

LAND-AND-LAKES

ASHEVILLE TO LAKE JAMES

61 MILES - FEBRUARY 28, 2026

LEG 10 - 5.9 MILES - 331' ASCENT, 639' 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 St at Summit St		
	Move to right and run with traffic		
Right	Hoyle Street	0.16	0.16
Left	Roane Street	0.22	0.38
Right	Webb Street	0.17	0.55
Straight	Oliver Street		
Left	Carson Street	0.09	0.64
Straight	Carson Street @ Blue Ridge		
Right	West Court Street	0.30	0.94
Straight at	Logan St (traffic light)	0.35	1.29
Straight at	Main St (traffic light)	0.07	1.36
Left	Garden St (traffic light)	0.08	1.44
Right	Fleming Ave	0.23	1.67
Right	Yancey Road	0.35	2.02
On left	Transfer Point 10 - Big Leage C	3.95	5.97

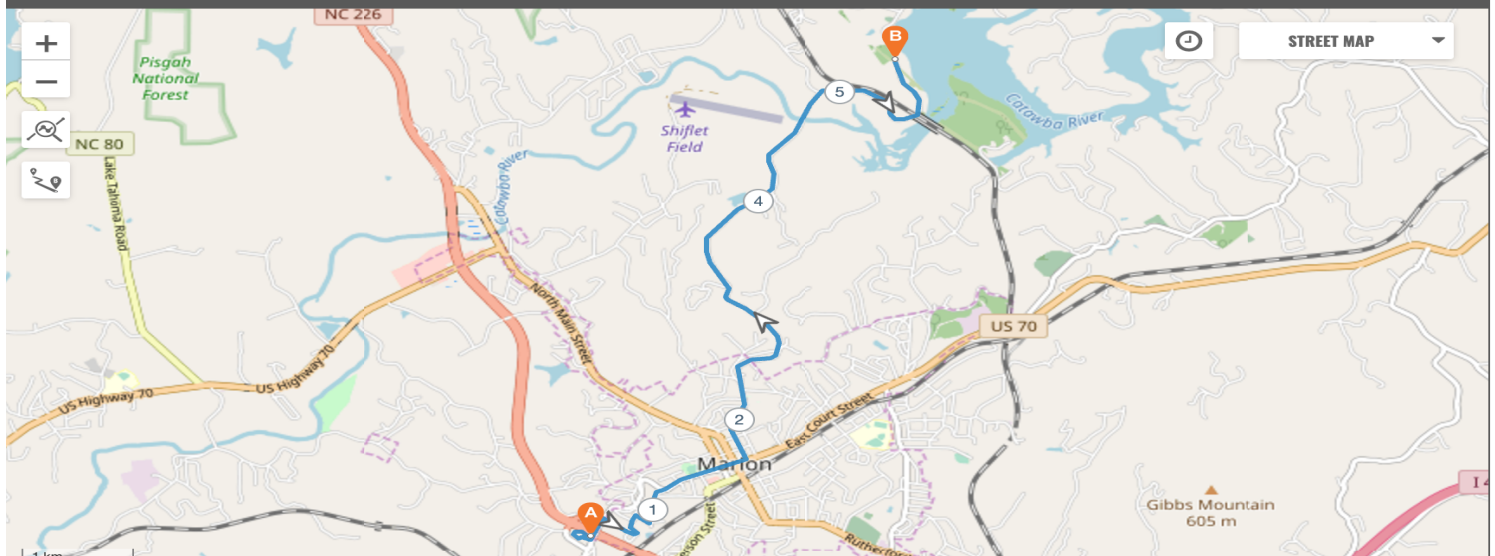
Notes

- Once you leave the transfer point at the Welcome Center; move to right side of road
- Different driving route!
- 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 baseball

RD Comments

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

2025 LAND AND LAKES RELAY LEG 10



ELEVATION PROFILE

