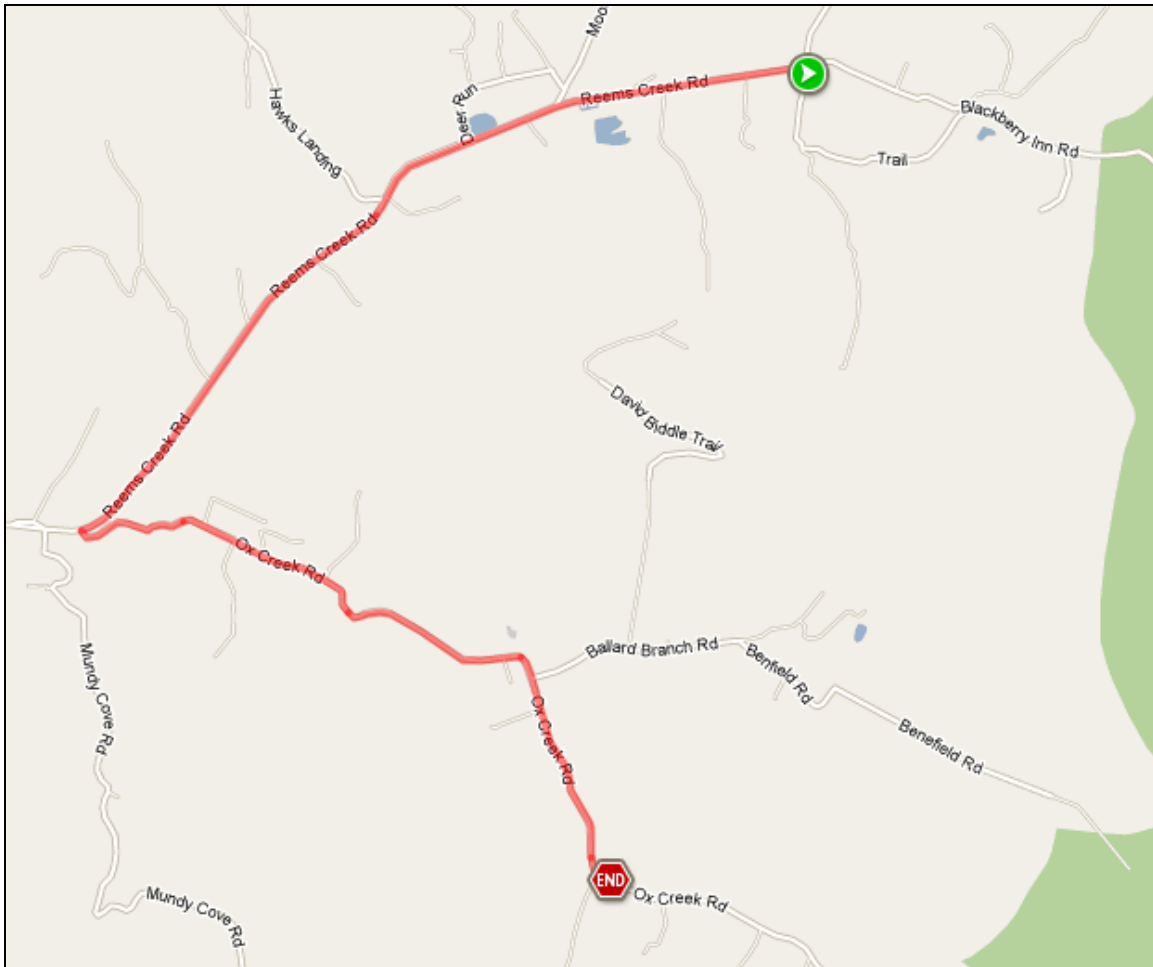
Min	2182
Max	2431
Ascent	+296
Descent	-284

Leg Legend:

0.0	EZ 33 (Beech Community Center Baseball Field)
0.1	R Reems Creek Rd.
2.4	L Ox Creek Rd.
2.0	South Fork Ind. Methodist Church, on L (EZ 34)

Leg Notes: Reems Creek is heavily traveled. Ox Creek is winding. Stay alert for traffic.

Leg Description: Easiest of the last 6 legs, but a difficult third leg. Moderate because of the distance and elevation. Run on Left, EZ on Left.



BRR Leg 35 (4.2 miles, Hard)

Elevation (feet):

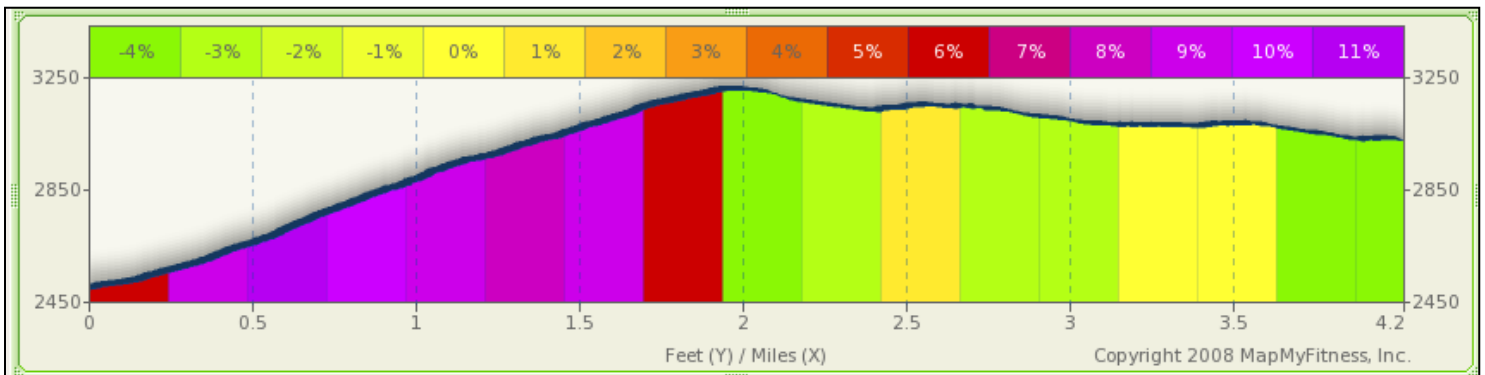
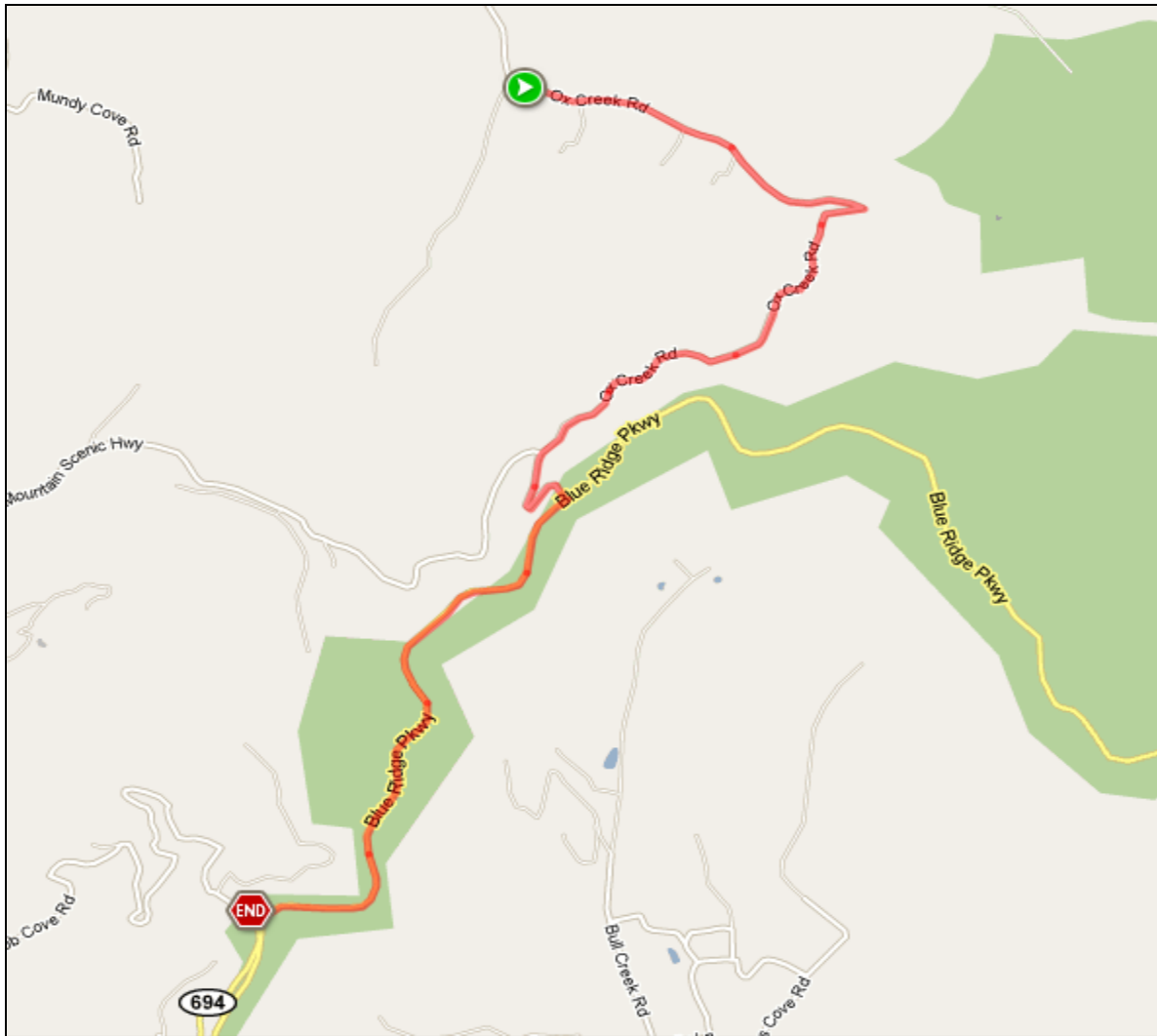
Min	2427
Max	3363
Ascent	+945
Descent	-265

Leg Notes: Ox Creek is winding. Stay alert for traffic. At the top of the climb, stay left to the Parkway. **Runners must wear a reflective vest while running on the Parkway. Must run on Left,**

Leg Legend:

- 0.0 EZ 34 (South Fork Ind. Methodist Church)
- 2.2 L Blue Ridge Parkway entrance
- 0.3 R Blue Ridge Parkway
- 1.7 R Craven Gap Exit
- 0.1 Gravel Shoulder, on R (EZ 35)

Leg Description: Winding and big climb on Ox Creek. But leg finishes with a gradual descent and big views from the Parkway. The climb makes this hard. Run on Left, EZ on Right.



BRR Leg 36 (9.0 miles, Very Hard)

Elevation (feet):

Min	2032
Max	3201
Ascent	+309
Descent	-1309

Leg Notes: Traffic on this final Leg is greater because of Asheville. **Runners must wear a reflective vest while running on the Parkway. Must run on Left, Single File. Team vehicles are NOT permitted on the Blue Ridge Parkway and Gashes Creek Rd.**

Leg Legend:

- 0.0 EZ 35 (Craven Gap Exit)
- 0.0 R Blue Ridge Parkway South (**Run on Left**)
- 5.4 L Exit Blue Ridge Parkway after crossing over bridge
- 0.2 R Tunnel Rd / Route 70 West to Black Mountain (**Run on sidewalk on Right.**)
- 0.4 R Azalea Rd
- 1.8 L at Traffic Circle
- 0.0 L Cross Bridge
- 0.2 L Gashes Creek Rd
- 0.9 R Enter rear parking lot of Highland Brewing Company
- 0.1 The Meadow at Highland Brewing Co. (Finish)

Leg Description: The Glory Leg! Use sidewalks when available.

