

**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**

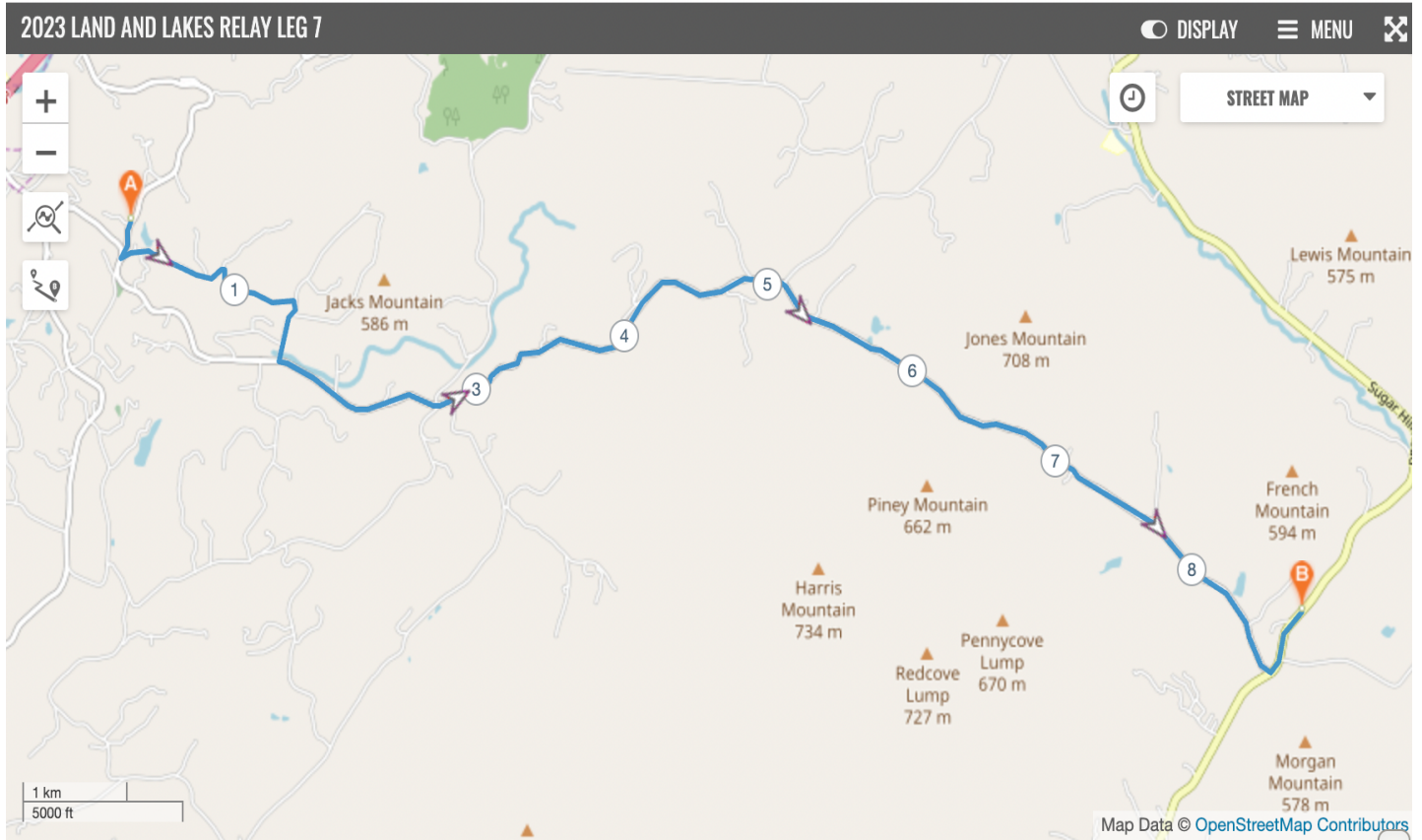
Right	Out of church on Lackey Town Road	0.00	0
Left	Wildlife Lake Road	0.21	0.21
Right	Golf Course Rd	1.17	1.38
Left	Old Fort Sugar Hill Rd	0.34	1.72
Straight at	Silvers Welch Rd/Parker Padgett Rd	1.02	2.74
Straight at	Zion Hill Rd	2.35	5.09
Left	Sugar Hill Road/Montford Cove Rd	3.66	8.75
	Transfer Point 7 - Sugar Hill VFD (on right)	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



**ELEVATION PROFILE**

