

LAND AND LAKES RELAY

ASHEVILLE TO LAKE JAMES

61 Miles • 4 & 6 Person Teams • March 02, 2024

PRESENTED BY GLORY HOUND EVENTS

LEG 8 - 5.5 MILES - 551' ASCENT, 308' DESCENT - HARD

START - SUGAR HILL VOLUNTEER FIRE DEPARTMENT, 8900 OLD FORT SUGAR HILL ROAD

| Leg Cue Sheet | | | |
|---------------|---|------|------|
| Right | Out of station on Old Fort Sugar Hill Road | 0.00 | 0.00 |
| Left | Sugar Hill Road/Montford Cove Rd | 0.01 | 0.01 |
| Left | Sugar Hill Road/Dink Cannon Rd | 1.72 | 1.73 |
| Left | Zion Hill Rd | 3.50 | 5.23 |
| | Transfer Point 8 - Unity Full Gospel Church (on right) | 0.23 | 5.46 |

RD Comments
4.5 miles of climbing to start make this one difficult. Bring some fluids

Notes

- Run on left side of road
- Traffic will start picking up as you near Marion - Be alert!
- Transfer Point will be at the entrance to the church parking lot

