

2025 Blue Ridge Relay
Team Seeding and Start Times
Friday, September 5, 2025
Sorted by Category

Cat.	Seed	Team	Category	City	State	Runners Projected	Runners Registered	Seed	Start Time
1	10	Bull City Track Club Ladies	Women	Durham	NC	12	10	0:06:15	12:00 PM
2	81	Chafing the Dream	Women	Knoxville	TN	12	12	0:08:31	9:00 AM
3	116	Sole Sisters of Lenoir	Women	Lenoir	NC	12	12	0:09:00	8:00 AM
4	173	Never Doing This Again	Women	Coastal	NC	12	12	0:10:00	5:30 AM
5	183	FIASCO	Women	Charlotte	NC	9	9	0:10:30	5:00 AM
6	188	Sweet Home Atalanta	Women	Durham	NC	12	12	0:10:30	5:00 AM
1	100	Beet Root Runners	Ultra Mixed	Woodstock	GA	6	6	0:09:00	6:30 AM
2	101	Try Not To Suck!	Ultra Mixed	LINCOLNTON	NC	6	6	0:09:00	7:00 AM
3	120	John 3:16	Ultra Mixed	Raleigh	NC	6	6	0:09:15	6:00 AM
1	19	Goats, Gazelles & 3 Englishmen	Ultra Master	Raleigh-Durham	NC	6	6	0:07:00	10:00 AM
2	26	Midwood 6	Ultra Master	Charlotte	NC	6	6	0:07:25	9:00 AM
3	42	F3 Ultra Waxhaw Xpress	Ultra Master	Waxhaw	NC	6	6	0:08:00	8:30 AM
4	66	F3 Deer Hunters	Ultra Master	Charlotte	NC	6	3	0:08:30	7:30 AM
5	70	Bear Snacks	Ultra Master	Charlotte	NC	6	6	0:08:30	7:30 AM
6	87	F3 South Cary Shake	Ultra Master	Cary	NC	6	6	0:08:45	7:30 AM
7	97	One More Step	Ultra Master	Charlotte	NC	1	1	0:08:51	5:00 AM
8	102	Ultra Mountain Lions	Ultra Master	Salisbury	NC	6	6	0:09:00	6:30 AM
9	134	Rise/Run (F3 Boone)	Ultra Master	Boone	NC	6	6	0:09:30	6:00 AM
10	161	KID and the Smokin' J's	Ultra Master	Charlotte	NC	6	6	0:10:00	5:00 AM
1	8	Altitude Sickness	Ultra	Charlotte	NC	6	5	0:06:10	11:30 AM
2	9	Meat Train	Ultra	Rock Hill	SC	6	6	0:06:10	11:30 AM
3	13	Green Valley & Co	Ultra	Birmingham	AL	6	6	0:06:45	10:00 AM
4	17	JOCO-WILM Matteredaddys	Ultra	Clayton/Wilmington	NC	6	6	0:07:00	10:00 AM
5	18	Pension Chasers	Ultra	Raleigh	NC	6	5	0:07:00	10:00 AM
6	27	MJLD (Mary Jane's Last Dance)	Ultra	Greenville	NC	6	6	0:07:25	9:00 AM
7	29	& Bake	Ultra	Greenville	SC	6	1	0:07:30	9:00 AM
8	30	Shake	Ultra	Greenville	SC	6	1	0:07:30	9:00 AM
9	32	Chafing the Dream	Ultra	Charlotte	NC	6	6	0:07:30	9:00 AM
10	35	This is our date night.	Ultra	Fleetwood	NC	4	1	0:07:45	6:00 AM
11	37	Big Swinging Six	Ultra	Harrisburg	NC	6	6	0:07:45	9:00 AM
12	41	Rat Racers	Ultra	Greenville	SC	6	5	0:08:00	8:30 AM
13	43	Farcical Endeavors	Ultra	Durham	NC	6	6	0:08:00	8:30 AM
14	55	Bearded Dragons	Ultra	Newland	NC	6	5	0:08:04	8:30 AM
15	57	Fountain City Fastholes	Ultra	Overland Park	KS	6	6	0:08:05	8:30 AM
16	68	GUYS AND (A SPEEDY) DOLL	Ultra	CHARLOTTE	NC	6	5	0:08:30	7:30 AM
17	71	F3 Macon - Ramrod	Ultra	Macon	Ga	6	6	0:08:30	7:30 AM
18	86	F3 South Cary Bake	Ultra	Cary	NC	6	6	0:08:45	7:30 AM
19	99	Alleghany Footsie Club	Ultra	Charlotte	NC	6	6	0:09:00	6:30 AM
20	118	Pace Cadets	Ultra	Raleigh	NC	6	6	0:09:02	6:30 AM
1	191	F3 BRUCO	Ruck	Southport	NC	12	12	0:10:30	4:30 AM
2	192	Fountain City RuckBros	Ruck	Overland Park	KS	12	12	0:10:30	4:30 AM
3	193	Rogue Ruckers	Ruck	Greenville	NC	12	12	0:10:30	4:30 AM
4	194	The RuckerFellas	Ruck	Greenville	NC	12	10	0:10:30	4:30 AM
1	1	Working Man's Track Club	Open	Indianapolis	IN	12	12	0:05:20	1:00 PM
2	2	Here We Go	Open	Birmingham	AL	12	12	0:05:30	1:00 PM
3	3	Sunny Boys	Open	Charlotte	NC	12	12	0:05:40	12:30 PM
4	4	Asheville Running Collective	Open	Asheville	NC	12	7	0:05:45	12:30 PM
5	5	Big Bad Wolves	Open	Raleigh	NC	12	10	0:05:50	12:00 PM

6	7	UNC Run Club JV	Open	Chapel Hill	NC	11	11	0:06:03	12:00 PM
7	11	12th State Endurance	Open	North Wilkesboro	NC	10	9	0:06:30	11:30 AM
8	14	The Runs	Open	Charlotte	NC	12	11	0:06:45	11:30 AM
9	15	F3 Dad Squad	Open	Raleigh	NC	9	9	0:06:51	11:30 AM
10	16	F3 CLOWN CAR Young Guns	Open	Greensboro	Nc	12	12	0:06:55	11:30 AM
11	22	Cane Toads	Open	Durham	NC	12	12	0:07:00	11:00 AM
12	28	F3 JOCO 9 LOCOS	Open	Johnston County,	NC	9	9	0:07:25	10:30 AM
13	36	Breathless, Thirsty, and Hot	Open	Durham	NC	12	4	0:07:45	10:30 AM
14	38	No Regerts	Open	Asheville	NC	10	7	0:07:45	10:30 AM
15	39	Leicester Highway Running Collective	Open	Charlotte	Nzc	12	7	0:07:50	10:00 AM
16	40	9:24 Running Co	Open	Ball Ground, GA	GA	12	12	0:07:55	10:00 AM
17	44	Btown Dingo Berries	Open	Burlington	NC	9	9	0:08:00	9:30 AM
18	45	Btown Dingo Destroyers	Open	Burlington	NC	9	9	0:08:00	9:30 AM
19	46	F3 Waxhaw Express	Open	Waxhaw	NC	9	9	0:08:00	9:30 AM
20	47	Greenville Globe Trotters	Open	Greenville	NC	9	9	0:08:00	9:30 AM
21	48	Rock Hill Striders	Open	Rock Hill	SC	12	9	0:08:00	10:00 AM
22	49	The Intrepid Goats	Open	Boone	NC	8	9	0:08:00	9:30 AM
23	51	Buttermilque Toast - Zesty	Open	Richmond	VA	12	11	0:08:00	10:00 AM
24	52	Agony of de feet	Open	Everywhere	USA	12	12	0:08:00	10:00 AM
25	53	Buttermilque Toast - Extra Crispy	Open	Richmond	VA	12	12	0:08:00	10:00 AM
26	54	I'm Josh	Open	Chapel Hill	NC	12	12	0:08:00	10:00 AM
27	56	Forth Eorlingas!	Open	Everywhere	USA	8	8	0:08:04	9:00 AM
28	58	Fountain City Boys	Open	Olathe	KS	12	11	0:08:05	10:00 AM
29	59	People Launching 2	Open	Raleigh	NC	9	8	0:08:10	10:00 AM
30	60	People Launching 1	Open	Raleigh	NC	12	9	0:08:10	10:00 AM
31	62	Flying Foxes - Dragon and Phoenix	Open	CHARLOTTE	NC	12	11	0:08:20	9:30 AM
32	63	Forsyth Hillbillies	Open	Forsyth	GA	12	12	0:08:20	9:30 AM
33	64	We thought this was a 5k	Open	Durham	NC	12	12	0:08:20	9:30 AM
34	69	How I Met Your Strava	Open	Everywhere	USA	12	5	0:08:30	9:30 AM
35	72	The Hobo Jungle	Open	Tallahassee	FL	12	11	0:08:30	9:30 AM
36	73	Bull City Party Pace	Open	Durham	NC	12	12	0:08:30	9:30 AM
37	74	Denver of the East	Open	Denver	NC	12	12	0:08:30	9:00 AM
38	75	F3 Macon	Open	Macon	GA	12	11	0:08:30	9:00 AM
39	77	Hub City Rockers	Open	Spartanburg	SC	12	12	0:08:30	9:00 AM
40	78	RUB CLUB	Open	Chapel Hill	NC	12	12	0:08:30	9:30 AM
41	80	The Peak Joyriders	Open	Mclean	VA	12	12	0:08:30	9:00 AM
42	83	F3 Peak City - Blackburns Revenge	Open	Apex	NC	9	9	0:08:40	8:00 AM
43	84	Rock The Hill	Open	Rock Hill	SC	9	9	0:08:40	8:00 AM
44	85	Hickory Knuts	Open	Granite Falls	NC	12	12	0:08:40	8:30 AM
45	88	F3 North Raleigh - Agony of DaFeet	Open	Raleigh	NC	12	11	0:08:45	8:00 AM
46	89	Coalition	Open	Charlotte	NC	12	12	0:08:45	8:30 AM
47	91	Fillnow Flyers 2	Open	Charlotte	NC	12	12	0:08:45	8:30 AM
48	92	Sole Mistrs of Lenoir	Open	Parts Unknown	NC	12	12	0:08:45	8:30 AM
49	93	This is a problem for future us	Open	New York City	NY	12	12	0:08:45	8:30 AM
50	94	Victim Weight Plodders	Open	Charlottesville	VA	12	12	0:08:45	8:30 AM
51	95	Porta Pals	Open	Marion	VA	12	12	0:08:49	8:00 AM
52	96	The Blue Ridge Streakers	Open	Charlotte	NC	12	8	0:08:50	8:00 AM
53	98	Legs Miserables	Open	Atlanta	GA	10	3	0:08:58	7:30 AM
54	103	Ye Regal Rebuild	Open	Durham+	NC	12	9	0:09:00	8:00 AM
55	104	Train in Vain	Open	Warrens ville	NC	9	7	0:09:00	7:30 AM
56	107	Gloom Trotters	Open	Jacksonville	FL	9	9	0:09:00	7:00 AM
57	108	Hard Nocs	Open	Jacksonville	FL	9	9	0:09:00	7:00 AM
58	109	Channel The Goat - NC	Open	Holly Springs	NC	9	10	0:09:00	7:30 AM
59	110	Pain Don't Hurt	Open	Morganton	NC	8	10	0:09:00	7:30 AM
60	113	Chafing the Dream	Open	Wake Forest	NC	12	12	0:09:00	8:00 AM
61	117	Thought it was a bike race...	Open	Durham	NC	12	12	0:09:00	8:00 AM
62	119	Sandbaggers	Open	Lake Wylie	SC	9	9	0:09:10	7:30 AM
63	121	Chafing Dreams	Open	Charlotte	NC	12	12	0:09:15	7:00 AM
64	122	F3 JAX Flo-Riders Redeux	Open	Jacksonville	FL	12	12	0:09:15	7:00 AM
65	124	F3 - Drop It Like It's Hot	Open	Durham	NC	12	12	0:09:15	7:00 AM

66	125	F3 Gastonia	Open	Gastonia	NC	12	12	0:09:15	7:00 AM
67	126	Hot Fudge Rundae	Open	Chapel Hill	NC	12	12	0:09:15	7:00 AM
68	128	F3 Afton Beer Pressure	Open	Concord	NC	10	10	0:09:16	7:00 AM
69	129	O Van Where Art Thou	Open	Augusta	GA	12	1	0:09:20	7:00 AM
70	130	F3 Crossroads	Open	Statesville	NC	12	12	0:09:20	7:00 AM
71	132	Duke'd and Winded	Open	Durham	NC	12	2	0:09:30	7:00 AM
72	135	Kiss My Asphalt	Open	CHARLOTTE	NC	9	8	0:09:30	6:30 AM
73	136	F3 South Cary - Pineapple of Theseus	Open	Cary	NC	9	9	0:09:30	6:30 AM
74	138	Regulators	Open	Benson	NC	9	9	0:09:30	6:30 AM
75	140	South Rowan Crazy Runners II	Open	China Grove	NC	9	9	0:09:30	6:30 AM
76	141	Sprinting in the Slow Lane	Open	Knoxville	TN	12	11	0:09:30	6:30 AM
77	142	We Be Runnin'	Open	Durham	NC	11	11	0:09:30	7:00 AM
78	143	Barley Poppin' and Crack Packin'	Open	Everywhere	USA	12	12	0:09:30	6:30 AM
79	144	F3 Alpha Pro State's Last Run	Open	Alpharetta	GA	12	12	0:09:30	6:30 AM
80	145	F3 Lex Shawshank	Open	Lexington	SC	12	12	0:09:30	6:30 AM
81	147	PTSD - Pirates Till Someone Dies	Open	Greenville	NC	9	8	0:09:40	6:00 AM
82	148	12-NITRO	Open	West Jefferson	NC	12	12	0:09:41	6:00 AM
83	149	S.W.A.T.T.	Open	Greenville	NC	9	9	0:09:45	6:00 AM
84	150	Saucy Stallions	Open	Greenville	MC	9	9	0:09:45	6:00 AM
85	152	Half Fast Runners	Open	Boone	NC	12	12	0:09:45	6:00 AM
86	154	MSH Marauders	Open	Matthews	NC	12	12	0:09:45	6:00 AM
87	155	Deez Lug Nutz	Open	Mooresville	NC	12	12	0:09:50	6:00 AM
88	156	Hopping Nomads	Open	Durham,	NC	12	12	0:09:50	6:00 AM
89	157	CoopStrong	Open	Greenville	NC	9	9	0:09:55	6:00 AM
90	159	Sister Maria's Flying Caballeros	Open	Raleigh	NC	12	1	0:10:00	5:30 AM
91	162	F3 Chafing the Dream	Open	Apex	NC	9	8	0:10:00	5:30 AM
92	164	FUMC Running Group	Open	Waynesville	NC	12	10	0:10:00	5:30 AM
93	165	Self-Identified Issues	Open	Charlotte	NC	12	10	0:10:00	5:30 AM
94	166	Glute Rockets	Open	Philadelphia	PA	12	12	0:10:00	5:30 AM
95	167	More Than 4	Open	West Jefferson	NC	12	11	0:10:00	5:30 AM
96	168	WTF? (Where's the Finish?)	Open	Sparta NC	NC	12	11	0:10:00	5:30 AM
97	169	Holly Springs Fire Department	Open	Holly Springs	NC	12	12	0:10:00	5:30 AM
98	170	Las Tortugas	Open	Charlotte	NC	12	12	0:10:00	5:30 AM
99	171	Las Tortugas II	Open	Charlotte	NC	12	12	0:10:00	5:30 AM
100	172	Movin' Microbes	Open	Durham	NC	12	12	0:10:00	5:30 AM
101	175	F3 Green Level	Open	Cary	NC	9	8	0:10:03	5:00 AM
102	176	Pilgrims Progress	Open	Pinehurst	NC	12	11	0:10:15	5:00 AM
103	177	Runaway Reaction	Open	Kingsport	TN	10	8	0:10:15	5:00 AM
104	179	Between a Walk and a Hard Pace	Open	Winchester	VA	12	12	0:10:20	5:00 AM
105	181	F3 Squirrell Gravy	Open	Waynesville	NC	12	9	0:10:30	5:00 AM
106	184	F3 Cumming In Hot!	Open	Cumming	GA	12	11	0:10:30	5:00 AM
107	185	F3 6 Packs, No Abs	Open	Apex	NC	12	12	0:10:30	5:00 AM
108	186	Grit Happens	Open	Raleigh	NC	12	12	0:10:30	5:00 AM
109	187	Running Is Our Therapy - 2025	Open	Edison	NJ	12	12	0:10:30	5:00 AM
110	189	The Sporting News	Open	Charlotte	NC	12	12	0:10:30	5:00 AM
111	190	Worst Pace Scenario	Open	Goldsboro	NC	12	12	0:10:30	5:00 AM
1	12	Ville Billies	Mixed	Baton Rouge	LA	12	11	0:06:40	11:30 AM
2	20	Appalachian Vixen League (AVL)	Mixed	Asheville	NC	12	12	0:07:00	11:00 AM
3	25	Fountain Dinner Club	Mixed	Raleigh	NC	12	12	0:07:12	11:00 AM
4	31	Lunch on 7	Mixed	Washington	DC	10	3	0:07:30	10:30 AM
5	50	Zen Speed	Mixed	Chapel Hill	NC	10	10	0:08:00	10:00 AM
6	61	Dashing pirates	Mixed	Statesville	NC	8	8	0:08:20	8:30 AM
7	65	Mind, Body, & Sole Patrol	Mixed	Everywhere	NC/VA	12	11	0:08:28	9:30 AM
8	79	Swift & Seasoned	Mixed	Greensboro	NC	12	12	0:08:30	9:00 AM
9	90	Fillnow Flyers 1	Mixed	Charlotte	NC	12	12	0:08:45	8:30 AM
10	106	Blood Sweat and Cheers	Mixed	Burnsville	NC	12	10	0:09:00	8:00 AM
11	111	Mile High Club	Mixed	Charleston	SC	12	11	0:09:00	8:00 AM
12	112	Respect Your Elders	Mixed	Atlanta	GA	12	11	0:09:00	8:00 AM
13	114	Human Victory Cigars	Mixed	Durham	NC	12	12	0:09:00	8:00 AM

14	115	Johnnie's Run Club	Mixed	Wilmington	NC	12	12	0:09:00	8:00 AM
15	127	Snails and Darters	Mixed	Charlottesville	VA	12	12	0:09:15	7:00 AM
16	133	Old, School	Mixed	Alpharetta	GA	12	3	0:09:30	7:00 AM
17	139	South Rowan Crazy Runners I	Mixed	China Grove	NC	9	9	0:09:30	6:30 AM
18	153	Lightning McQueens	Mixed	Asheville	NC	12	12	0:09:45	6:00 AM
19	160	Brewed Awakenings	Mixed	Several different	LA	10	5	0:10:00	5:30 AM
20	163	Fudder Muckers	Mixed	Greenville	NC	9	9	0:10:00	5:30 AM
21	174	Over 40 and still running	Mixed	Everywhere	USA	12	12	0:10:00	5:30 AM
22	178	Mountain Goat Ballers	Mixed	Arlington	VA	12	12	0:10:15	5:00 AM
23	182	Shawsville Squad	Mixed	Shawsville	VA	8	8	0:10:30	5:00 AM
1	34	Hua Sports Magic Messengers	Master Mixed	Potomac	MD	12	12	0:07:35	10:30 AM
2	158	Sour Power	Master Mixed	Chapel Hill	NC	12	12	0:09:55	6:00 AM
1	6	Bull City Track Club Men's Masters	Master	Durham	NC	12	12	0:05:50	12:00 PM
2	24	Perpetual	Master	Middleburg	VA	11	10	0:07:05	11:00 AM
3	33	F3 Clown Car Explosion	Master	Greensboro	NC	12	12	0:07:35	10:30 AM
4	67	Darkside	Master	Raleigh	NC	9	5	0:08:30	8:30 AM
5	76	Howard's Misty Mountaineers	Master	Blowing Rock	NC	12	12	0:08:30	9:00 AM
6	82	F3 Government Cheese	Master	Raleigh	NC	10	11	0:08:35	8:00 AM
7	105	F3 Up N Over	Master	Charlotte	NC	9	8	0:09:00	7:30 AM
8	123	Luck You	Master	Lincolnton	NC	12	11	0:09:15	7:00 AM
9	131	Runny McRunface	Master	Charlottesville	VA	9	1	0:09:30	5:30 AM
10	137	F3 The Bridesmaids	Master	Davidson	NC	9	9	0:09:30	6:30 AM
11	146	Medical Condition	Master	Lexington	SC	12	12	0:09:33	6:00 AM
12	180	Lactic Asses	Master	Fort Mill	SC	12	11	0:10:30	5:00 AM
1	21	Bull City Track Club Grandmasters	Grand Master	Durham	NC	12	12	0:07:00	11:00 AM
2	23	Flying Foxes - GM Wolves	Grand Master	Charlotte	NC	12	12	0:07:00	11:00 AM
3	151	Get Off My Lawn!	Grand Master	Raleigh	NC	12	12	0:09:45	6:00 AM