

LAND AND LAKES RELAY

ASHEVILLE TO LAKE JAMES

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

PRESENTED BY GLORY HOUND EVENTS

LEG 10 - 6.1 MILES - 298' ASCENT, 574' DESCENT - MODERATE

START - MCDOWELL CHAMBER OF COMMERCE/VISITOR CENTER, 1170 W TATE STREET, MARION

Leg Cue Sheet

Left	Out of Chamber on West Tate	0.00	0.00
	W. Tate St becomes West Court Street at Summit St		
	Move to right and run with traffic		
Straight at	West Court St (at Carson St)	1.98	1.98
Straight at	Logan St (traffic light)	0.35	2.33
Straight at	Main St (traffic light)	0.07	2.40
Left	Garden St (traffic light)	0.08	2.48
Right	Fleming Ave-sidewalk on rt	0.23	2.71
Right	Yancey Road	0.25	2.96
Left	Hankins Road	2.99	5.95
On left	Transfer Point 10 - Hankins	0.16	6.11
	North Fork Fire Department (on left)		

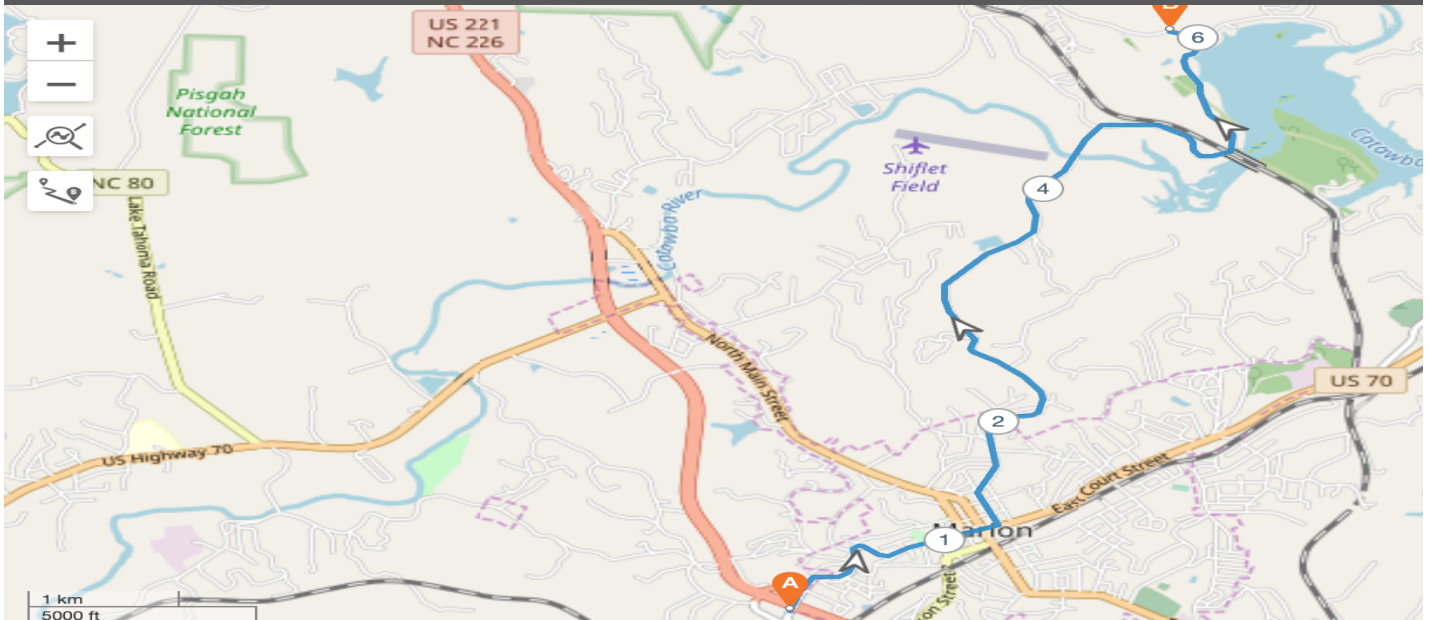
Notes

- Once you leave the transfer point at the Welcome Center; move to right and run with traffic; stay on all available sidewalks
- Runners must follow traffic rules and traffic lights while in Marion
- Traffic outside of Marion should be light but watch for trucks and boats trailers
- Transfer point is on left side of road at fire

RD Comments

Moderate only because of the descent but this is one of the easier legs. You will get into lake country as

2024 LAND AND LAKES RELAY LEG 10



ELEVATION PROFILE

