

**PRESENTED BY GLORY HOUND EVENTS**  
**LAND AND LAKES RELAY**  
**ASHEVILLE TO LAKE JAMES**  
 60 Miles - 4 & 6 Person Teams - March 04, 2023

**LEG 7 - 9.1 MILES - 711' ASCENT, 1,033' DESCENT - HARD**

**START - LACKEY TOWN MISSIONARY BAPTIST CHURCH, 60 THOMAS ROAD, OLD FORT**

Leg Cue Sheet			
Straight	Lackey Town Road	0.00	0
Left	Wildlife Lake Road	0.21	0.21
Right	Golf Course Rd	1.17	1.38
Left	Old Fort Sugar Hill Rd	0.34	1.72
Straight	Silvers Welch Rd	1.02	2.74
Left	Sugar Hill Road	6.01	8.75
	Transfer Point 7 - Sugar Hill VFD (on rig	0.39	9.14

**RD Comments**  
 The difficulty of this legs comes from both its distance and the amount of climbing and descending on it. Put your strongest runner here.

**Notes**  
 - Stay on left side of road until you

