

LAND-AND-LAKES

ASHEVILLE TO LAKE JAMES

61 MILES - FEBRUARY 28, 2026

LEG 3- 3.3 MILES - 416' ASCENT, 114' DESCENT - MODERATELY HARD
START - BLACK MOUNTAIN ELEMENTARY SCHOOL - 100 FLAT CREEK ROAD

Leg Cue Sheet

Straight	Flat Creek Road	0.00	0
Right	Avena Rd	0.22	0.22
Right	Padgettown Rd	0.09	0.39
Left	Old US 70-Move to right side	0.37	0.76
Right	Dunsmore Ave-Cross I-40	1.41	2.17
Left	Yates Ave	0.18	2.35
Right	Kitazuma Road	0.84	3.19
Left	Dixon Road	0.05	3.24
	Transfer Point 3	0.09	3.33
	- Excel College (on right)		

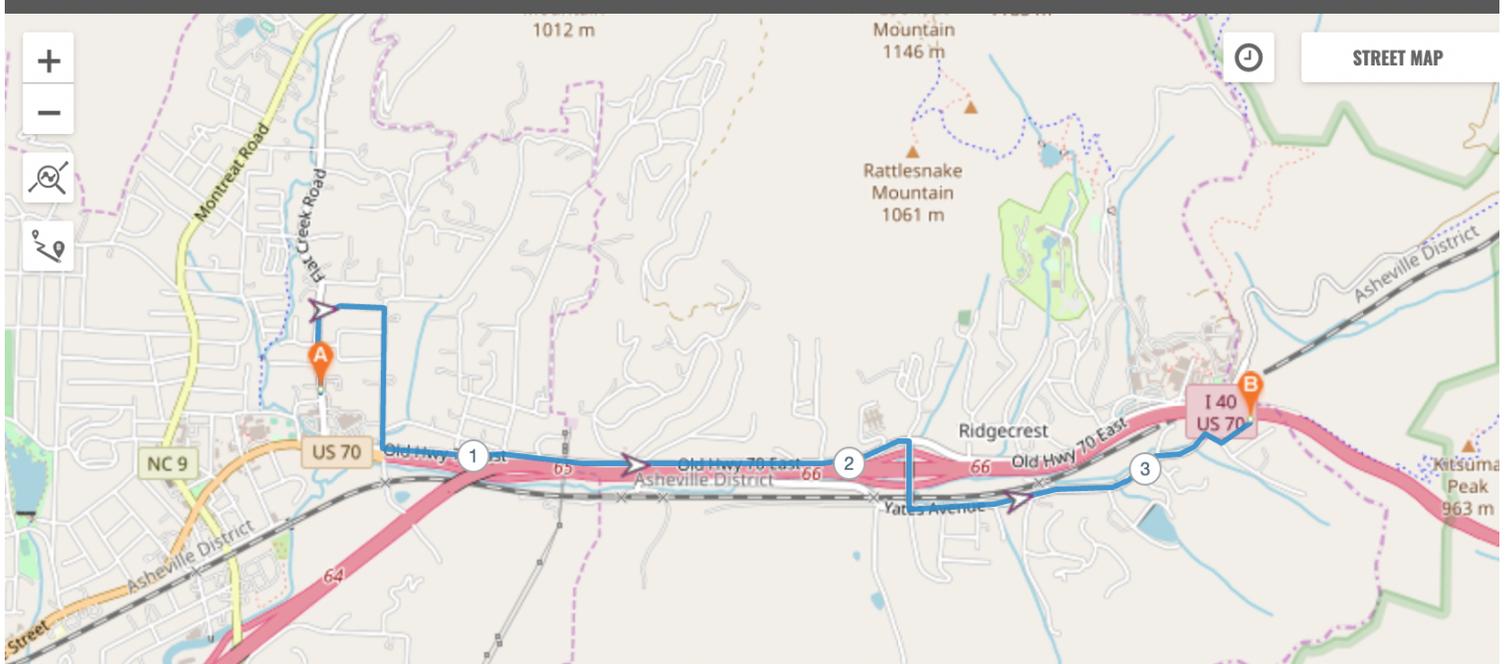
Notes

- Safety vest/light rules in effect
- Stay on left side of road facing traffic until Old US 70 then cross and run on right shoulder ; Be Alert
- Transfer Point at first entrance to campus

RD Comments

- Old 70 has light traffic but they move fast. Be alert!
- 2nd half of leg is the hardest

2023 LAND AND LAKES RELAY LEG 3



ELEVATION PROFILE

