

BRR Leg 1 (3.9 miles, Easy)

Elevation (feet):

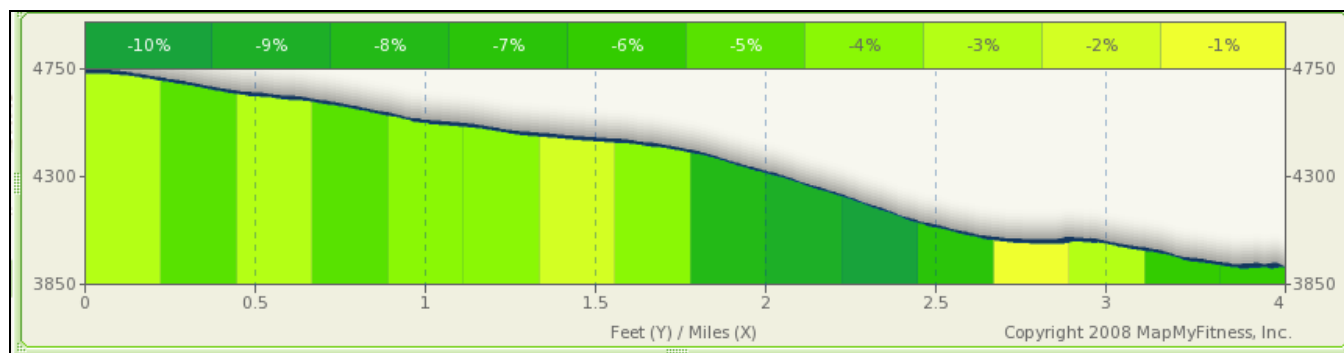
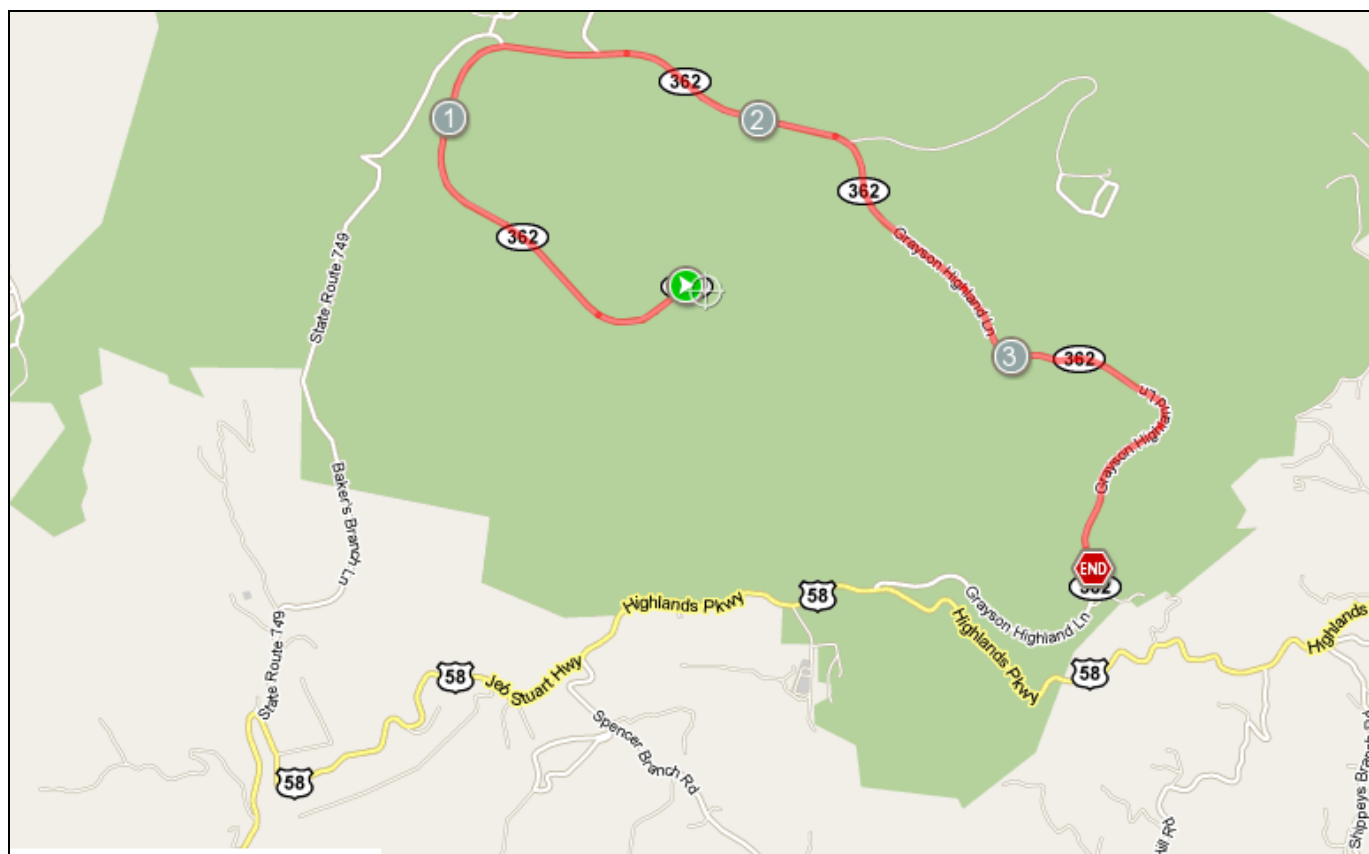
Min	3901
Max	4919
Ascent	+20
Descent	-1029

Leg Legend:

0.0	Start (Grayson Highlands State Park Visitor Center)
3.9	Grayson Highlands State Park Office & Gate, on R (EZ 1)

Leg Notes: Minimal traffic. Entire leg in Grayson Highlands State Park.

Leg Description: Steady, but controlled downhill. Great views of the Grayson Highlands' balds and mountains. Watch for wild ponies. Run on Left, EZ is on Right.



BRR Leg 2 (7.5 miles, Hard)

Elevation (feet):

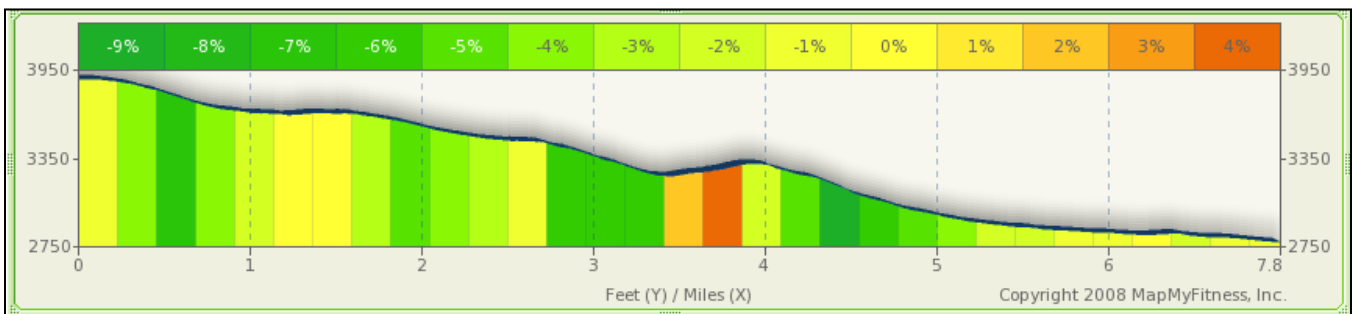
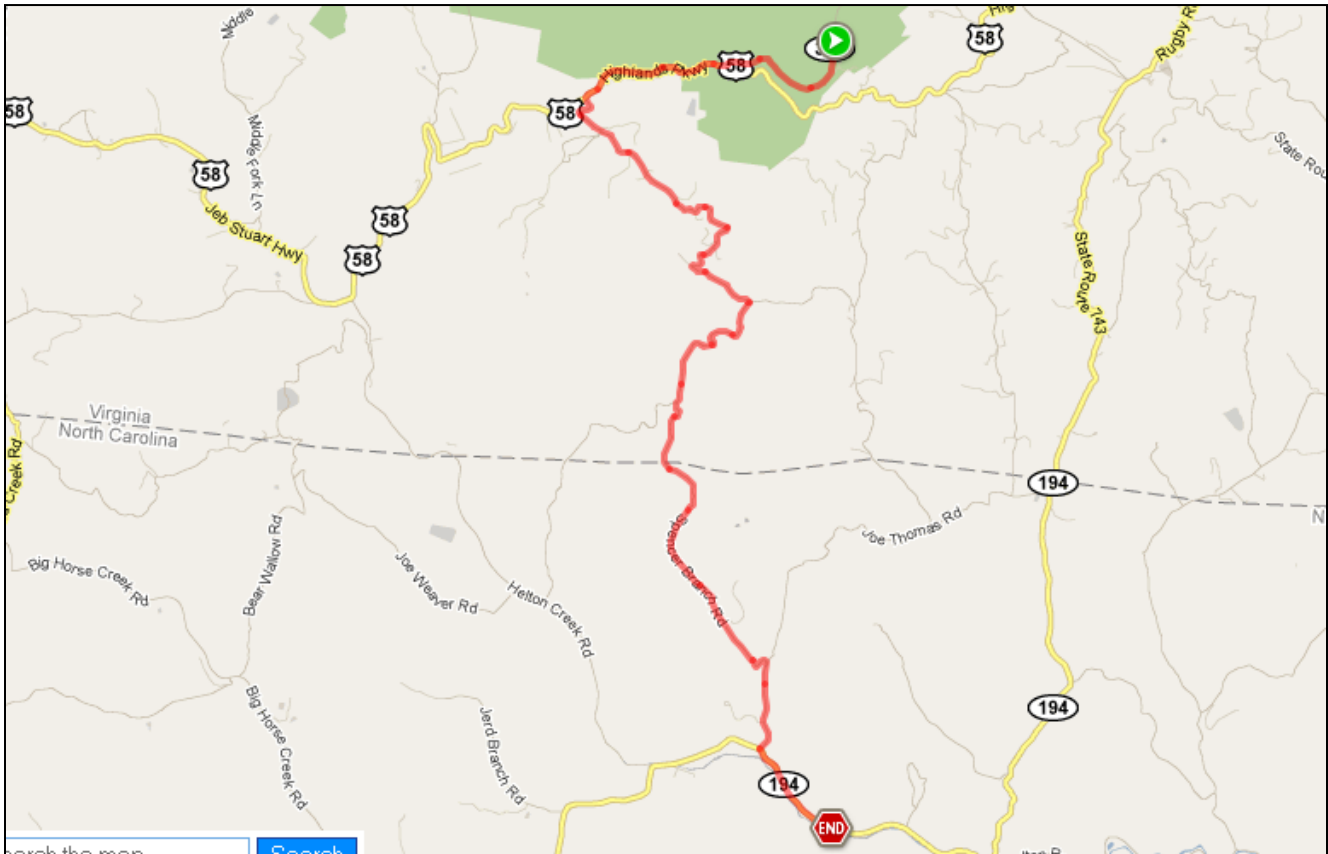
Min	2774
Max	3933
Ascent	+403
Descent	-1537

Leg Notes: Stay alert for traffic on Highlands Parkway (#58) and Hwy 194. These are more heavily traveled and have tight shoulders.

Leg Legend:

- 0.0 S EZ 1 (Grayson Highlands State Park Office)
- 0.8 R Highlands Parkway #58 (Park Entrance)
- 0.9 L Spencer Branch Rd. #797 (gravel/dirt)
- 2.0 R Wolf Knob #746 (gravel/dirt)
- 1.0 LS Continue on Wolf Knob #746 (gravel/dirt)
- 1.9 RS Wallen's Creek #1374 (paved)
- 0.5 L 194 N (paved)
- 0.4 Creekside Christian Church, on L (EZ 2)

Leg Description: Steady downhill, steep at times. Narrow gravel/dirt roads at times. Run on Left, EZ on Left.



BRR Leg 3 (5.2 miles, Moderate)

Elevation (feet):

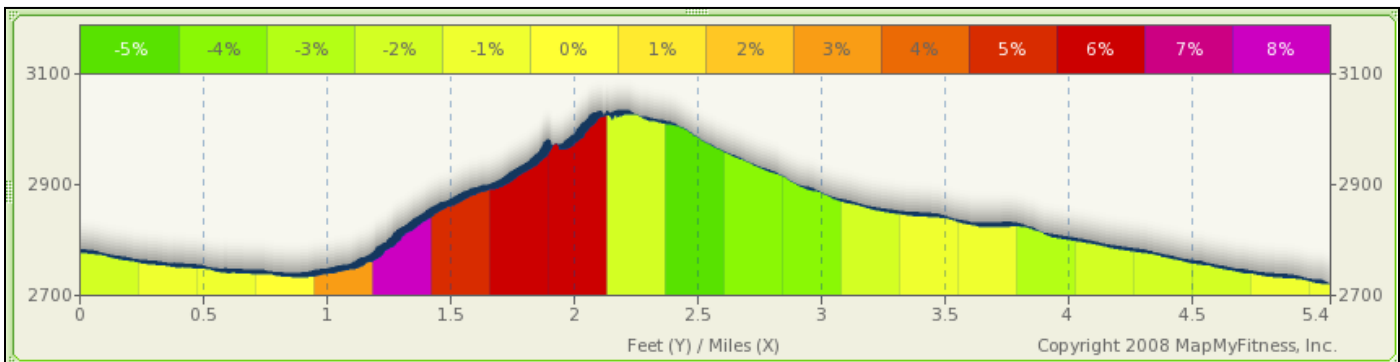
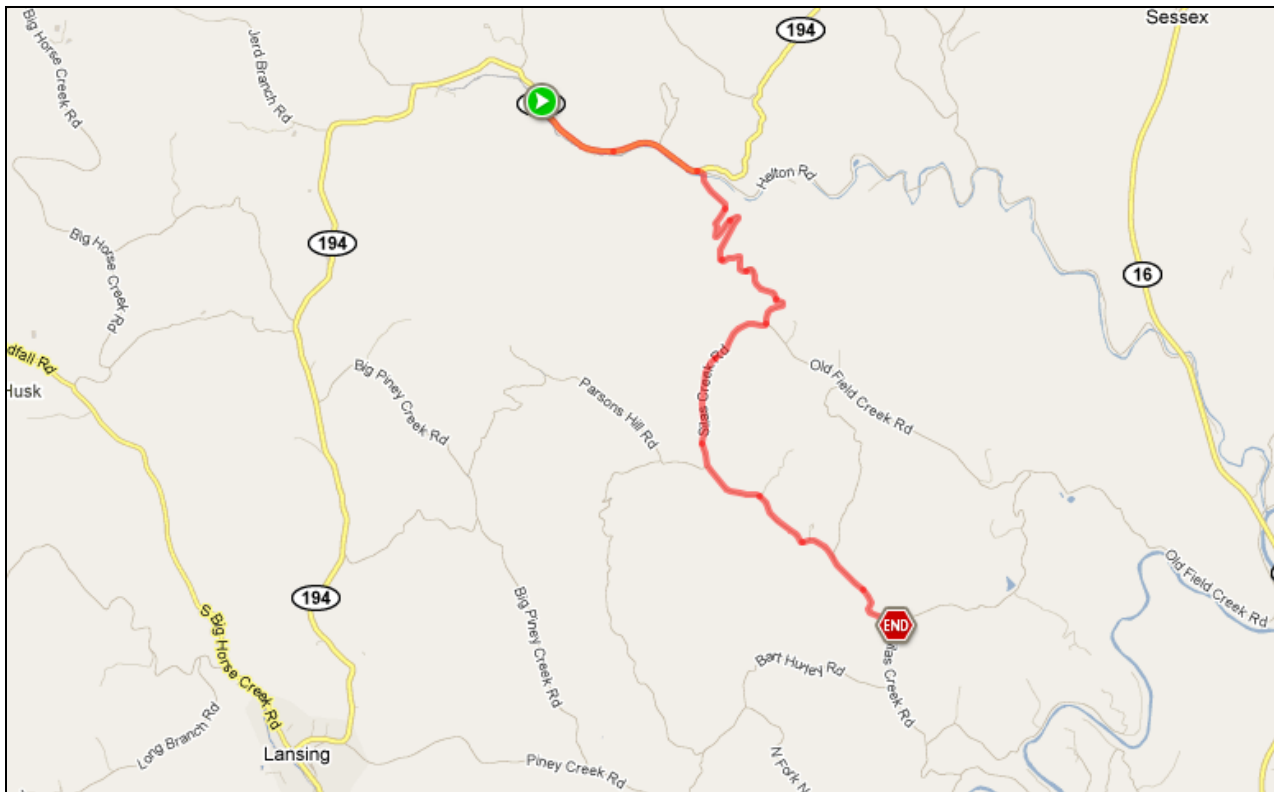
Min	2690
Max	3107
Ascent	+397
Descent	-476

Leg Legend:

- 0.0 EZ 2 (Creekside Christian Church)
- 0.9 R Silas Creek #1523/Helton Creek #1527 (paved)
- 0.0 R Silas Creek #1523 (one lane bridge, gravel/dirt)
- 1.7 R Stop Sign (Silas Creek Rd. Continues, paved)
- 2.6 Landmark Baptist Church, on L (EZ 3)

Leg Notes: 194 is a more heavily traveled road. Be alert for traffic.

Leg Description: A good climb and descent on gravel. Mostly flat and rolling before and after the gravel road section. Run on Left, EZ on Left.



BRR Leg 4 (6.9 miles, Hard)

Elevation (feet):

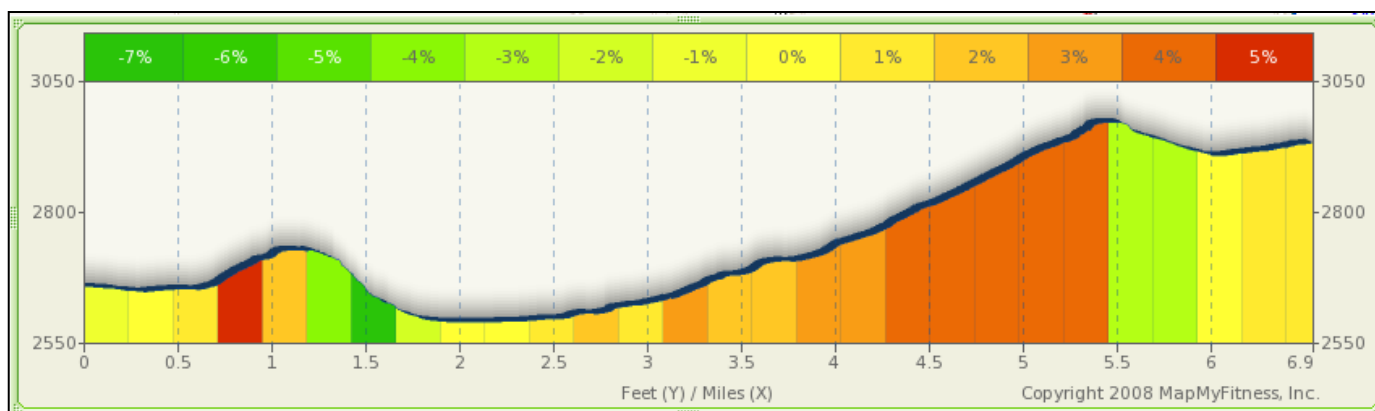
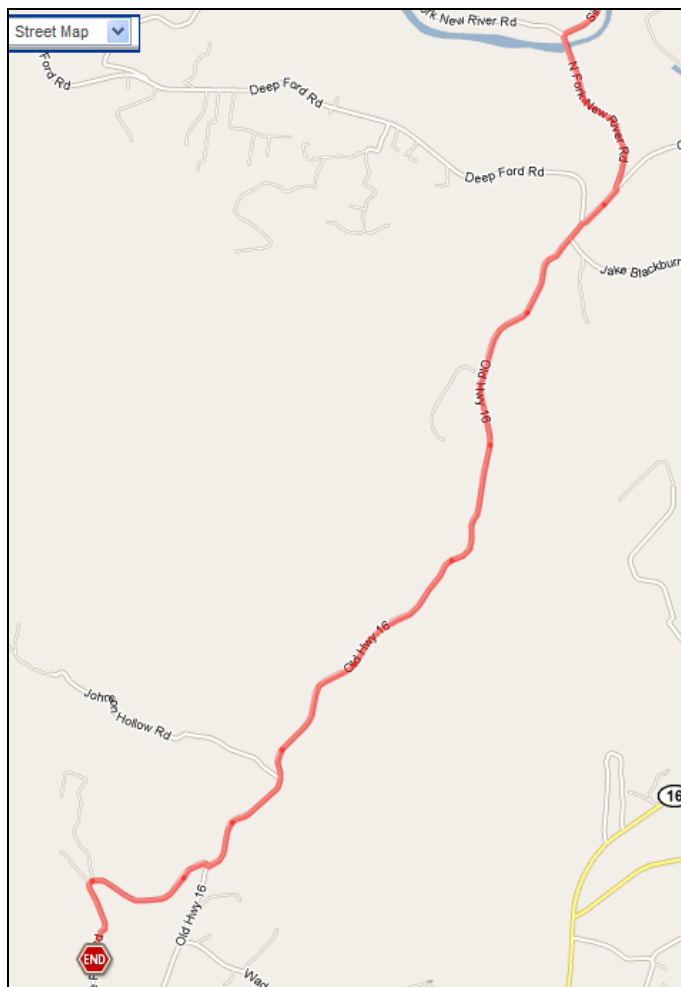
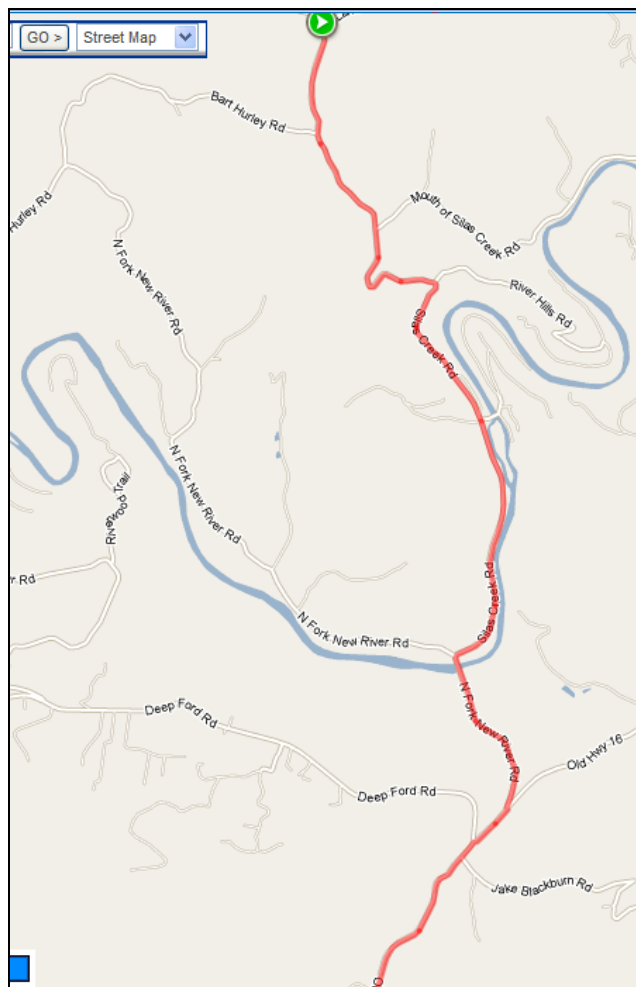
Min	2584
Max	3125
Ascent	+753
Descent	-377

Leg Legend:

0.0	EZ 3 (Landmark Baptist Church)
2.7	L North Fork New River Rd. #1513 (two lane bridge, paved)
0.6	R Old 16 South #1573 (paved)
2.9	R Ashe County Park Rd. #1511 (paved)
0.7	Ashe County Park, on L (EZ 4)

Leg Notes: Be very alert for traffic as you enter Old 16, which is a heavily traveled, winding road with narrow shoulders.

Leg Description: Great running along the New River. A good climb on Old 16. The distance and climb make this a Hard leg. Run on Left, EZ on Left.



BRR Leg 5 (4.8 miles, Moderate)

Elevation (feet):

Min	2912
Max	3162
Ascent	+404
Descent	-325

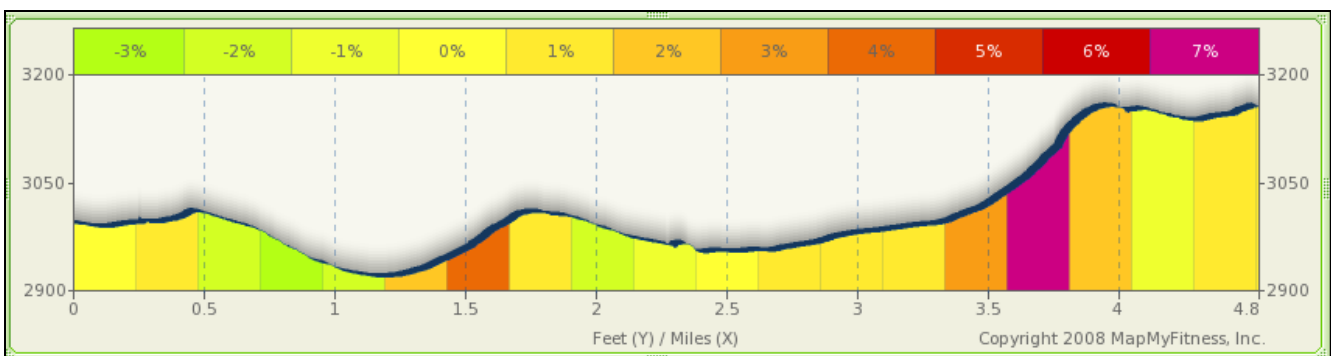
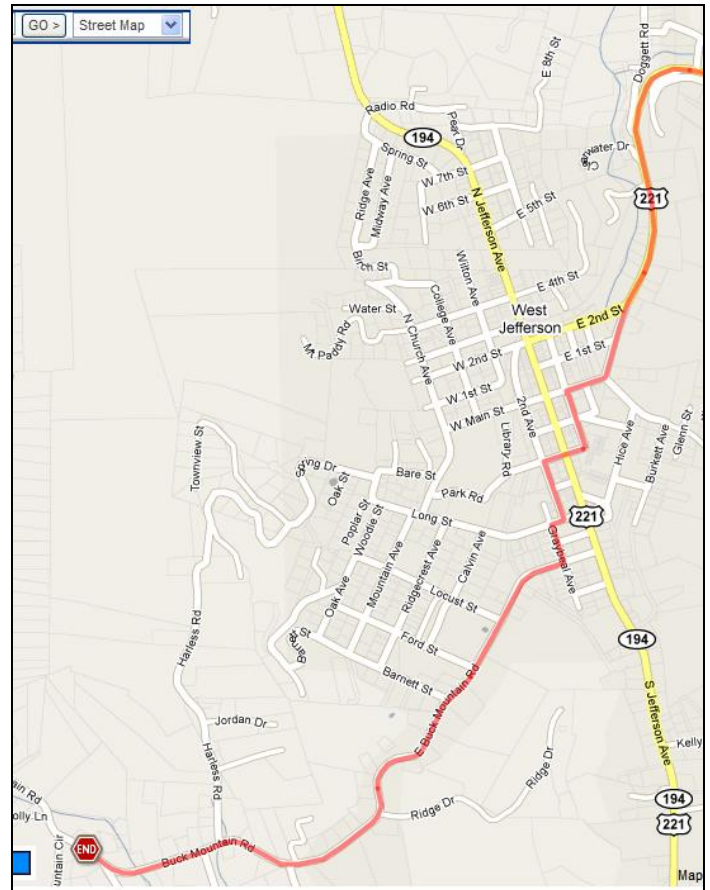
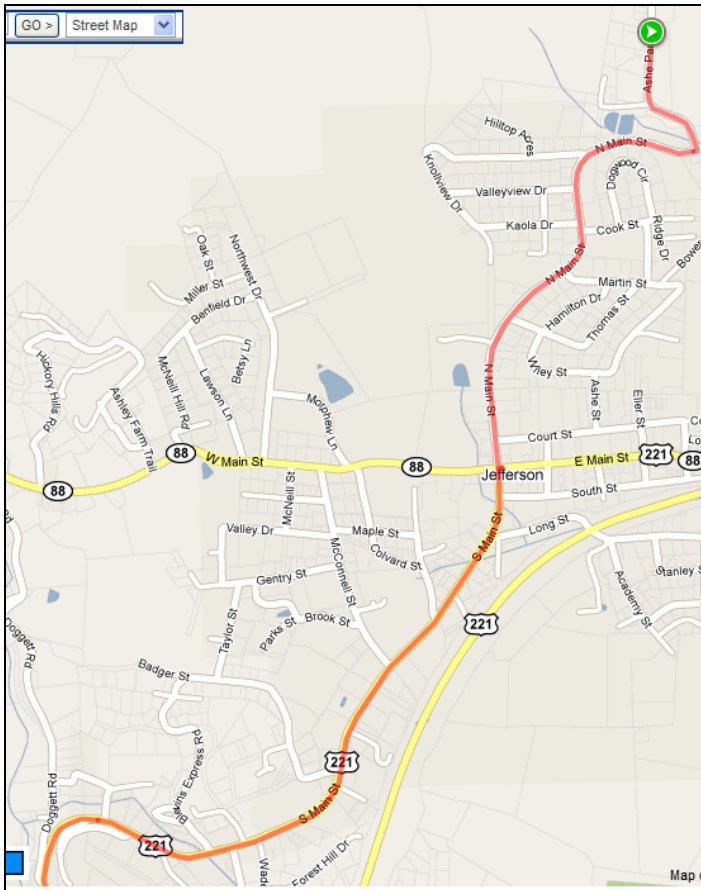
Leg Notes: Run on the Right and use the shoulder and sidewalk, when available along Old 16 and South Main St. until you turn left on North 6th Ave. Once on North 6th Ave Run on Left.

Be alert for traffic lights, stop signs, pedestrians, etc... Streets will be business as usual. Blind curve on Buck Mtn. Rd.

Leg Legend:

- 0.0 EZ 4 (Ashe County Park)
- 0.4 R Old 16 South 1573 (paved, **Run on Right**)
- 0.9 S Through traffic light, South Main St. (**Run on Right**)
- 1.7 L North 6th Ave. (Ford Dealership on Right, Speedway gas station on Left) (**Run on Left**)
- 0.2 R East Main Street (Right at blinking red Traffic Light)
- 0.1 L South Third Ave. (1st Left, just before movie theatre)
- 0.1 R East Ashe St. (2 blocks, no choice but to turn Right)
- 0.05 S West Ashe St. (cross Jefferson Ave at Stop Sign)
- 0.05 L South Second Ave. (1st Left after Stop Sign)
- 0.1 R Long Street (1st Right)
- 0.0 L Graybeal Ave. (1st Left)
- 0.1 R Buck Mountain Rd. #1134 (at stop sign, **Run on Left**)
- 1.1 Friendly Grove Baptist Church, on R (EZ 5)

Leg Description: Mostly rolling, with one good climb on Buck Mountain Rd. Run through busy downtown West Jefferson. **Run on Right until North 6th Ave, then Run on Left.** EZ on Right.



BRR Leg 6 (6.8 miles, Hard)

Elevation (feet):

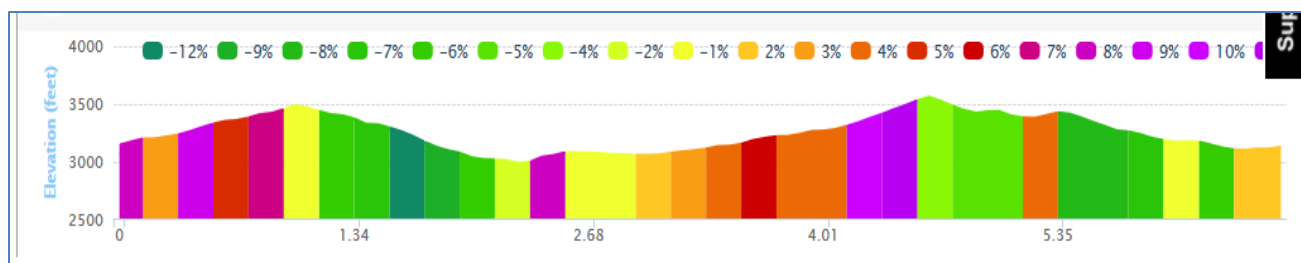
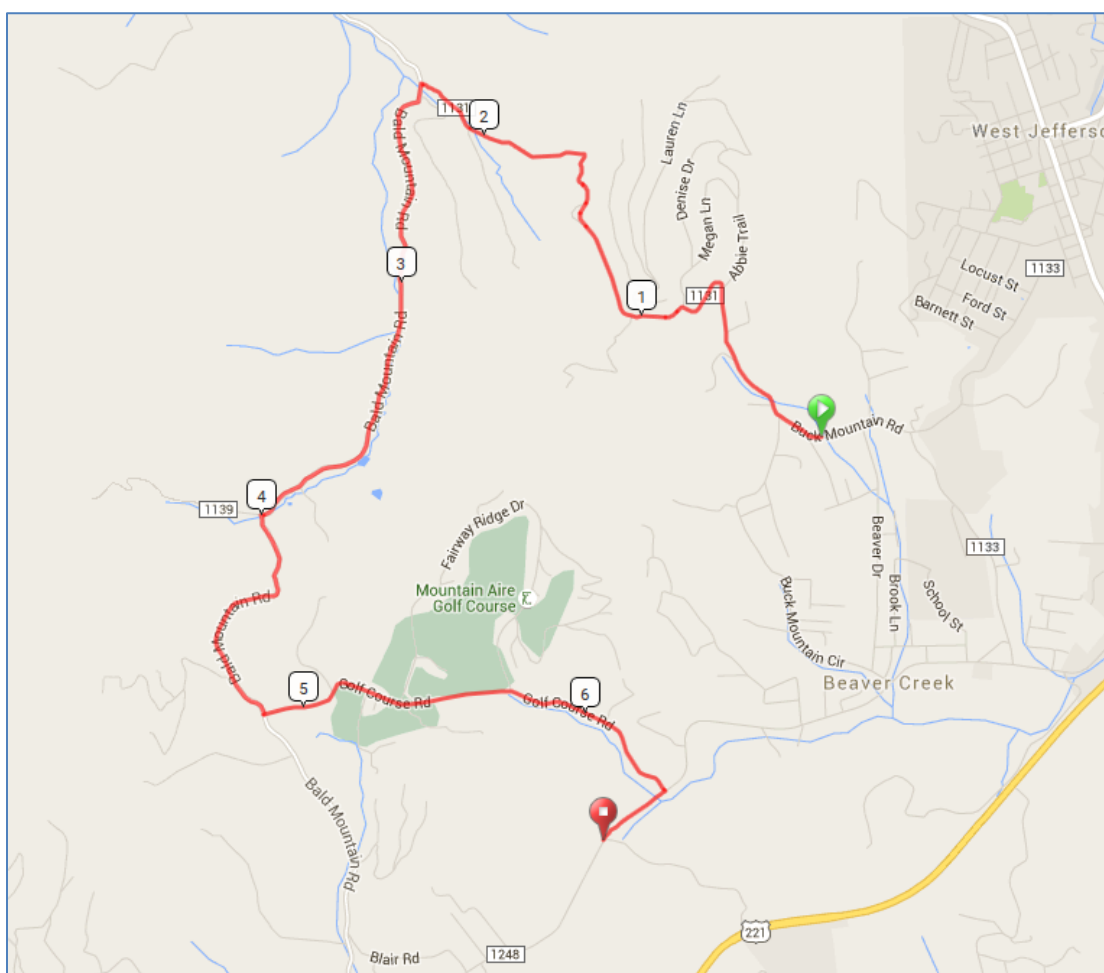
Min	2987
Max	3563
Ascent	+979
Descent	-989

Leg Notes: Minimal traffic. Be alert for more traffic on Beaver Creek School Rd. Run on Left, EZ on Right.

Leg Legend:

- 0.0 EZ 5 (Friendly Grove Baptist Church)
- 1.5 S (pavement ends, gravel/dirt begins)
- 0.8 L Bald Mountain Rd. #1138 (gravel/dirt)
- 1.7 L Bald Mountain Rd. (paved)
- 0.9 L Golf Course Rd.
- 1.5 R Beaver Creek School Rd.
- 0.1 R Christmas Tree Field access trail
- 0.3 Follow trail to Frosty's Choose & Cut (EZ 6)

Leg Description: A good climb and a steep gravel/dirt descent early on, followed by a long gradual climb through the valley. A steep paved climb and 1-mile descent finish this run. Enjoy the view of Bluff Mountain and its waterfall as you begin your first big descent.



BRR Leg 7 (2.2 miles, Easy)

Elevation (feet):

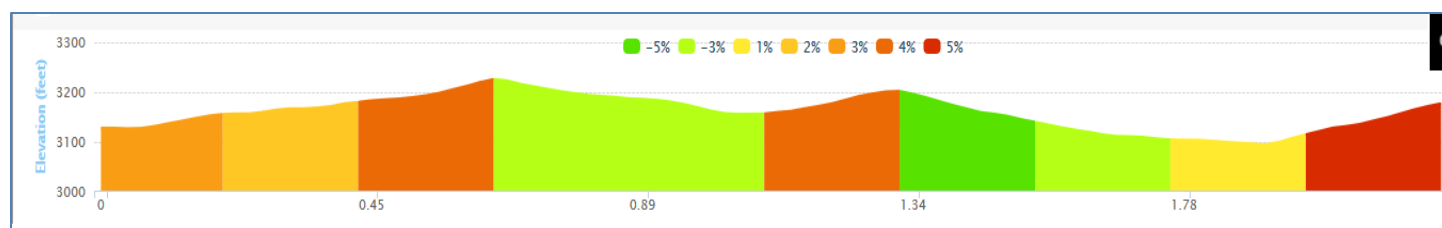
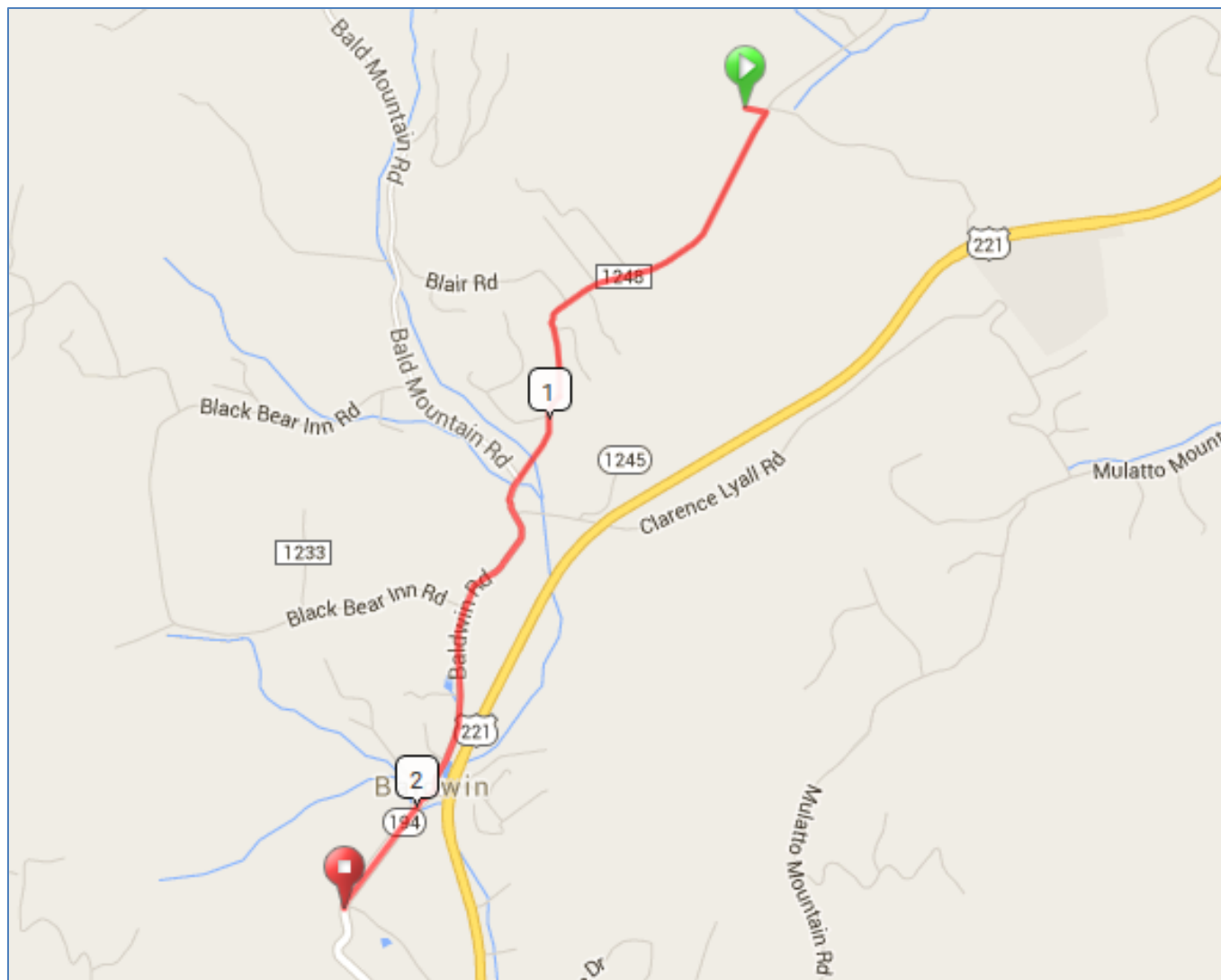
Min	3095
Max	3226
Ascent	+193
Descent	-167

Leg Legend:

0.0	EZ 6 (Frostys / Old Barn Winery)
0.0	S Follow gravel road/trail
0.5	R Beaver Creek School Rd (as you exit trail)
1.4	R 194 South
0.3	Bethany Methodist Church, on L (EZ 7)

Leg Notes: Beaver Creek School Rd & 194 are heavily traveled, winding roads with tight shoulders. Be alert for traffic.

Leg Description: Mostly rolling and downhill. Small climb in the final 0.3 on 194. Run on Left, EZ on Left.



BRR Leg 8 (3.1 miles, Easy)

Elevation (feet):

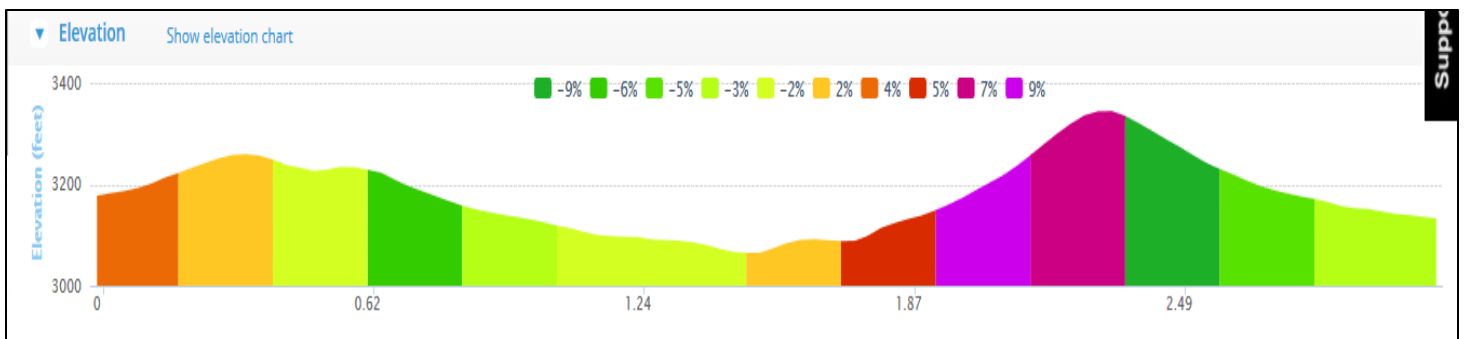
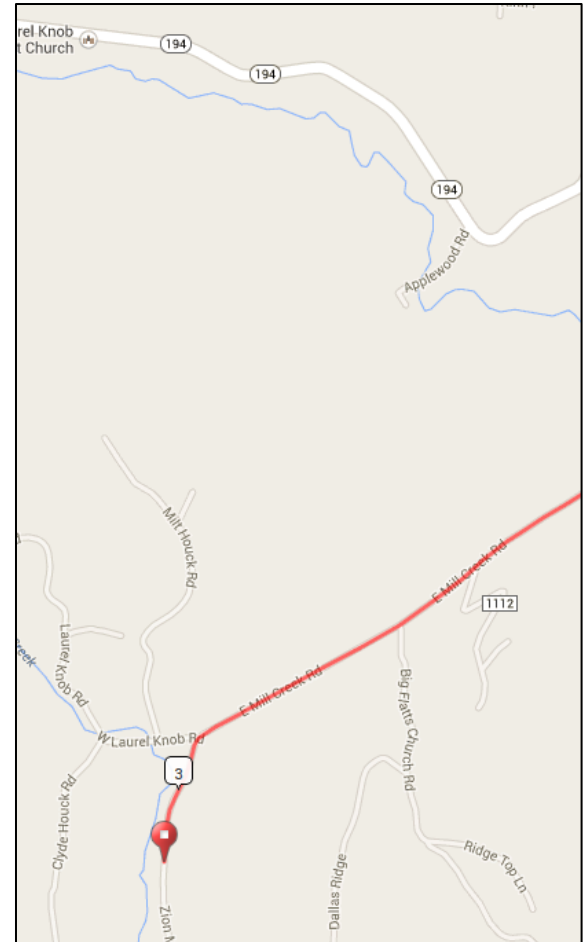
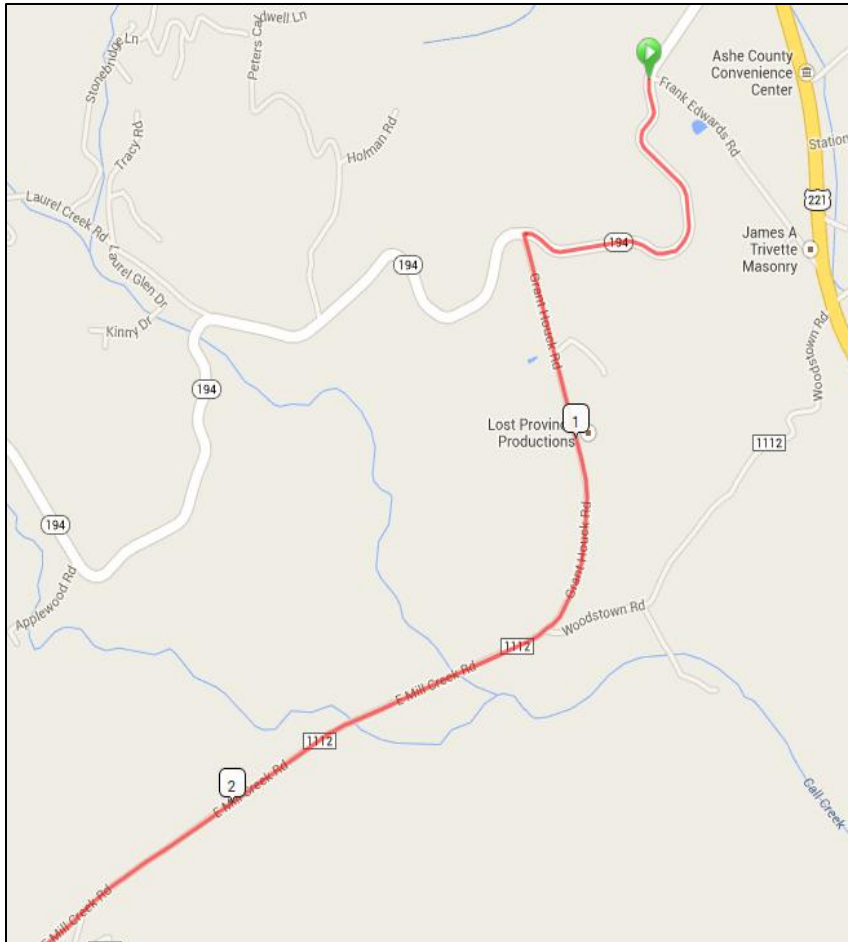
Min	3061
Max	3343
Ascent	+326
Descent	-378

Leg Legend:

- 0.0 EZ 7 (Bethany Methodist Church)
- 0.6 L Grant Houck Rd. #1114 to East Mill Creek #1112
- 2.5 Zion Church at Mill Creek, on L (EZ 8)

Leg Notes: 194 is a heavily traveled, winding road with tight shoulders. Be alert for traffic.

Leg Description: Mostly rolling and downhill. One monster climb about 1.0 mile before EZ 7. Run on Left, EZ on Left.



BRR Leg 9 (4.6 miles, Easy)

Elevation (feet):

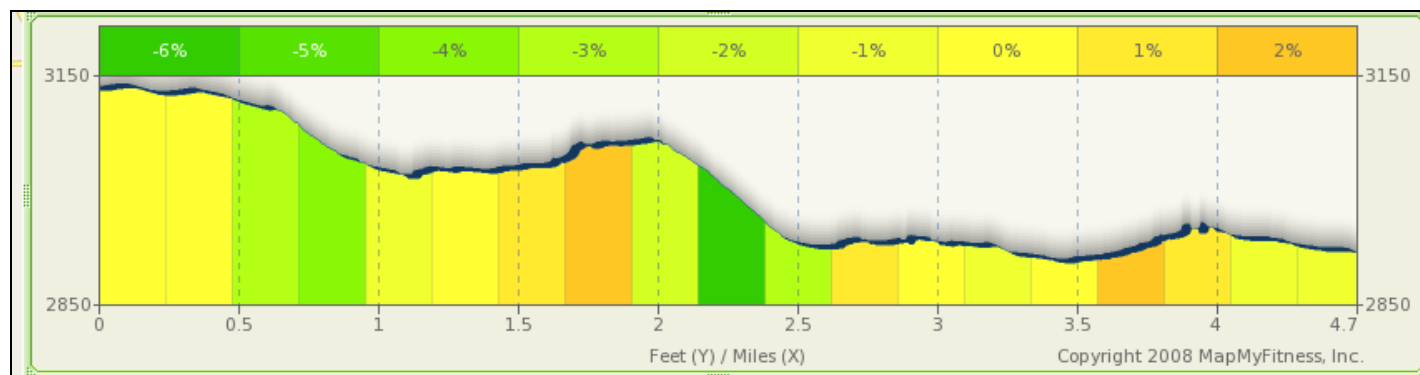
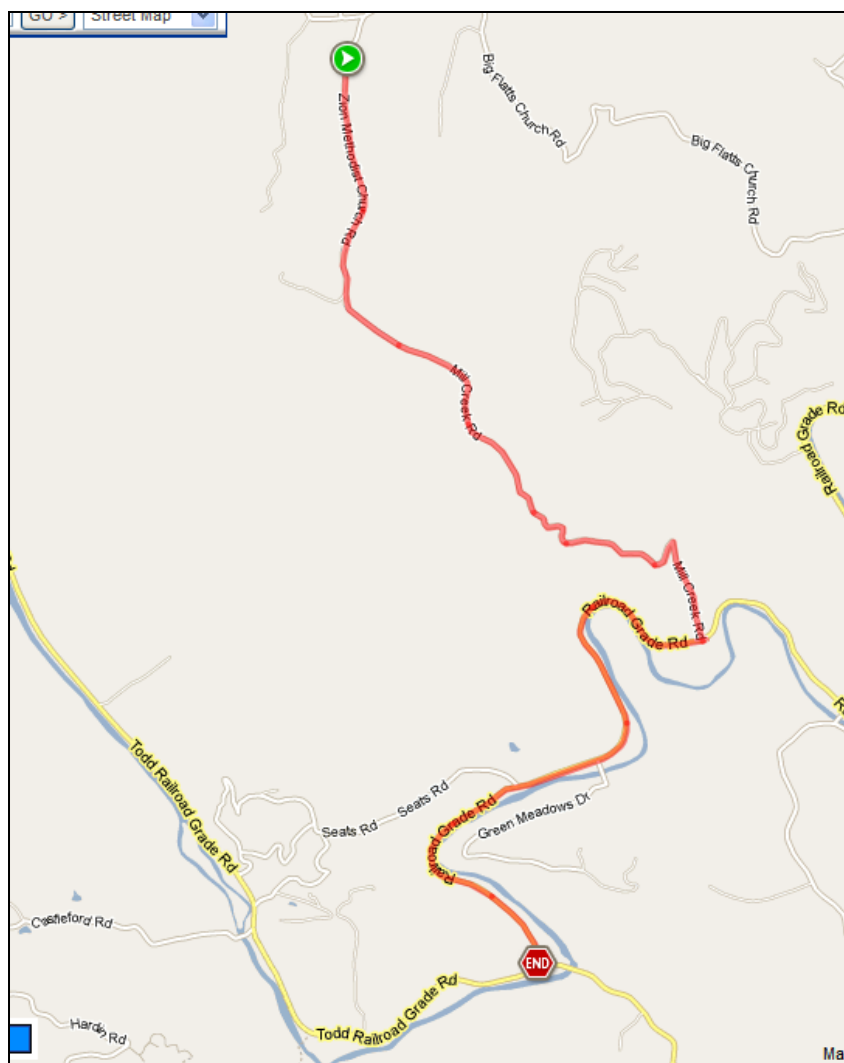
Min	2904
Max	3134
Ascent	+193
Descent	-407

Leg Legend:

0.0 EZ 8 (Zion Church at Mill Creek)
2.5 R Railroad Grade Rd. #1106
2.1 Riverside Restaurant, on L (EZ 9) (NOTE: Restaurant no longer exists...was washed away by Hurricane Helene.)

Leg Notes: Enjoy the views of the New River.

Leg Description: Mostly downhill and flat with one good climb and decent about the middle of the leg. Run on Left, EZ on Left.



BRR Leg 10 (5.3 miles, Moderate)

Elevation (feet):

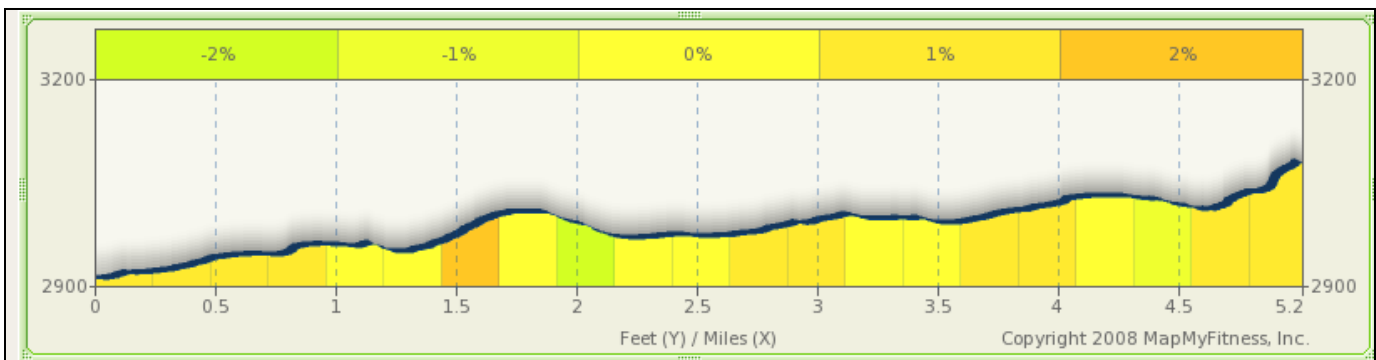
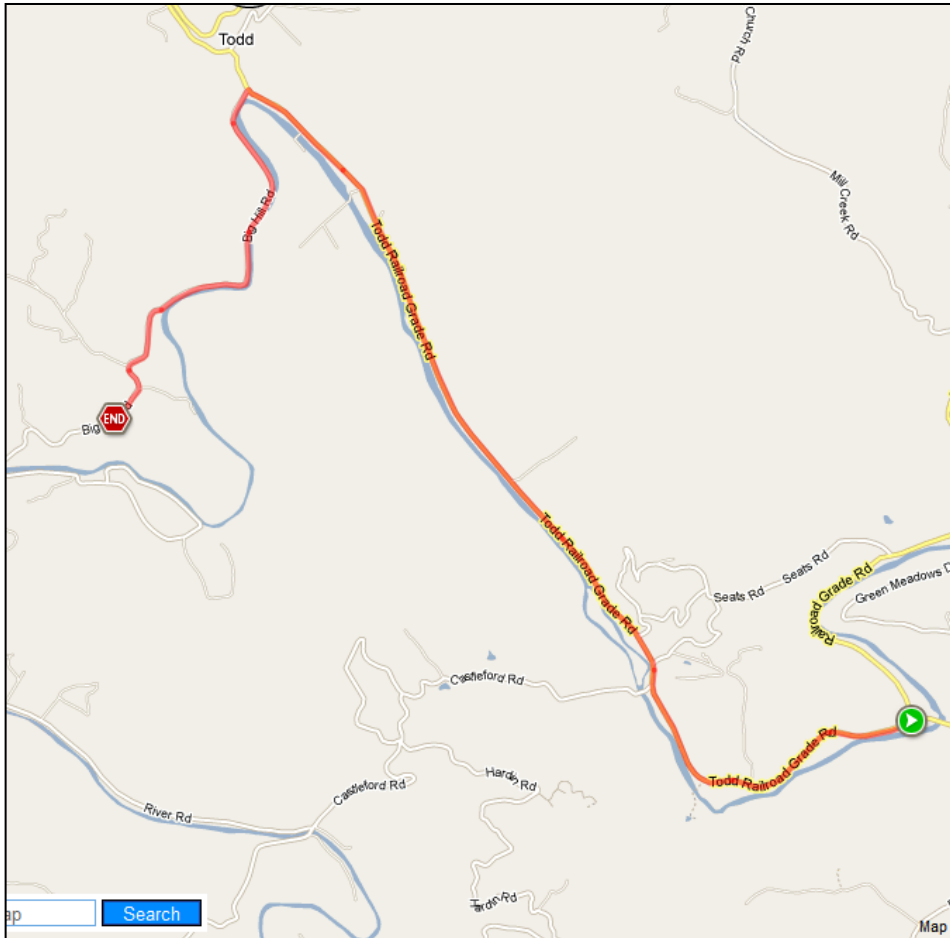
Min	2918
Max	3085
Ascent	+304
Descent	-155

Leg Legend:

0.0	EZ 9 (Riverside Restaurant)
3.7	L Big Hill Rd. (Community of Todd)
1.6	Green Valley Community Park, on L (EZ 10)

Leg Notes: Great run along the New River.

Leg Description: Flat run with a bit of a climb on Big Hill Road (go figure). Run on Left, EZ on Left.



BRR Leg 11 (2.8 miles, Moderate)

Elevation (feet):

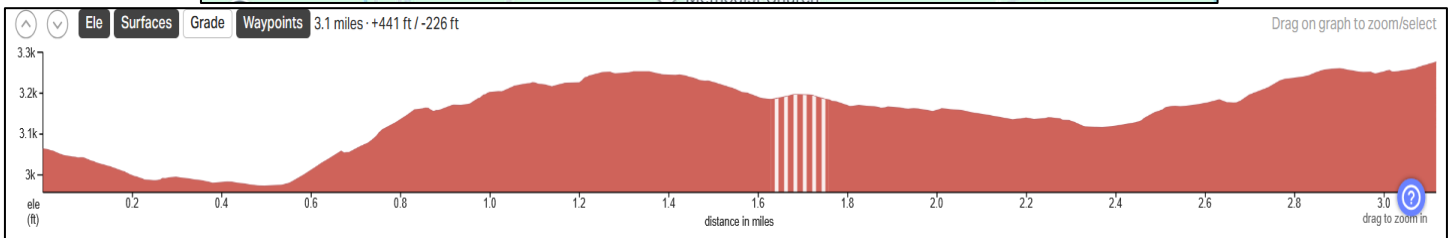
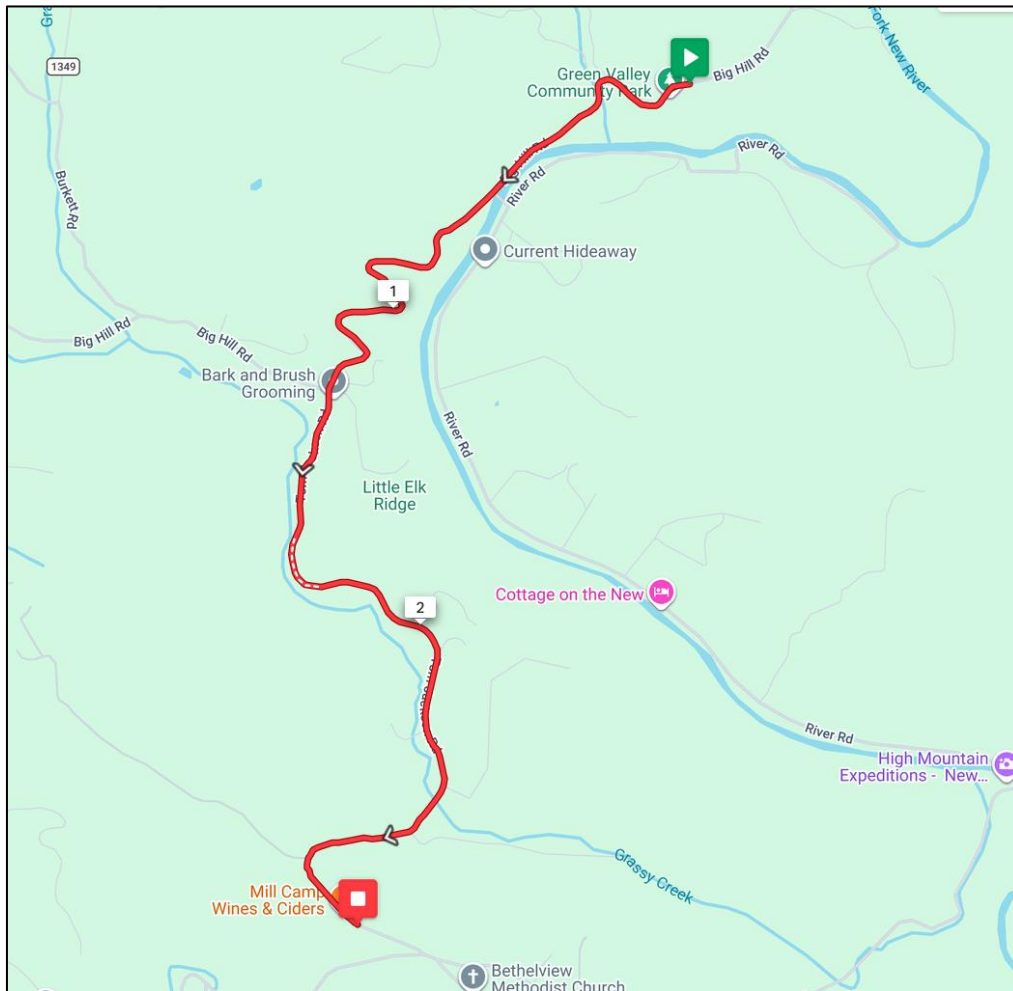
Min	2974
Max	3276
Ascent	+410
Descent	-226

Leg Legend:

0.0 EZ 10 (Green Valley Community Park)
0.0 S Continue running on Big Hill Rd
1.3 S Tom Jackson Rd. (at Stop sign at top of "Big Hill")
1.5 Mill Camp Wines and Ciders, on L (EZ 11)

Leg Notes: As you're climbing be alert for blind curves on Big Hill Rd. The climb up Big Hill makes this Moderate.

Leg Description: You get to run the namesake of Big Hill Rd from Mile 0.5 to Mile 1.3. Be cautious and run alert on the climb on Big Hill Rd...tight turns and minimal shoulder. Run on Left, EZ on Right.



BRR Leg 12 (5.2 miles, Moderate)

Elevation (feet):

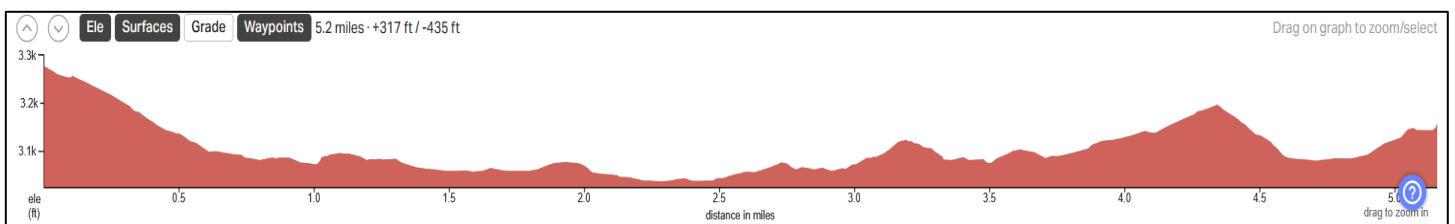
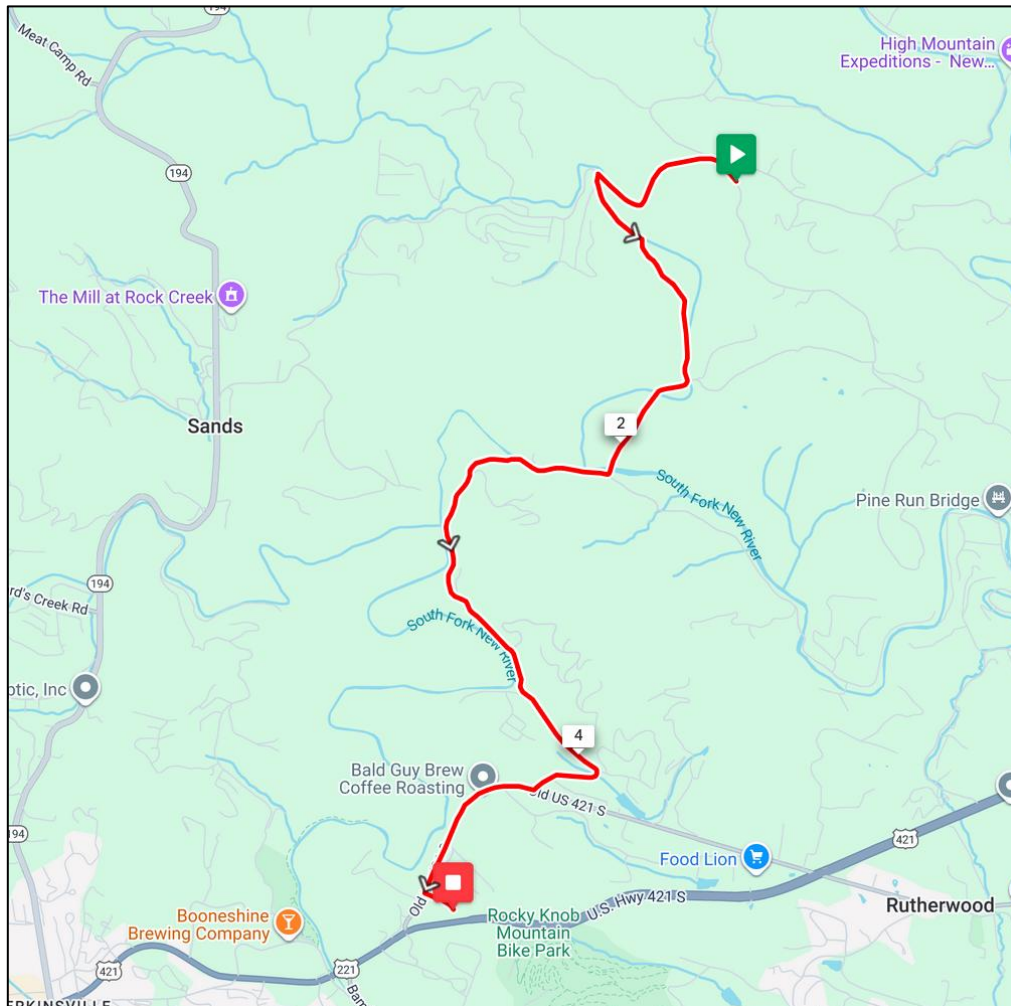
Min	3037
Max	3267
Ascent	+317
Descent	-435

Leg Notes: Stay alert for traffic on Castleford Rd. Traffic picks up at the end of Roby Green Rd and on Old 421. Leg 12 ends at Elevation Chevrolet GMC and Leg 13 begins at Ted Mackorell Soccer Complex.

Leg Legend:

0.0	EZ 11 (Mill Camp Wines and Ciders)
0.1	R Castleford Rd
0.6	L Roby Green Rd (gravel/dirt road)
1.4	R Roby Green Rd (after bridge, road is paved)
2.3	R Old Hwy 421
0.7	L Elevation Chevrolet GMC parking lot
0.0	R Elevation Chevrolet GMC parking lot
0.1	EZ 12a

Leg Description: Great run along the New River. Run on Left.



BRR Leg 13 (4.4 miles, Easy)

Elevation (feet):

Min	3075
Max	3119
Ascent	+131
Descent	-87

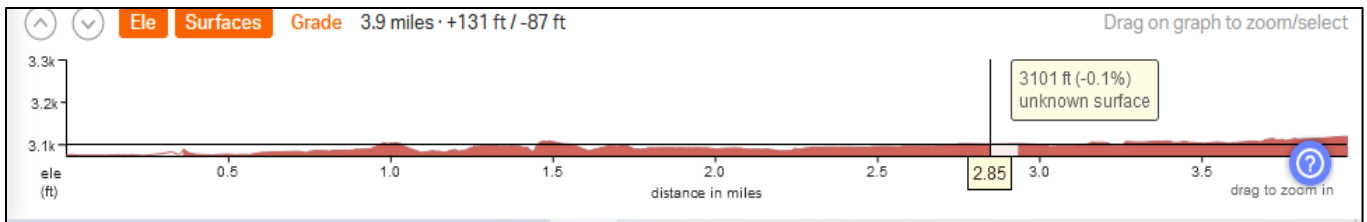
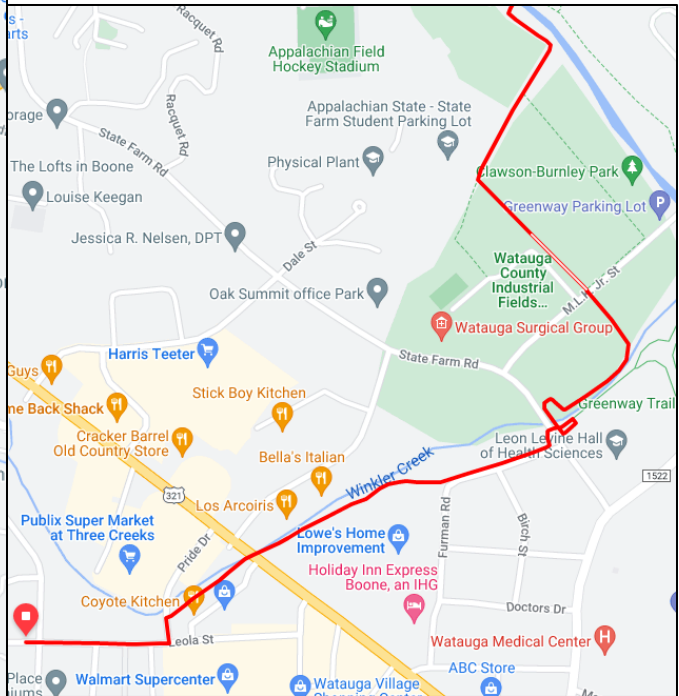
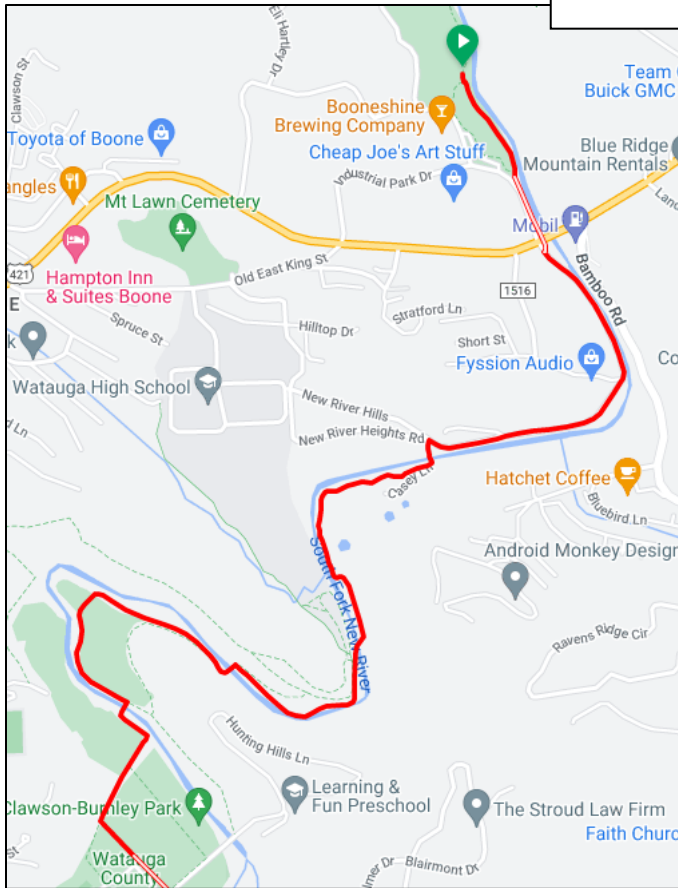
Leg Notes: Welcome to Boone!

Multiple turns on the Boone Greenway. Turns will be signed, but study leg map details. Gravel road section on New River Hills Rd. Once on Greenway Trail 100% paved (do not use the gravel/dirt trails).

Leg Description: 99% on the Boone Greenway. Run on Left, EZ on Left.

Leg Legend:

0.0	EZ 12b (Ted Mackorell Soccer Complex)
0.2	R Paved Greenway
0.6	S Continue on Greenway under 421 bridge
0.05	LS New River Hills Rd.
0.65	L Casey Lane (cross low water bridge)
0.1	R Greenway trail (paved), immediately after bridge
0.8	L cross 2 nd footbridge, on paved Greenway
0.6	R cross covered bridge, on paved Greenway
0.25	L stay on paved Greenway, baseball fields on Left, Rec Center on Right
0.15	S cross MLK Jr Street, remain on Greenway Trail
0.3	RLL Cross footbridge and circle under State Farm Rd
0.05	R Furman Rd, run on right bike lane
0.15	RS Greenway Trail (along Lowes Hardware, under Hwy 321)
0.3	L Pride Dr (Greenway ends, watch for traffic)
0.1	R Leola St (run on Right on bike/foot path)
0.1	S Cross Meadowview Dr at traffic light
0.0	L Greenway Baptist Church (cross Greenway Rd at traffic Light (traffic will not be held, cross with caution at the light.



BRR Leg 14 (7.6 miles, Very Hard)

Elevation (feet):

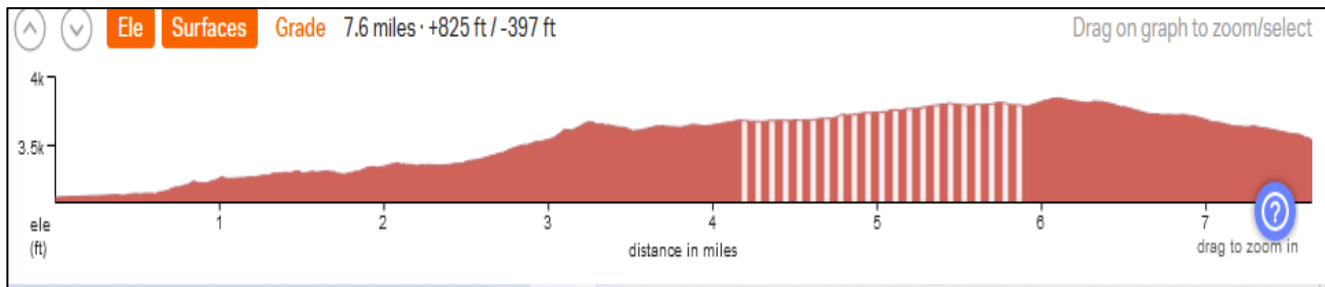
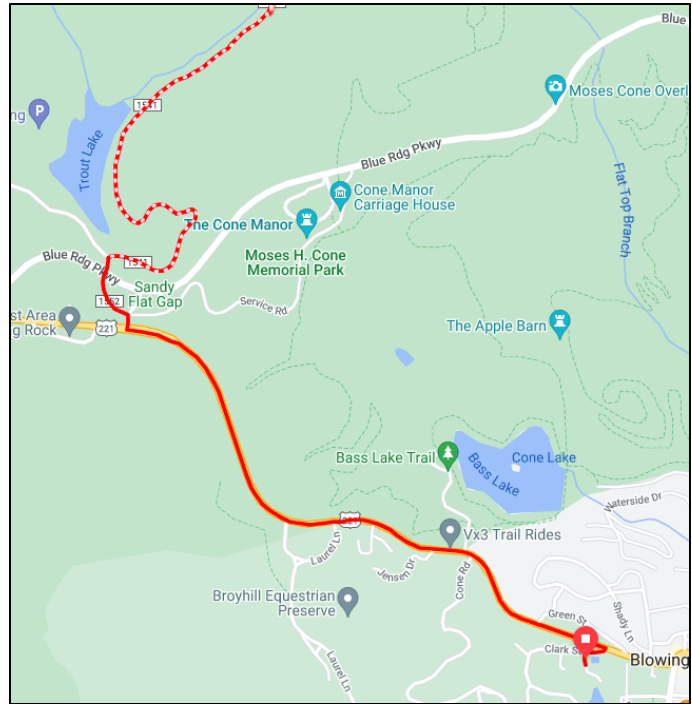
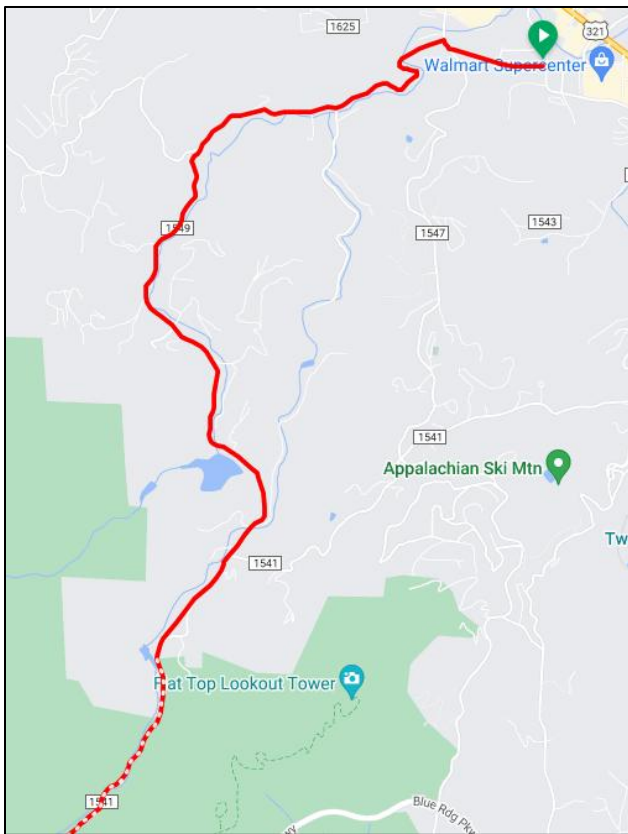
Min	3120
Max	3844
Ascent	+825
Descent	-387

Leg Notes: Stay alert for traffic on Greenway Rd for initial 0.4 miles of Leg and on Winklers Creek Rd...tight shoulders. Caution Runner signs will be posted frequently to warn on-coming traffic. Use caution when crossing 221 to Clark St at Leg end. Run on Left.

Leg Legend:

0.0	EZ 13 (Greenway Baptist Church)
0.4	L Winklers Creek Rd
3.2	S onto Flannery Fork Rd at Payne Branch Rd (Flannery Fork will eventually turn gravel/dirt)
2.3	L Shulls Mill Rd (run under bridge)
0.2	R Blue Ridge Parkway access road
0.0	L 221 to Blowing Rock
1.5	R Clark St
0.0	L Lakeside Dr
0.0	Blowing Rock Swimming Pool (EZ 14)

Leg Description: Running Boone to Blowing Rock, with beautiful country in between. Run on Left.



BRR Leg 15 (6.2 miles, Hard)

Elevation (feet):

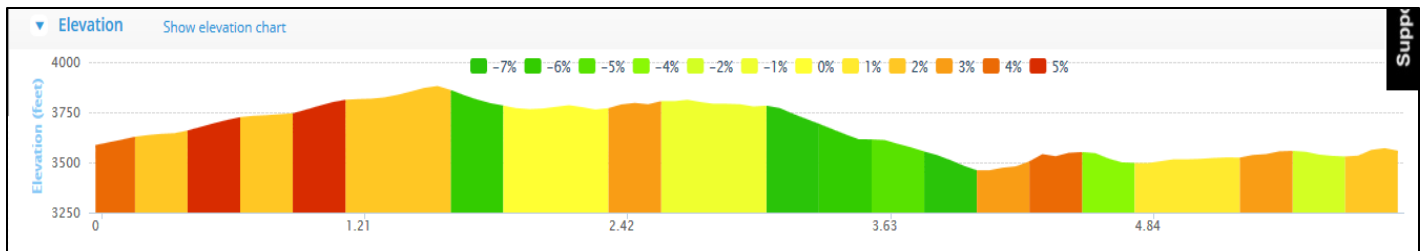
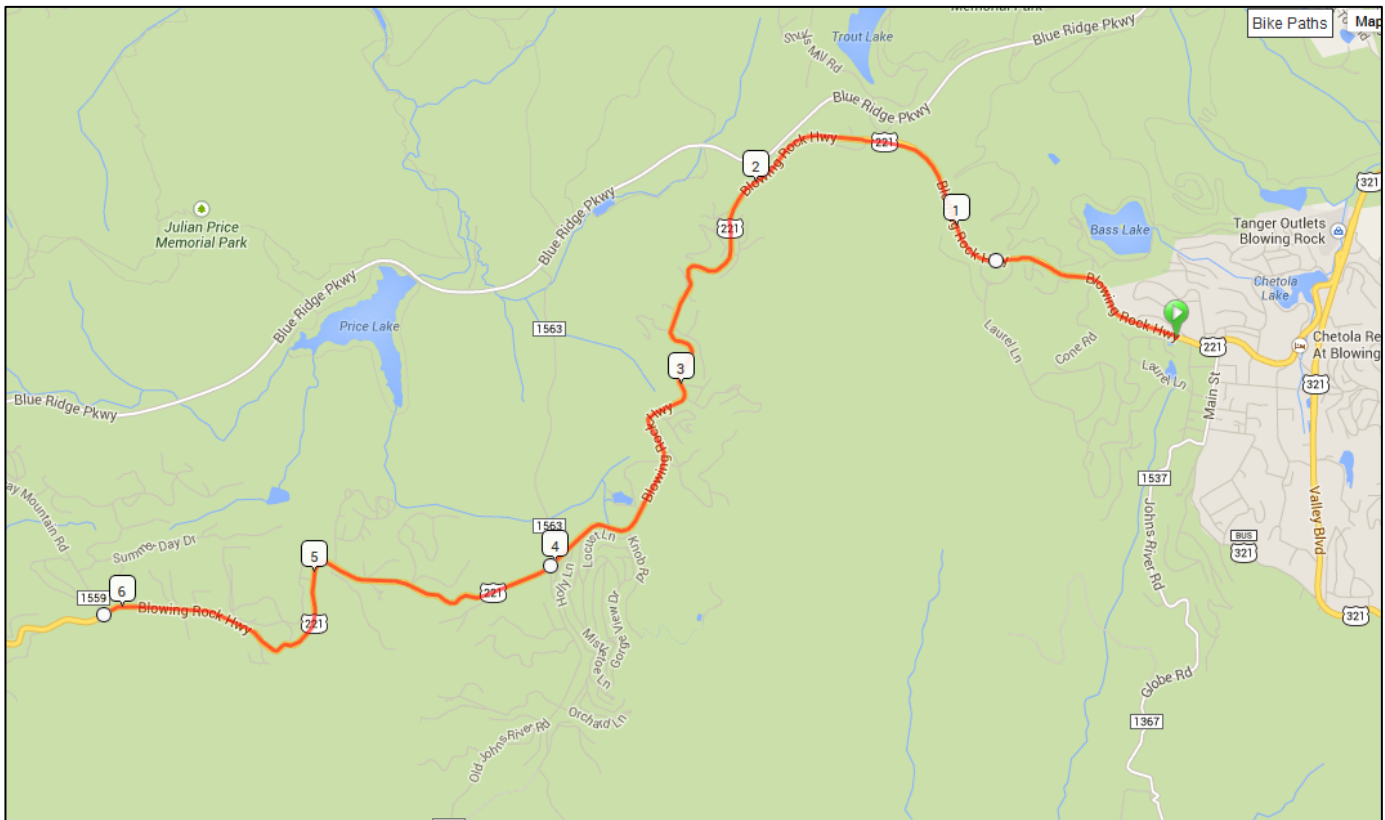
Min 3451
Max 3874
Ascent +532
Descent -539

Leg Legend:

0.0 EZ 14 (Blowing Rock Swimming Pool)
0.0 R Clark St
0.0 L 221 South
6.2 Grandfather Country Store, on L (EZ 15)

Leg Notes: Stay alert for traffic on 221. Tight shoulders. Caution Runner signs will be posted frequently to warn on-coming traffic.

Leg Description: Rolling on 221 South. Stay alert for traffic. No turns. Run on Left, EZ on Left.



BRR Leg 16 (10.5 miles, Very Hard)

Elevation (feet):

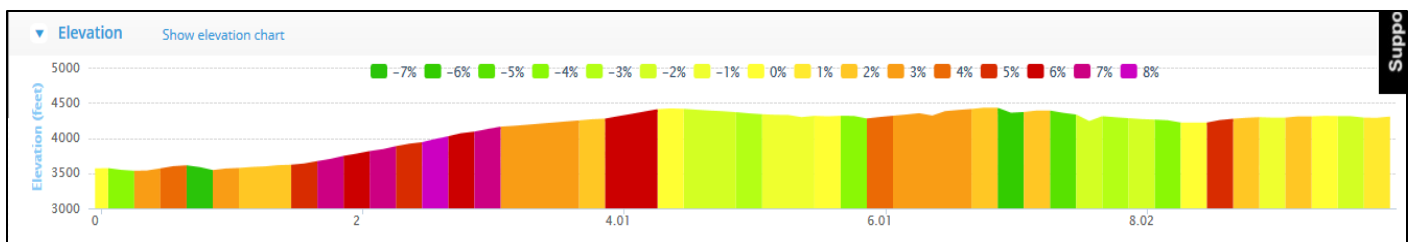
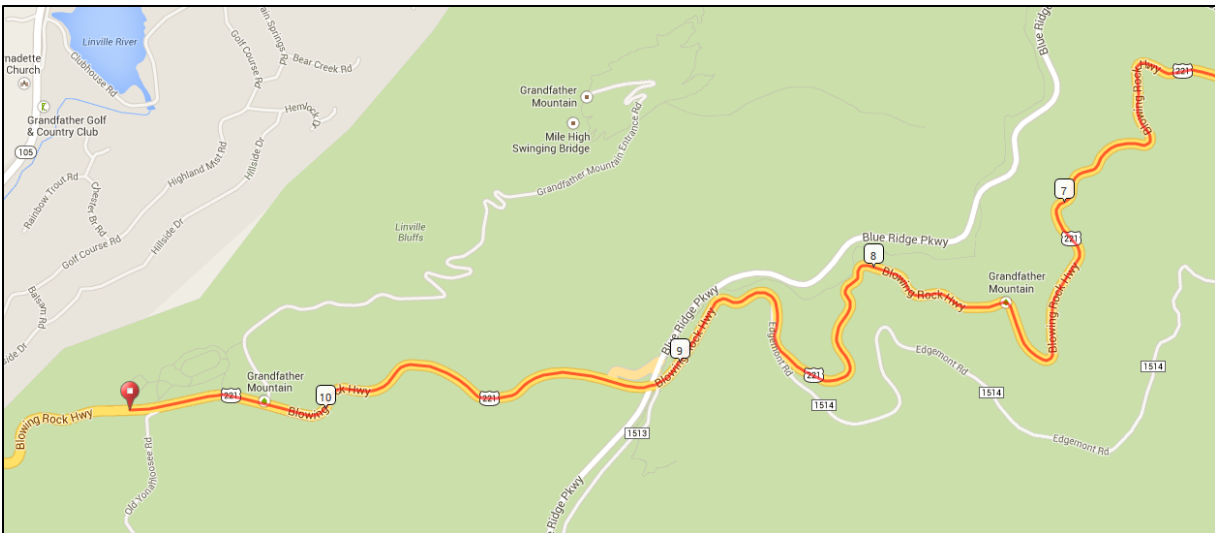
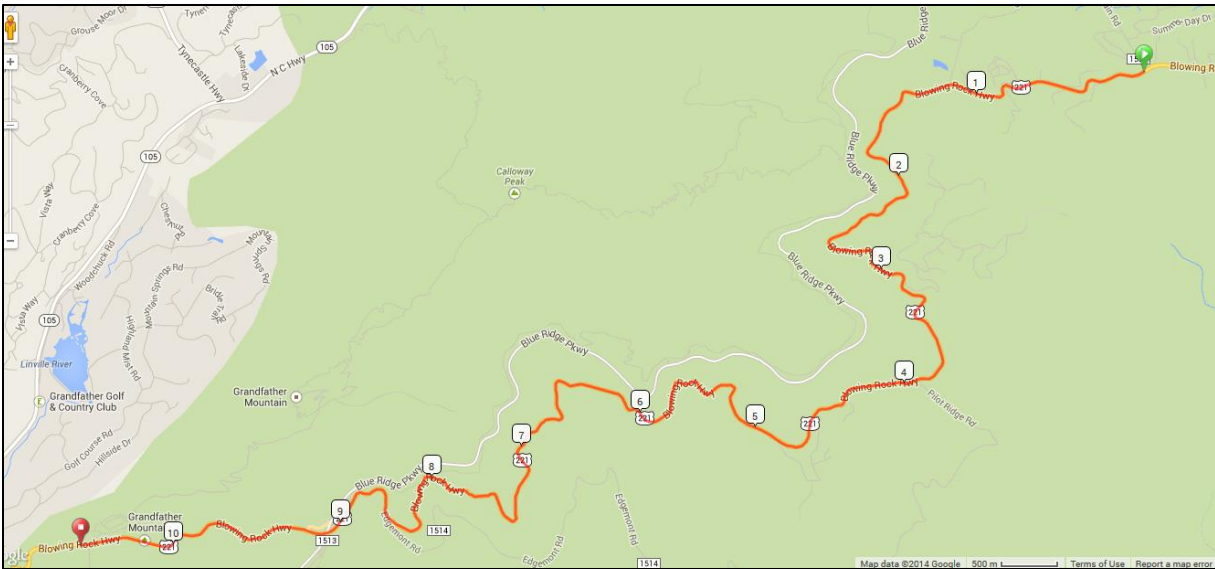
Min	3560
Max	4311
Ascent	+1207
Descent	-495

Leg Legend:

0.0	EZ 15 (Grandfather Country Store)
	221 South
10.5	Grandfather Mountain, on L (EZ 16)

Leg Notes: Mostly desolate stretches of road along the base of Grandfather Mountain. 221 is winding, stay alert.

Leg Description: Tough leg because of the distance and because most of it is a climb. Run on Left, EZ on Left.



BRR Leg 17 (6.0 miles, Moderate)

Elevation (feet):

Min	3618
Max	4284
Ascent	+272
Descent	-894

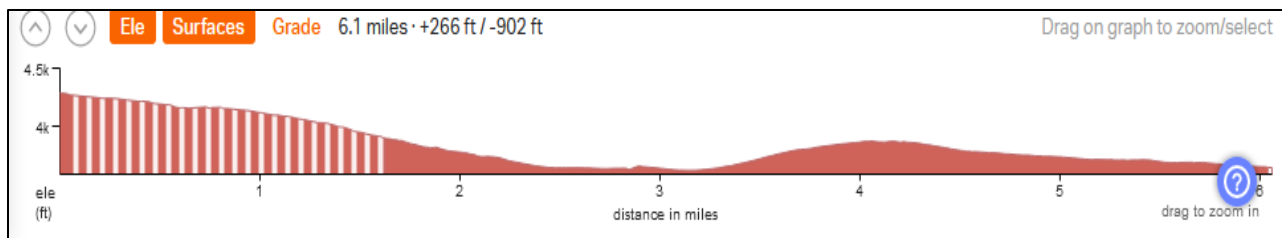
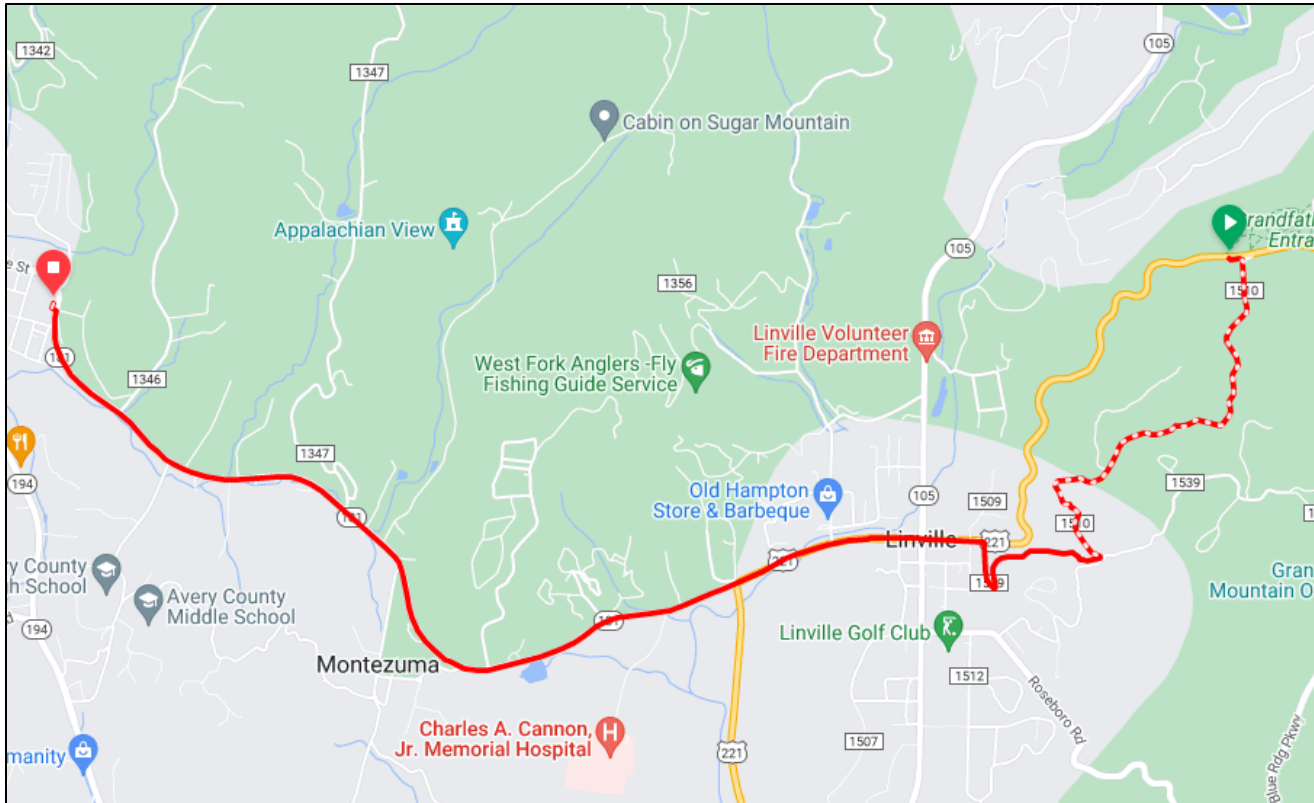
Leg Notes: 221 and 181 are heavily traveled. Be alert for traffic. Run on L.

Vans are NOT permitted on Old Yonahlossee Rd, must use 221 South.

Leg Legend:

0.0	EZ 16 (Grandfather Mountain, Old Yonahlossee Rd.)
1.6	R Remain on Old Yonahlossee Rd (DO NOT turn Left through gate.)
0.6	L 221 South
0.2	S Through traffic light
0.7	S Through traffic light
2.9	Newland Elementary School, on L (EZ 17)

Leg Description: Old Yonahlossee Rd is gravel...turns to pavement after 1.6 miles. Be alert for traffic on 221/181. Run on Left, EZ on Left.



BRR Leg 18 (4.9 miles, Moderate)

Elevation (feet):

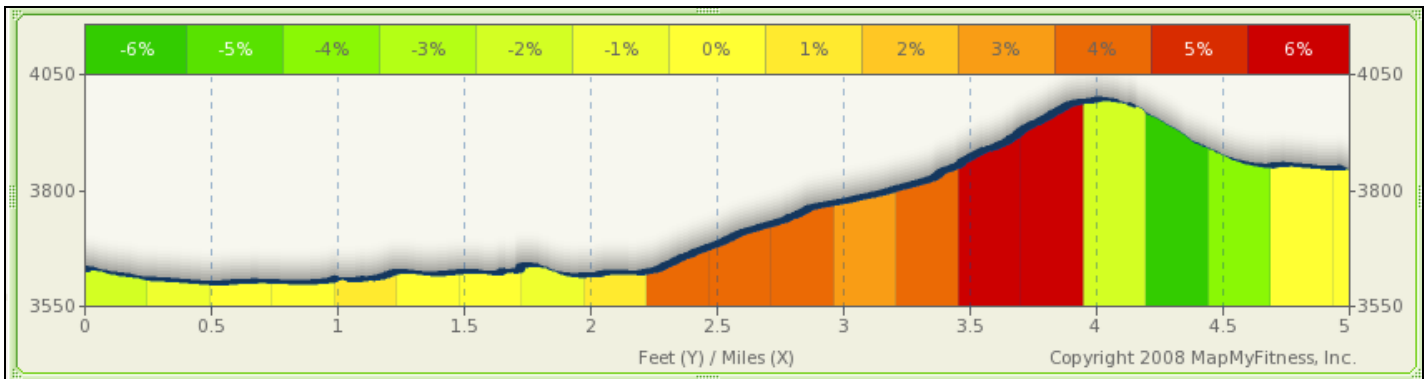
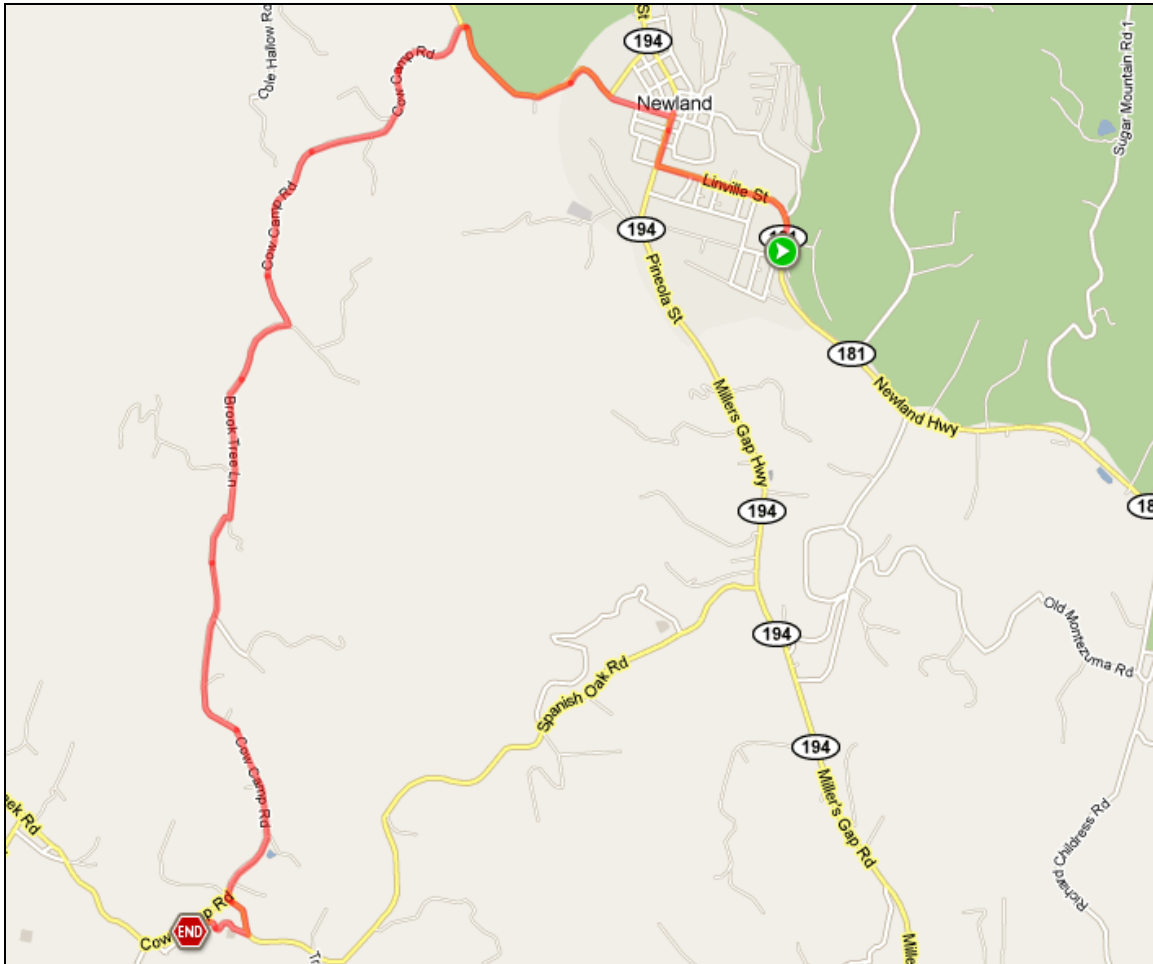
Min	3562
Max	4071
Ascent	+596
Descent	-400

Leg Notes: Running through downtown Newland, traffic lights, etc..., but quickly turns rural.

Leg Legend:

0.0	EZ 16 (Newland Elementary School)
0.0	L Turn Left out of parking lot
0.4	R 194 North (at Traffic Light)
0.2	L Old Toe River Rd. (at Traffic Light)
0.8	L Cow Camp
3.2	R Spanish Oak
0.3	L Mt Pleasant Rd
0.1	Christmas Tree Lot, on L (EZ 18)

Leg Description: Mostly rolling with a big climb on Cow Camp. Be extra alert for traffic on Spanish Oak. Run on Left, EZ on Left.



BRR Leg 19 (5.9 miles, Moderate)

Elevation (feet):

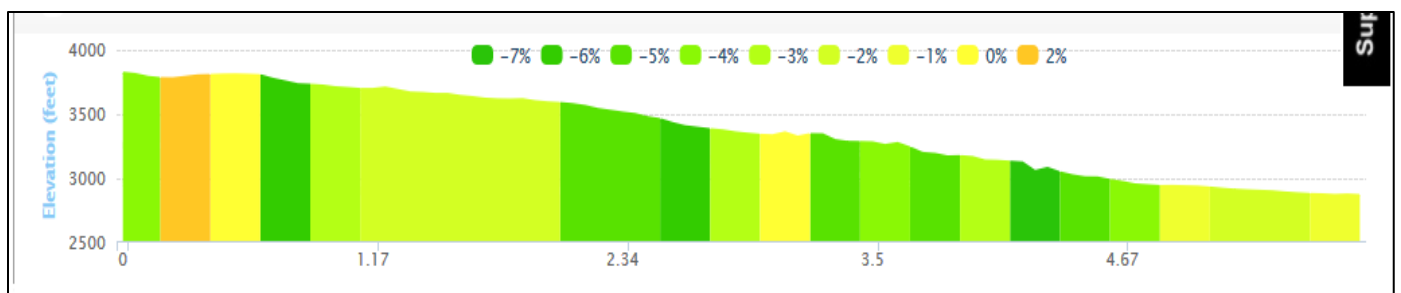
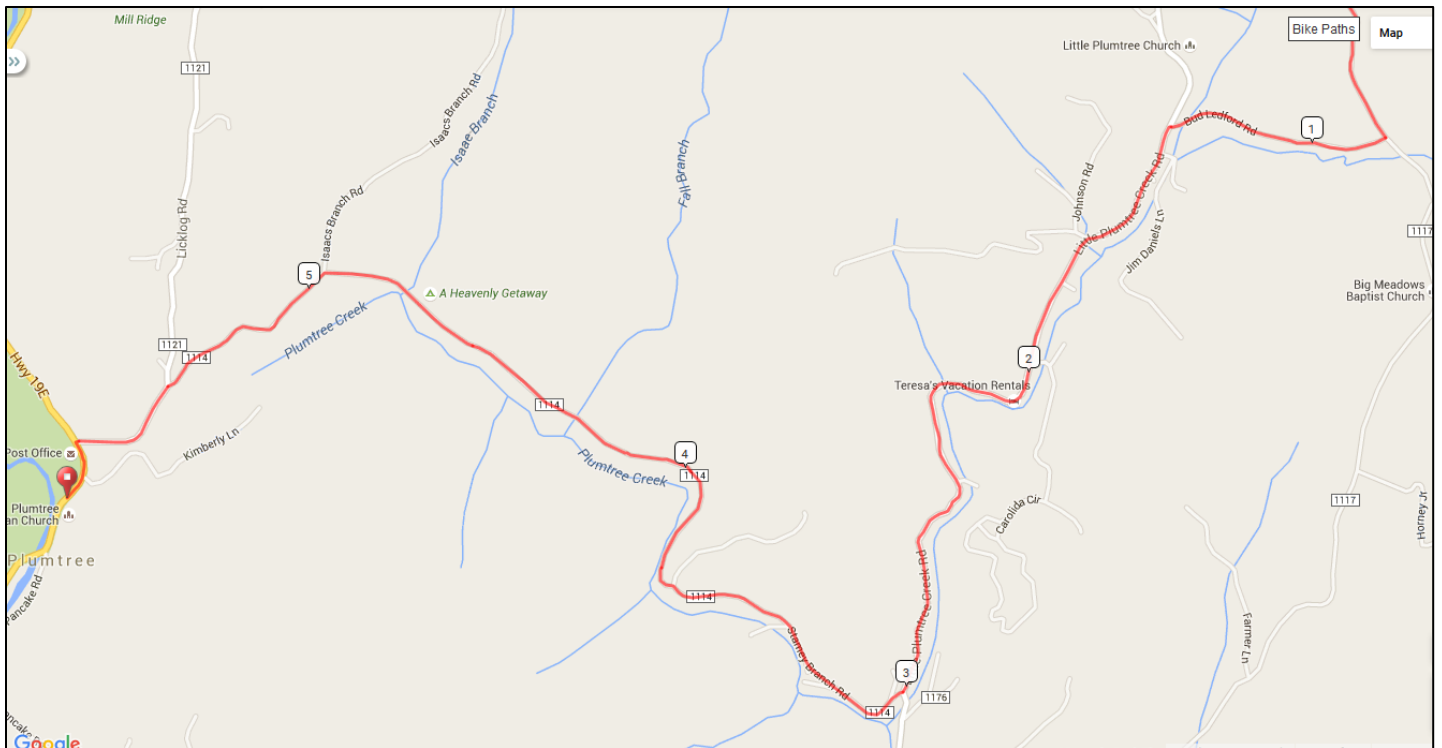
Min	2869
Max	3837
Ascent	+44
Descent	-984

Leg Notes: Rural route, but remain alert for traffic on narrow roads.

Leg Legend:

- 0.0 EZ 18 (Mt. Pleasant Rd/Spanish Oak Rd Tree Lot)
- 0.8 R Bud Ledford Rd
- 0.5 L Little Plumtree Creek Rd
- 1.7 R Stamey Branch Rd. (becomes Big Plumtree Creek Rd)
(Make certain to stay Right at this intersection!)
- 1.0 S Gravel road begins/pavement ends
- 0.6 S Pavement begins/gravel ends
- 0.8 S Remain on Big Plumtree Creek Rd
- 0.3 L 19E
- 0.1 Plumtree Presbyterian Church on L (EZ 19)

Leg Description: Several turns on this leg...know the map well.
Run on Left, EZ on Left.



BRR Leg 20 (3.8 miles, Easy)

Elevation (feet):

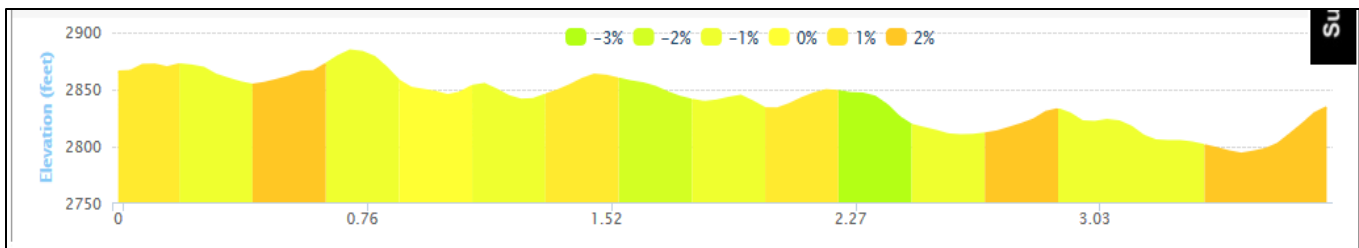
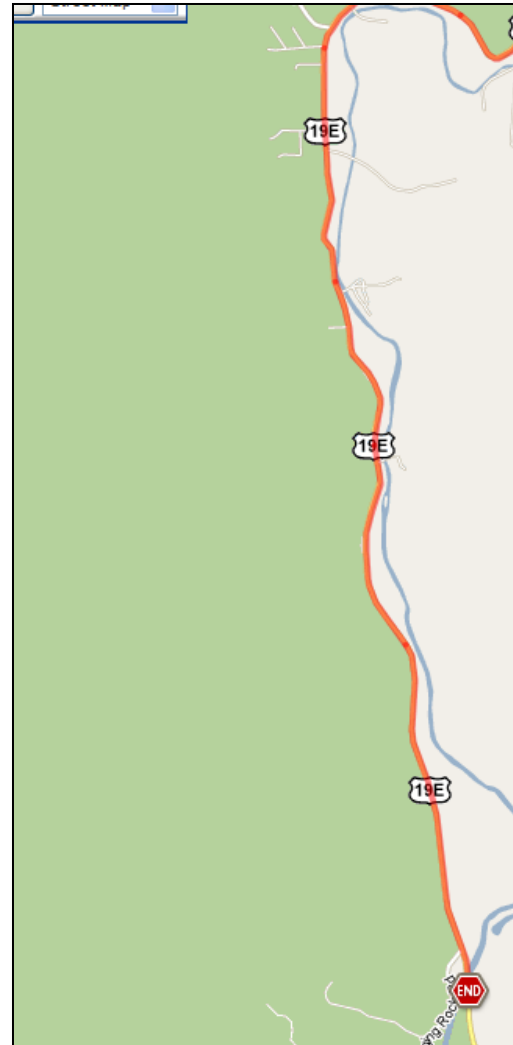
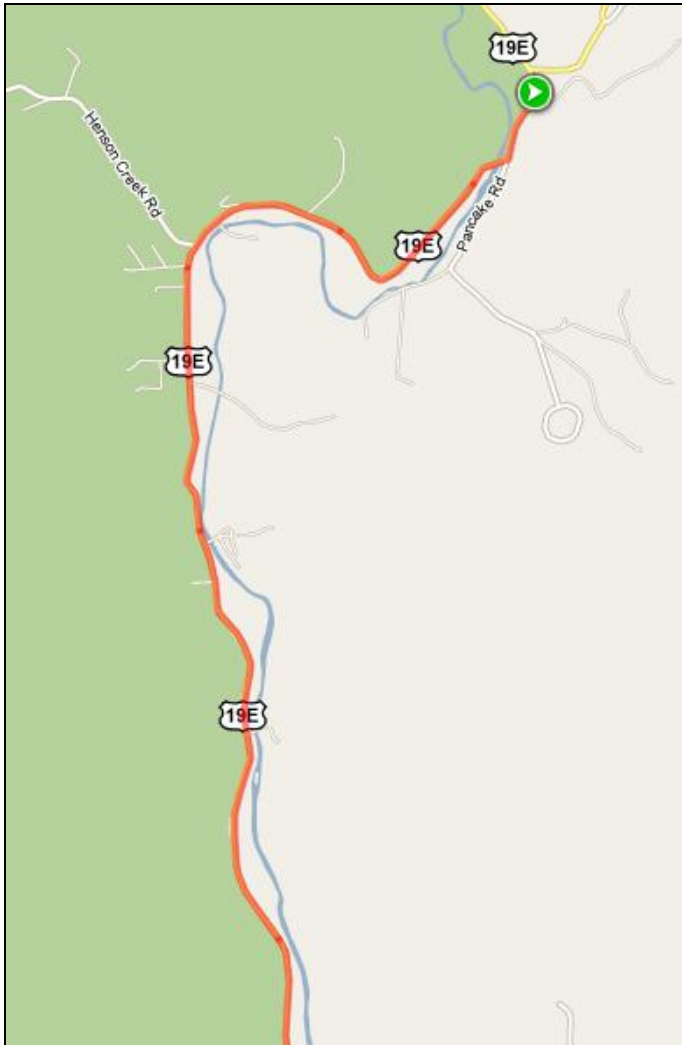
Min	2763
Max	2895
Ascent	+160
Descent	-192

Leg Legend:

0.0	EZ 19 (Plumtree Presbyterian Church)
3.8	Riverside Elementary School, on R (EZ 20)

Leg Notes: 19E is a heavily traveled road. Be alert for traffic.

Leg Description: Flat and gentle downhill. Entire leg is on 19E. No turns. Run on Left, EZ on Right.



BRR Leg 21 (8.0 miles, Very Hard)

Elevation (feet):

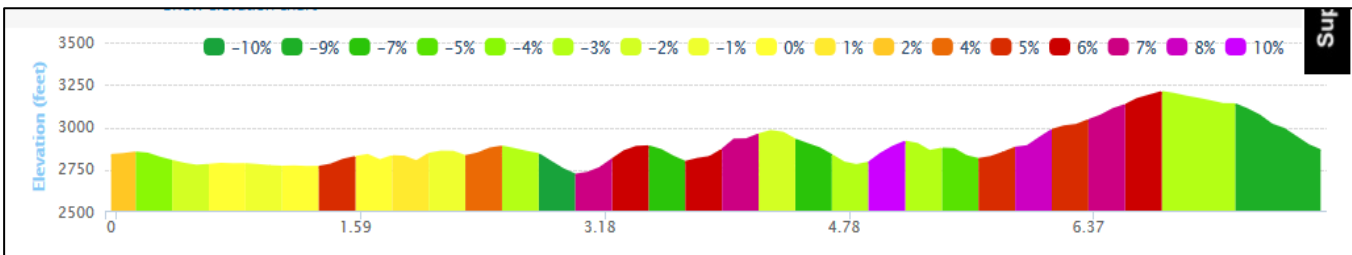
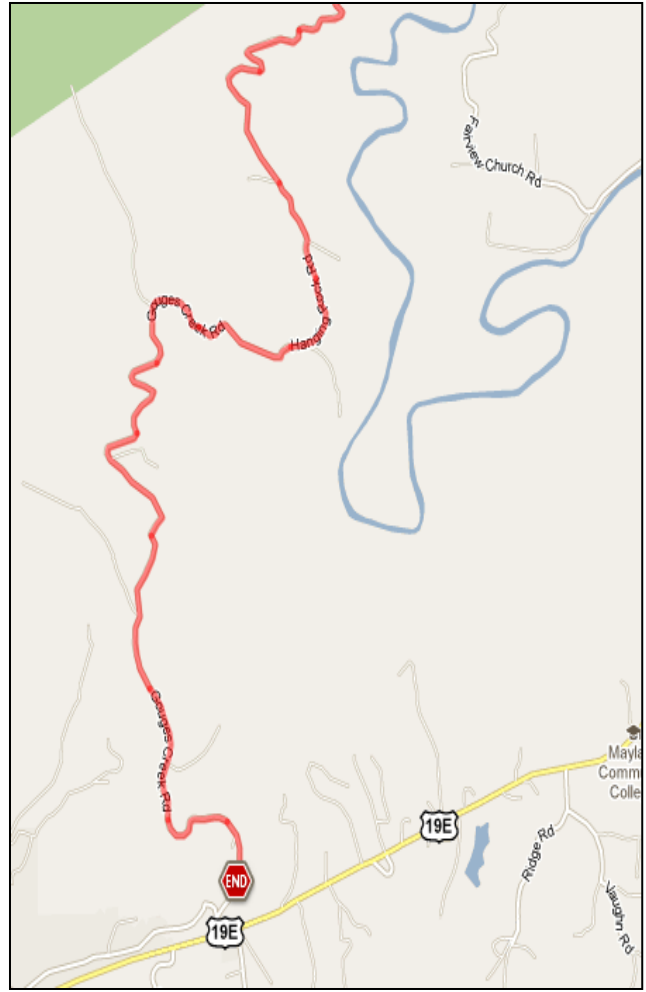
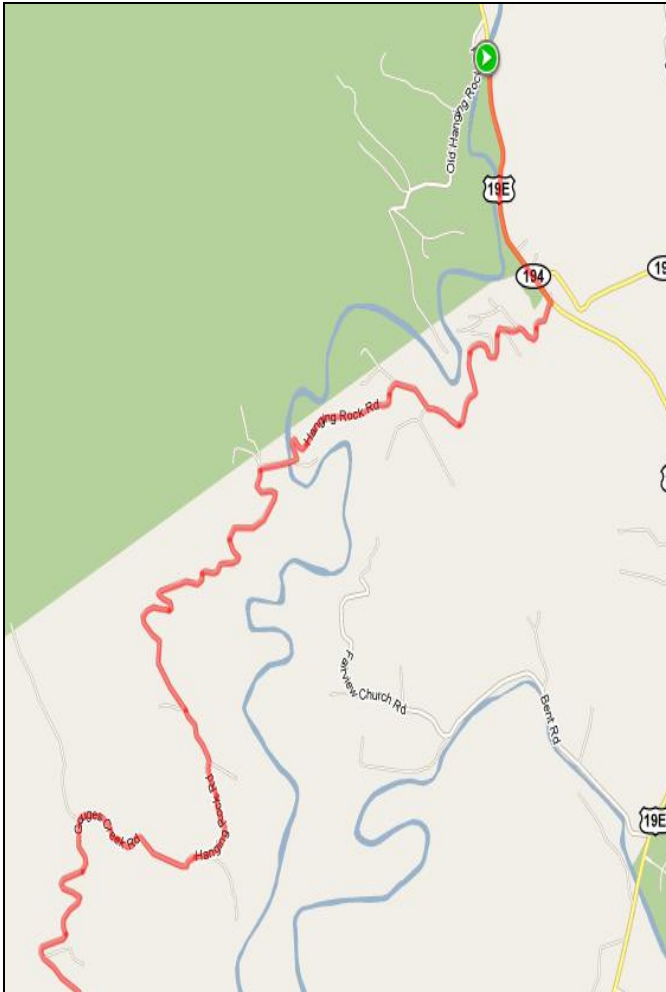
Min	2710
Max	3209
Ascent	+1011
Descent	-9787

Leg Legend:

0.0	EZ 20 (Riverside Elementary School)
1.4	R Hanging Rock Rd.
6.6	Mt. Carmel Baptist Church, on L (EZ 21)

Leg Notes: 19E is a heavily traveled road. Be alert for traffic.

Leg Description: Long leg with some tough climbs. One turn onto Hanging Rock Rd. Hanging Rock Rd. turns into Gouges Creek Rd. at the County Line, but is the same road. Run on Left, EZ on Left.



BRR Leg 22 (2.6 miles, Easy)

Elevation (feet):

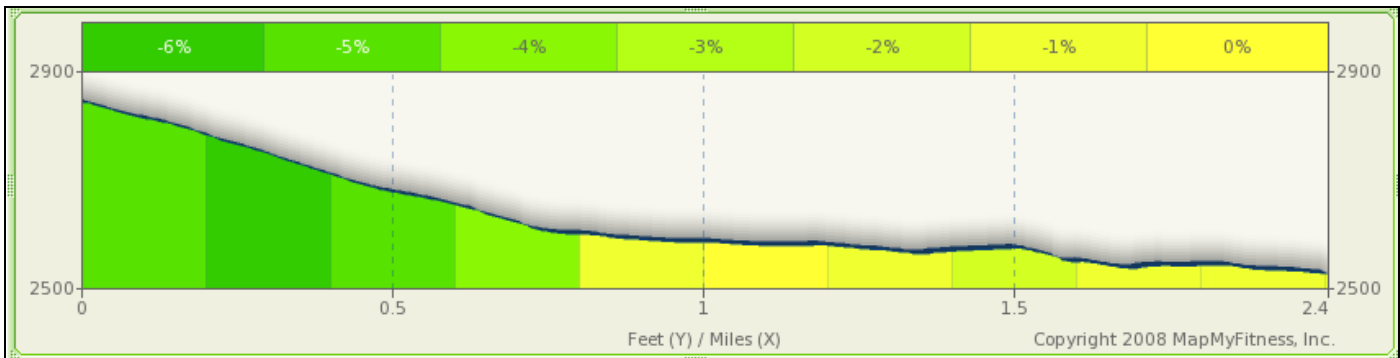
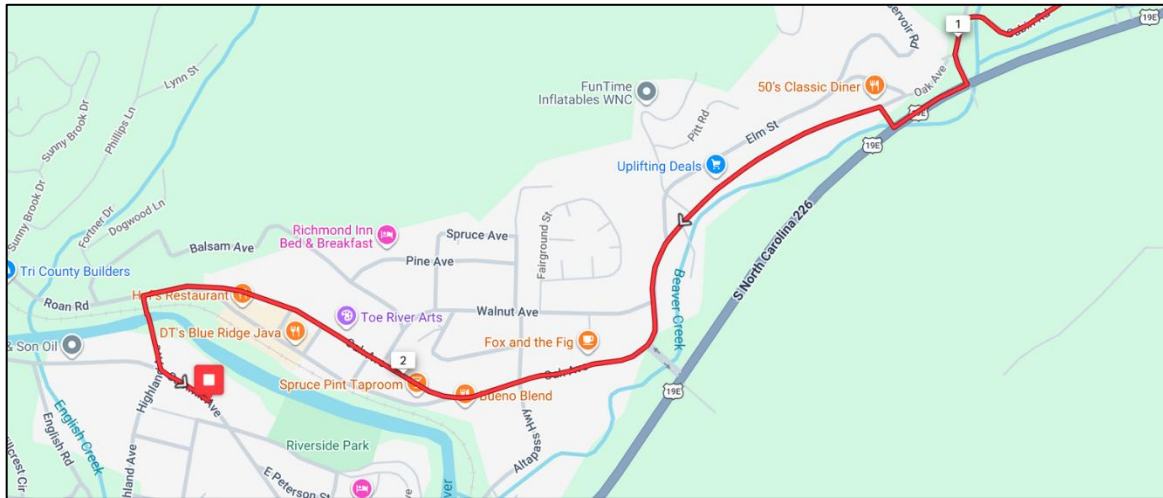
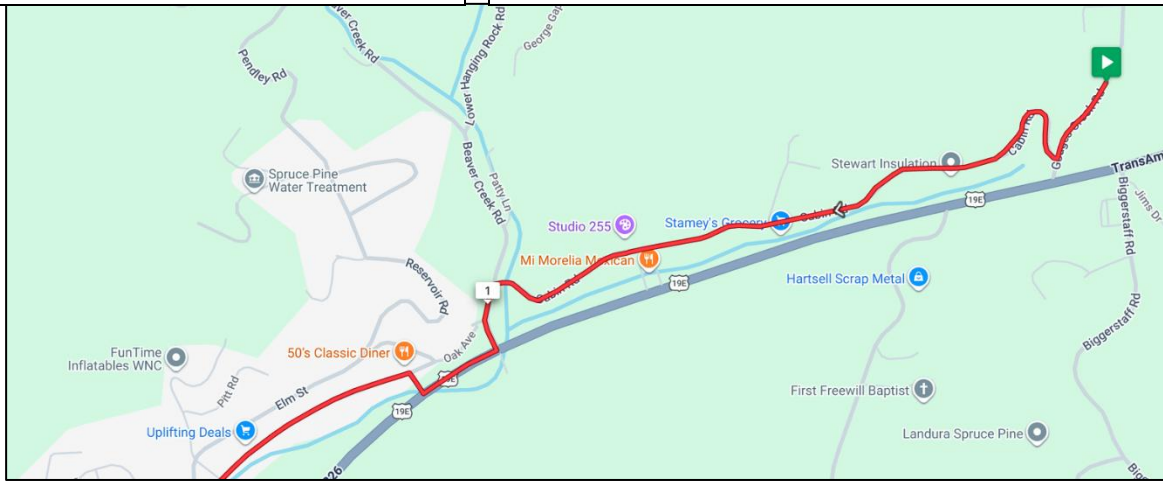
Min	2530
Max	2867
Ascent	+51
Descent	-352

Leg Notes: Vans take 19E to Oak Ave (do not drive on Cabin Rd). **Runners are on 19E for less than 0.1 mile, run on the Right for this short segment.** Otherwise, run on Left.

Leg Legend:

- 0.0 EZ 21 (Mount Carmel Baptist Church)
- 0.1 R Cabin Road (**No Vans on Cabin Rd**)
- 0.9 L Beaver Creek Rd. at stop sign
- 0.1 R 19E (**Run on Right on 19E**)
- 0.1 R Oak Ave. to Spruce Pine
- 0.0 L Oak Avenue (in front of Bantom Chef)
- 1.1 L Highland Avenue
- 0.2 L Summit Ave
- 0.1 First Baptist Church on L (EZ22)

Leg Description: Easy leg. Run on Left, EZ on Left. Run on Right for short segment of 19E only.



BRR Leg 23 (5.1 miles, Moderate)

Elevation (feet):

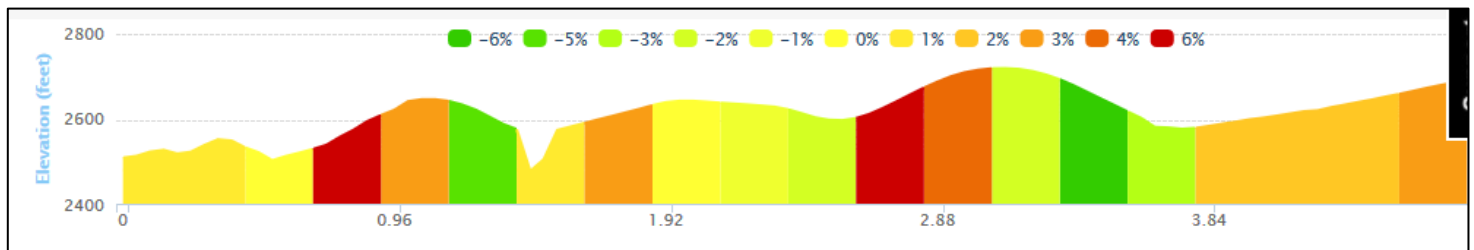
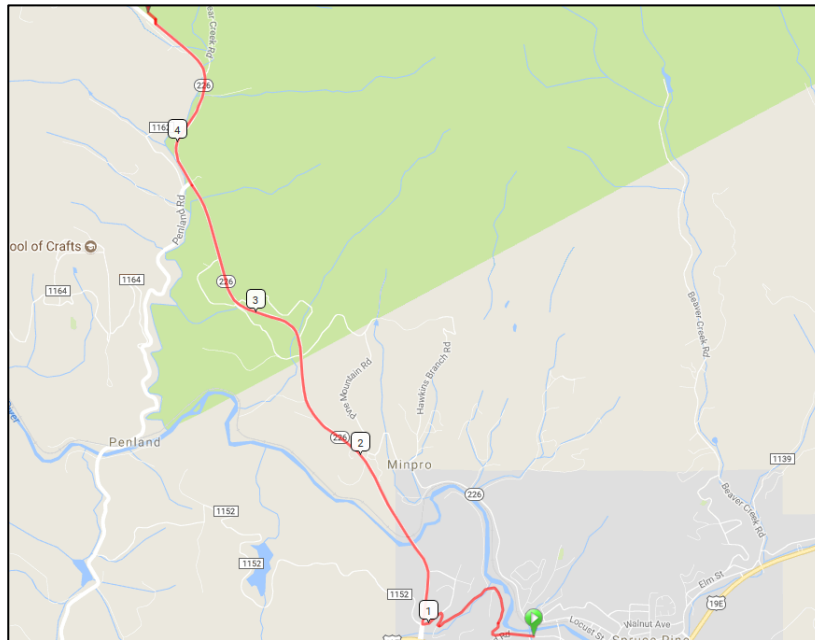
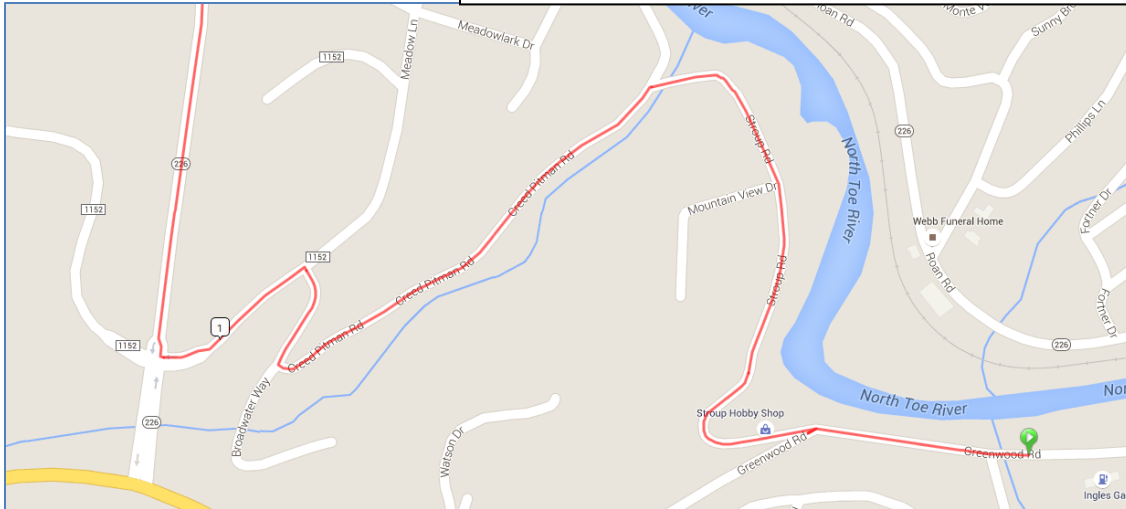
Min 2504
Max 2727
Ascent +521
Descent -371

Leg Notes: Run on the left on 226.
226 is heavily traveled. Be alert to traffic when running and when crossing to EZ.
Vans not permitted on Stroup Rd.

Leg Legend:

0.0 EZ 22 (First Baptist Church)
0.35 R Stroup Rd (**Vans not permitted on Stroup Rd**)
0.35 LS Creed Pittman Rd
0.3 R Broadwater Way
0.1 L Meadow Lane
0.1 R 226 North
3.8 Ledger Ace Hardware on R (EZ 23)

Leg Description: Lots of turns early on. Long run on 226, remain alert for traffic. Run on Left, EZ on Right.



BRR Leg 24 (5.8 miles, Moderate)

Elevation (feet):

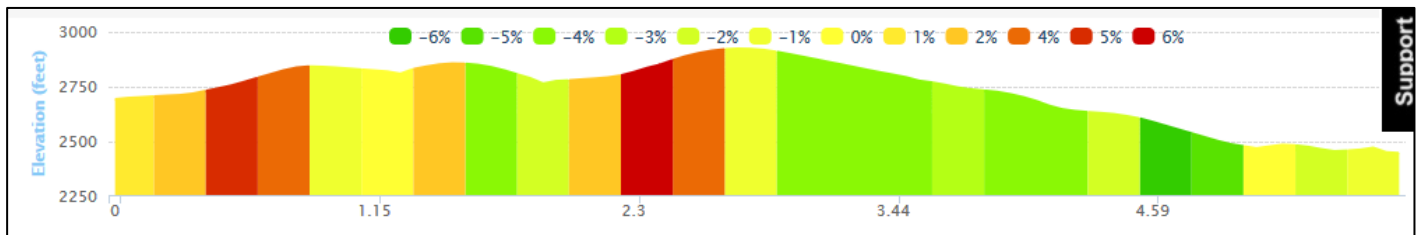
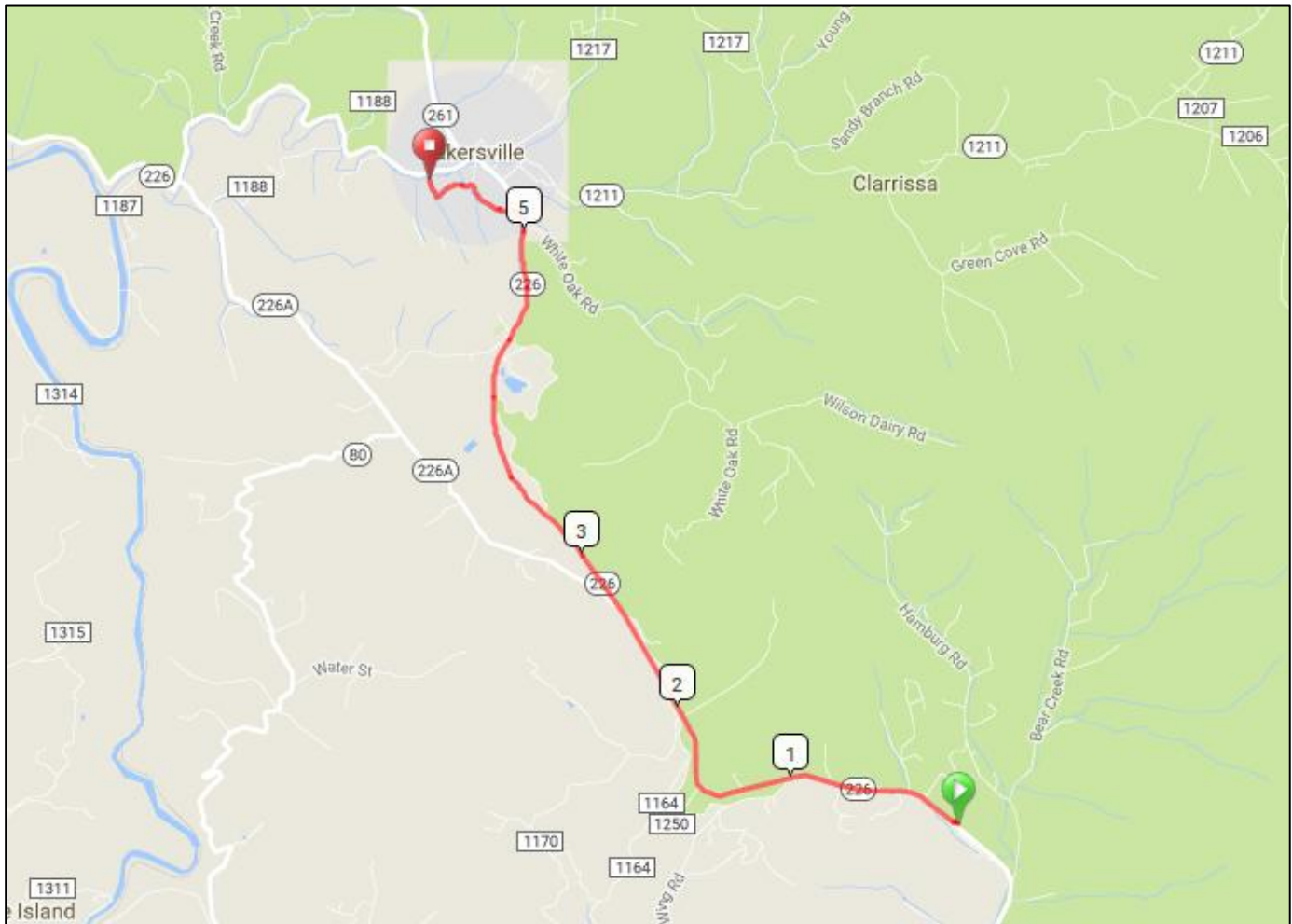
Min	2436
Max	2917
Ascent	+336
Descent	-597

Leg Notes: 226 is heavily traveled.
Remain alert for traffic.

Leg Legend:

0.0	EZ 23 (Ledger Ace Hardware)
	Remain on 226 North
5.1	L South Mitchell Ave.
0.4	L Baker Lane (street sign on Left)
0.2	R Remain on Baker Lane at Friendship Baptist Ch.
0.1	Bakersville Fire Dept., on R (EZ 24)

Leg Description: Long run on 226 to Bakersville. Run on Left, EZ on Right.



BRR Leg 25 (4.3 miles, Moderate)

Elevation (feet):

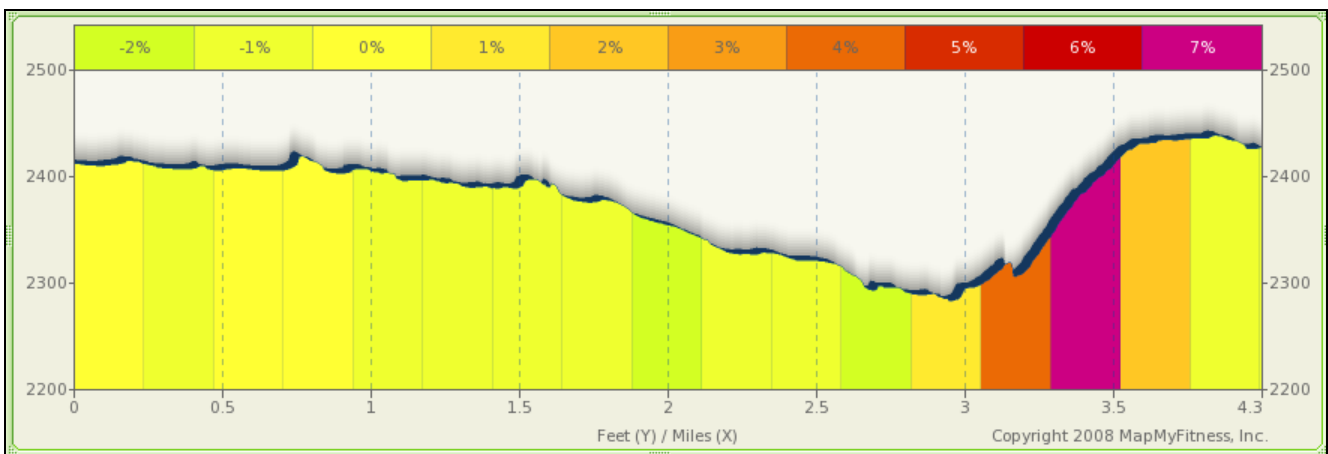
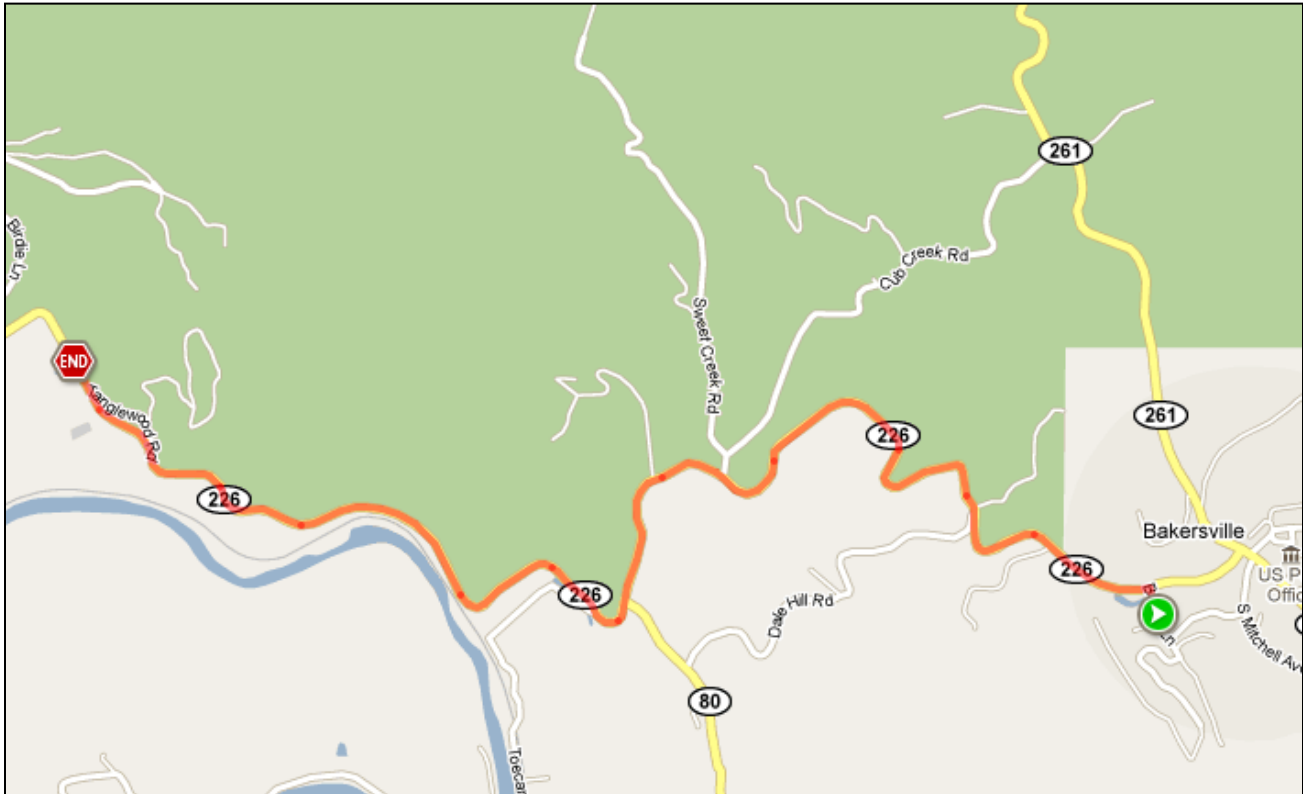
Min	2290
Max	2492
Ascent	+273
Descent	-230

Leg Legend:

0.0	EZ 24 (Bakersville Fire Dept.)
0.0	Cross bridge
0.0	L Route 226
4.3	Red Hill Baptist Church, on L (EZ 25)

Leg Notes: 226 is more heavily traveled, although the traffic will be lighter during night hours, stay alert for traffic.

Leg Description: The distance, but mostly the rolling hills and big finishing hill make this moderate. Run on Left, EZ on Left.



BRR Leg 26 (4.4 miles, Moderate)

Elevation (feet):

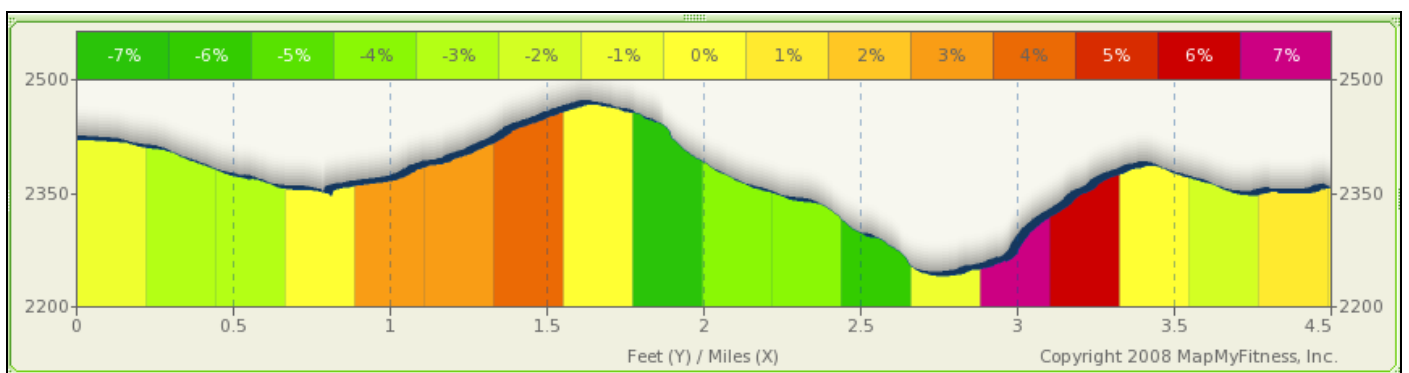
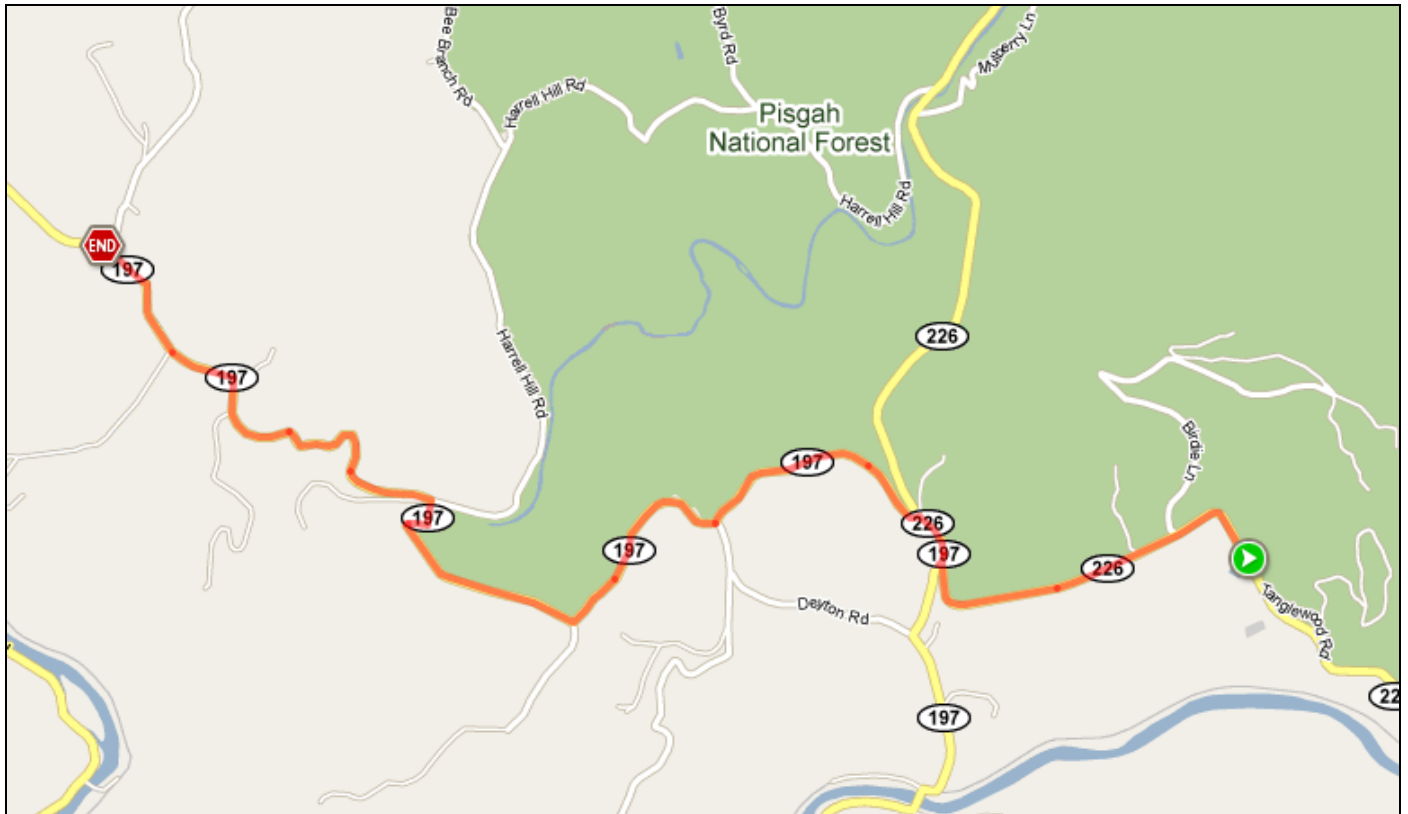
Min	2187
Max	2570
Ascent	+515
Descent	-583

Leg Legend:

- 0.0 EZ 25 (Red Hill Baptist Church)
- 1.0 S Remain on 226 N, 197 N joins
- 0.1 L 197 North
- 1.9 L Remain on 197 N at Harrell Hill Rd. (after bridge)
- 1.4 Bradshaw Fire Department, on R (EZ 26)

Leg Notes: 226 N often carries more traffic than 197 N. Both roads have many curves, stay alert for traffic.

Leg Description: Some difficult hills, but the distance makes this moderate. Run on Left, EZ on Right.



BRR Leg 27 (9.3 miles, Hard)

Elevation (feet):

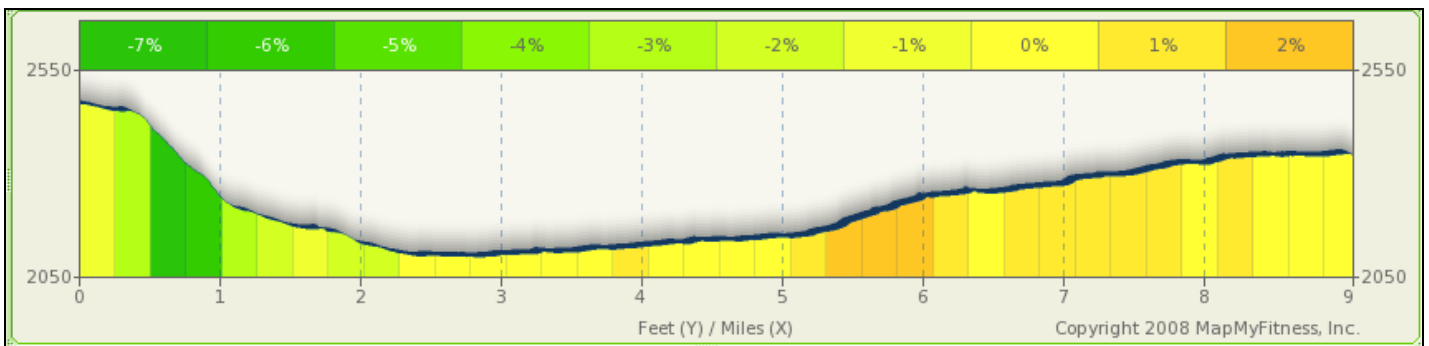
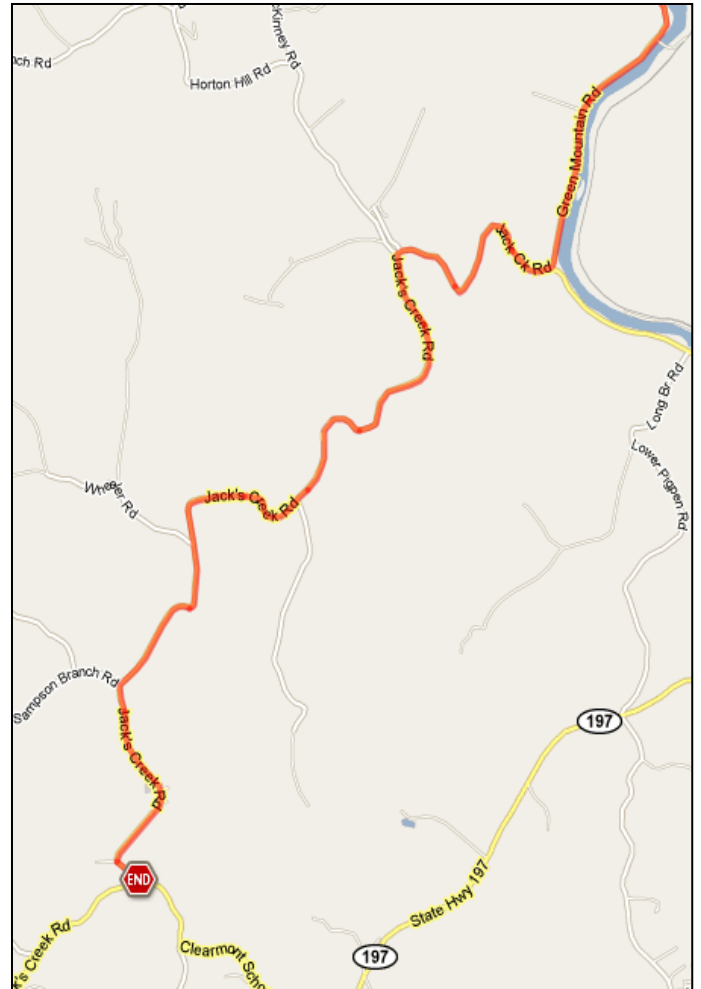
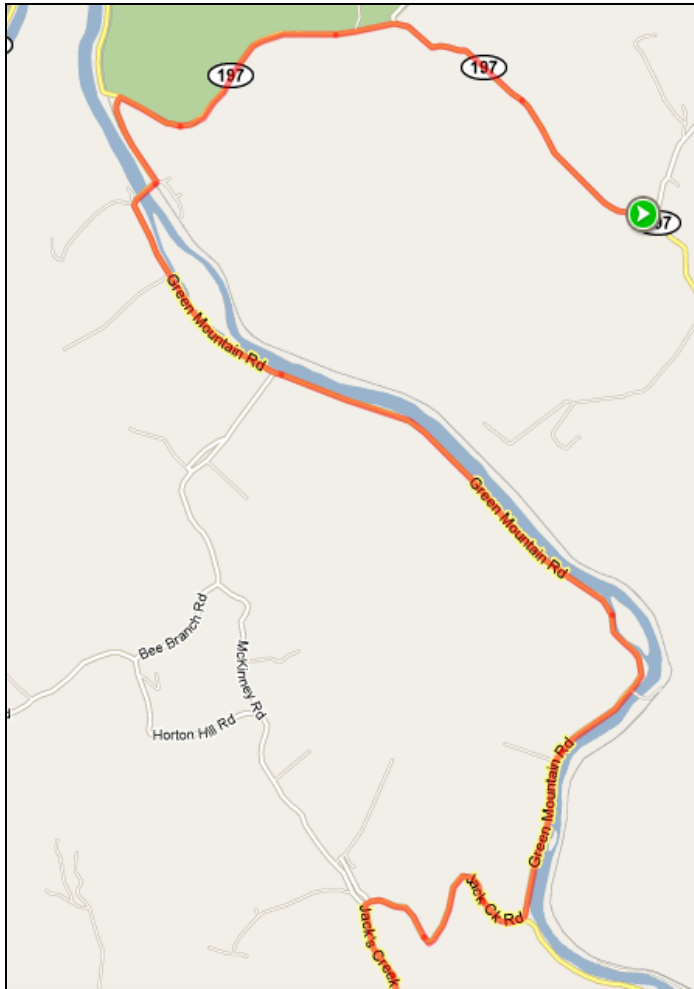
Min	2071
Max	2513
Ascent	+552
Descent	-649

Leg Notes: The RR tracks are active, even at night. Stay alert for trains and do not attempt to race the train.

Leg Legend:

- 0.0 EZ 26 (Bradshaw Fire Department)
- 2.2 L Whitson Branch Rd. / Green Mt. Rd (**turn left before going under the bridge**)
- 0.3 R cross RR tracks (do NOT race the train)
- 0.1 L after bridge, Green Mountain Rd.
- 3.0 R Jacks Creek Rd.
- 3.7 Clearmont School Road, on L (EZ 27)

Leg Description: The distance makes this a hard leg. Run on Left, EZ on Left. **Don't miss that Left at 2.2 Miles.**



BRR Leg 28 (8.4 miles, Hard)

Elevation (feet):

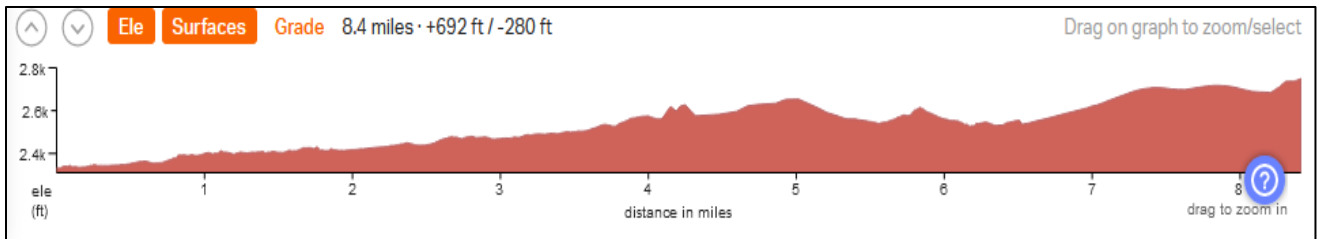
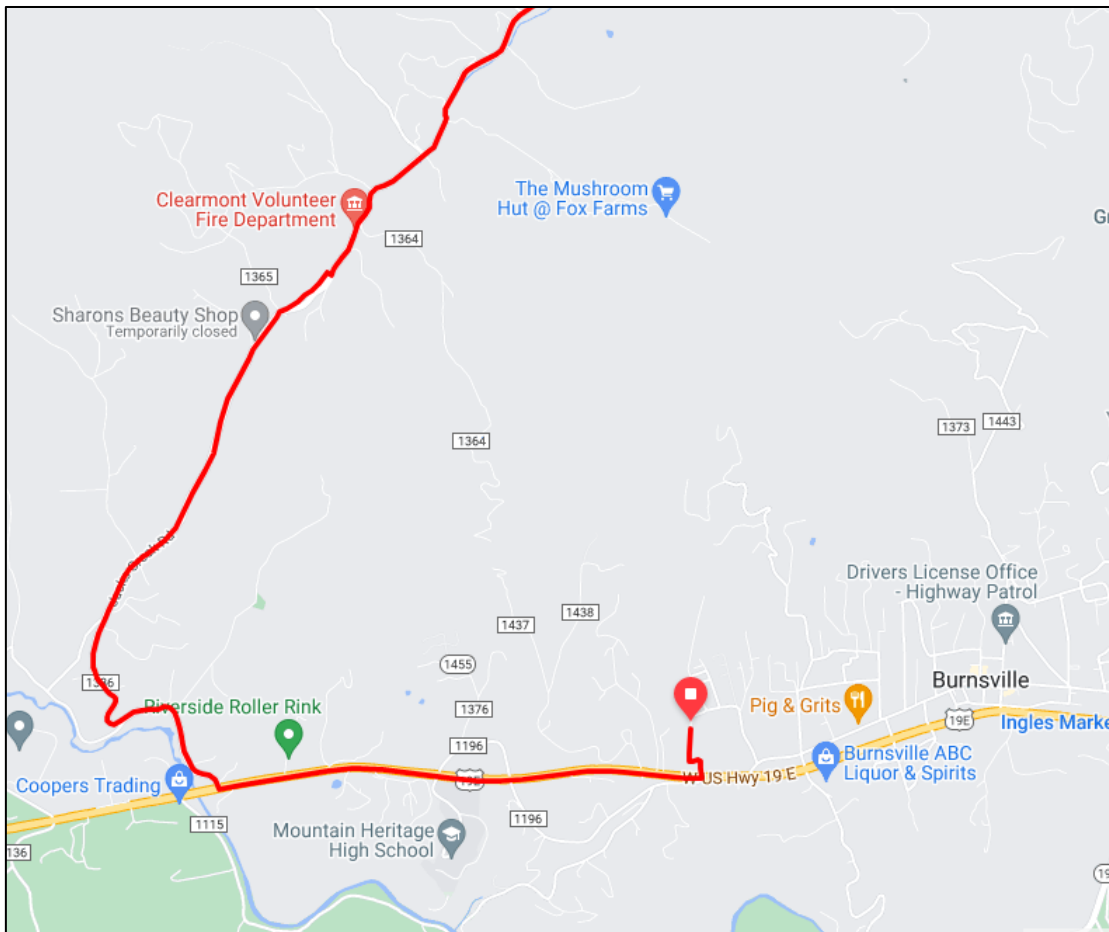
Min	2332
Max	2711
Ascent	+659
Descent	-249

Leg Legend:

0.0	EZ 27 (Clearmont Elementary School)
6.5 L	19 E (Run on Left)
1.7 L	West Burnsville Church Rd
0.2	West Burnsville Baptist Church, on R (EZ 28)

Leg Notes: Jacks Creek is a winding road. Run alert. On 19E Run on Left shoulder, facing traffic.

Leg Description: The distance and a steady climb make this a "Hard" leg. Remain on Jacks Creek until intersection with 19E. Run on Left all the way, EZ on Right.



BRR Leg 29 (4.1 miles, Easy)

Elevation (feet):

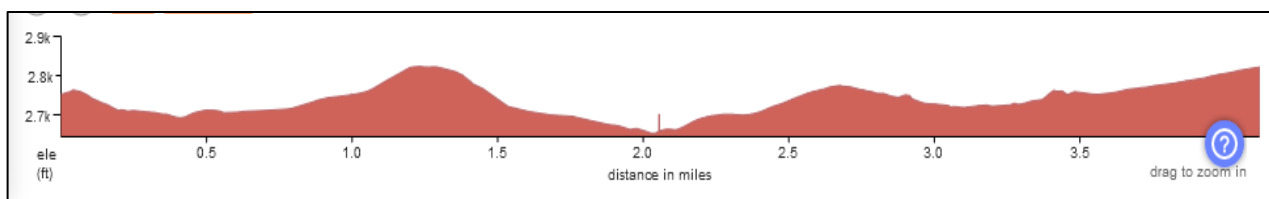
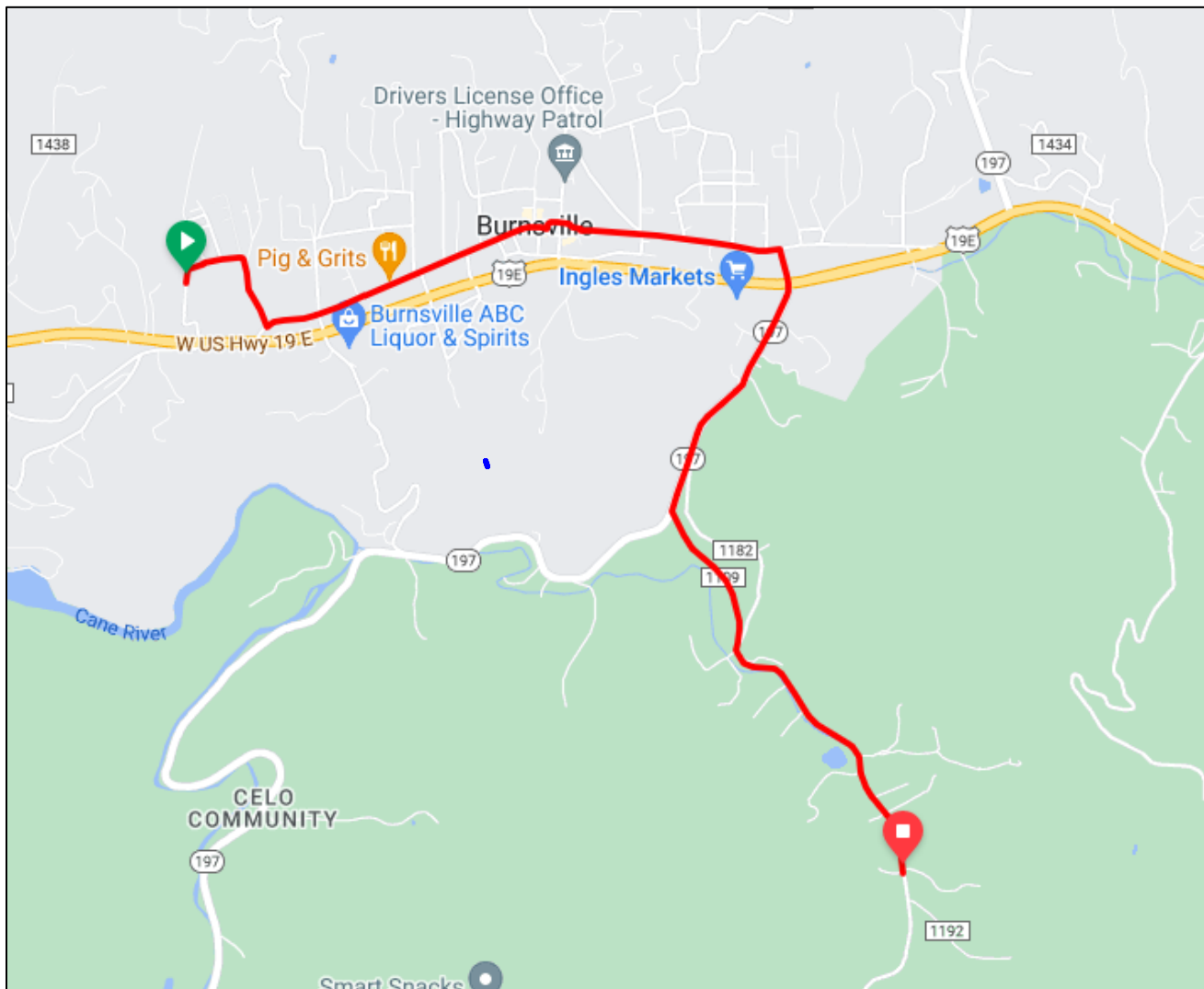
Min	2602
Max	2825
Ascent	+335
Descent	-271

Leg Notes: Stay alert to traffic lights, pedestrians, etc... Town square separates West and East Main St. Run L around traffic circle, then L on East Main St. Once out of town, roads are rural with minimal shoulder and turns. Stay alert for traffic.

Leg Legend:

- 0.0 EZ 28 (West Burnsville Baptist Church)
- 0.4 L Burnsville Business (West Main St to East Main St.)
(Circle Left at the park at town center.)
- 1.6 R Pensacola Rd.
- 0.1 S 197S/Pensacola Rd. (cross 19E at Traffic Light)
- 0.7 L Bolens Creek Rd
- 1.3 R Bolens Creek Baptist Church, on R (EZ 29)

Leg Description: Neat leg, incorporating the town of Burnsville and then rural roads. Run on Left, EZ on Right.



BRR Leg 30 (4.3 miles, Moderate)

Elevation (feet):

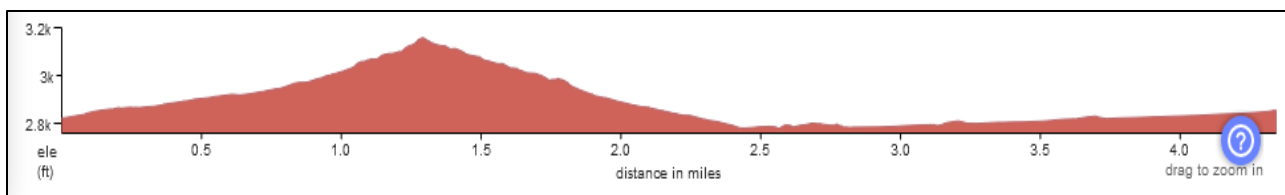
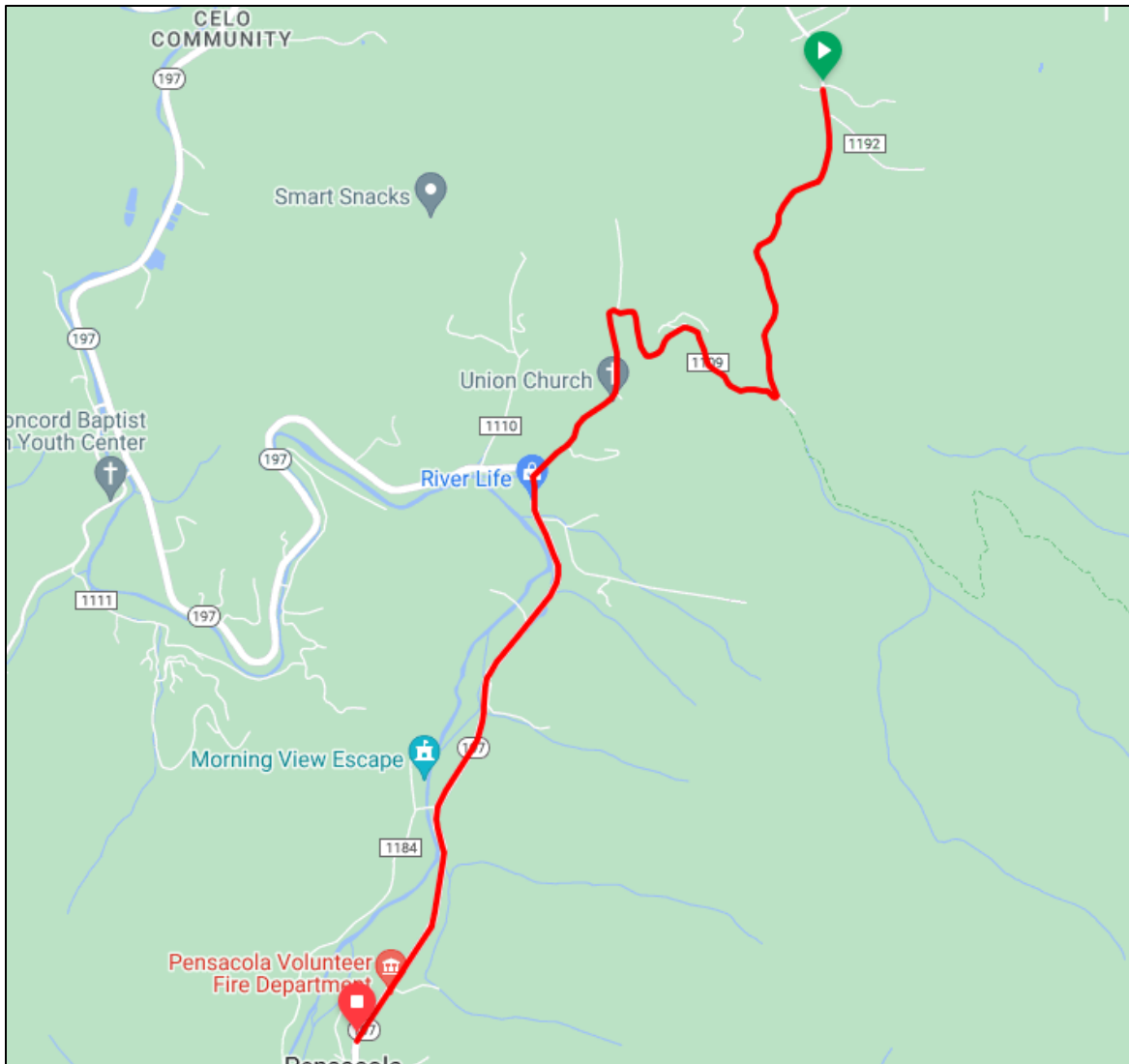
Min	2781
Max	3158
Ascent	+398
Descent	-372

Leg Legend:

0.0	EZ 29 (Bolens Creek Baptist Church)
2.4 L	197 South
1.9	Laurel Branch Baptist Church, on R (EZ 30)

Leg Notes: One turn. The initial 1.3 miles is a steady climb with 336 ft gain. Narrow shoulders...Stay alert for traffic.

Leg Description: Ascent, descent and Flat. This leg has it all clearly delineated. Run on Left, EZ on Right.



BRR Leg 31 (6.7 miles, Mountain Goat Hard)

Elevation (feet):

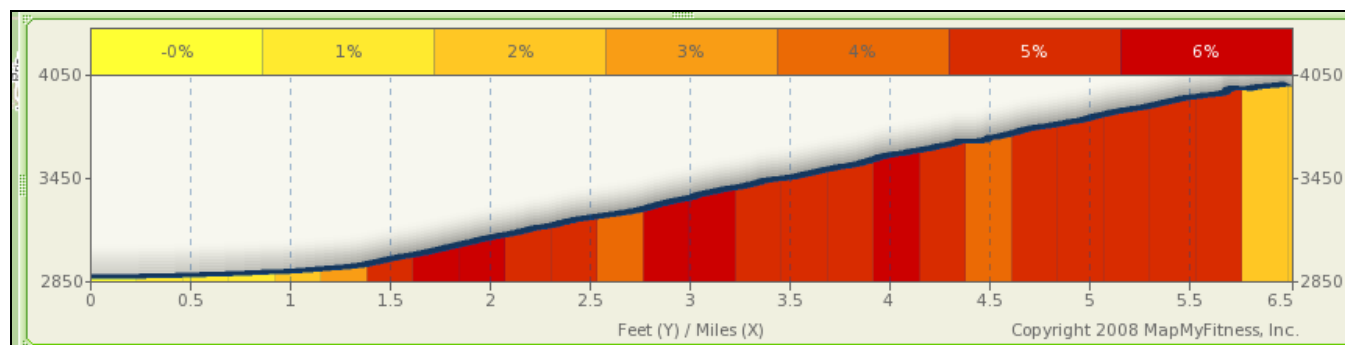
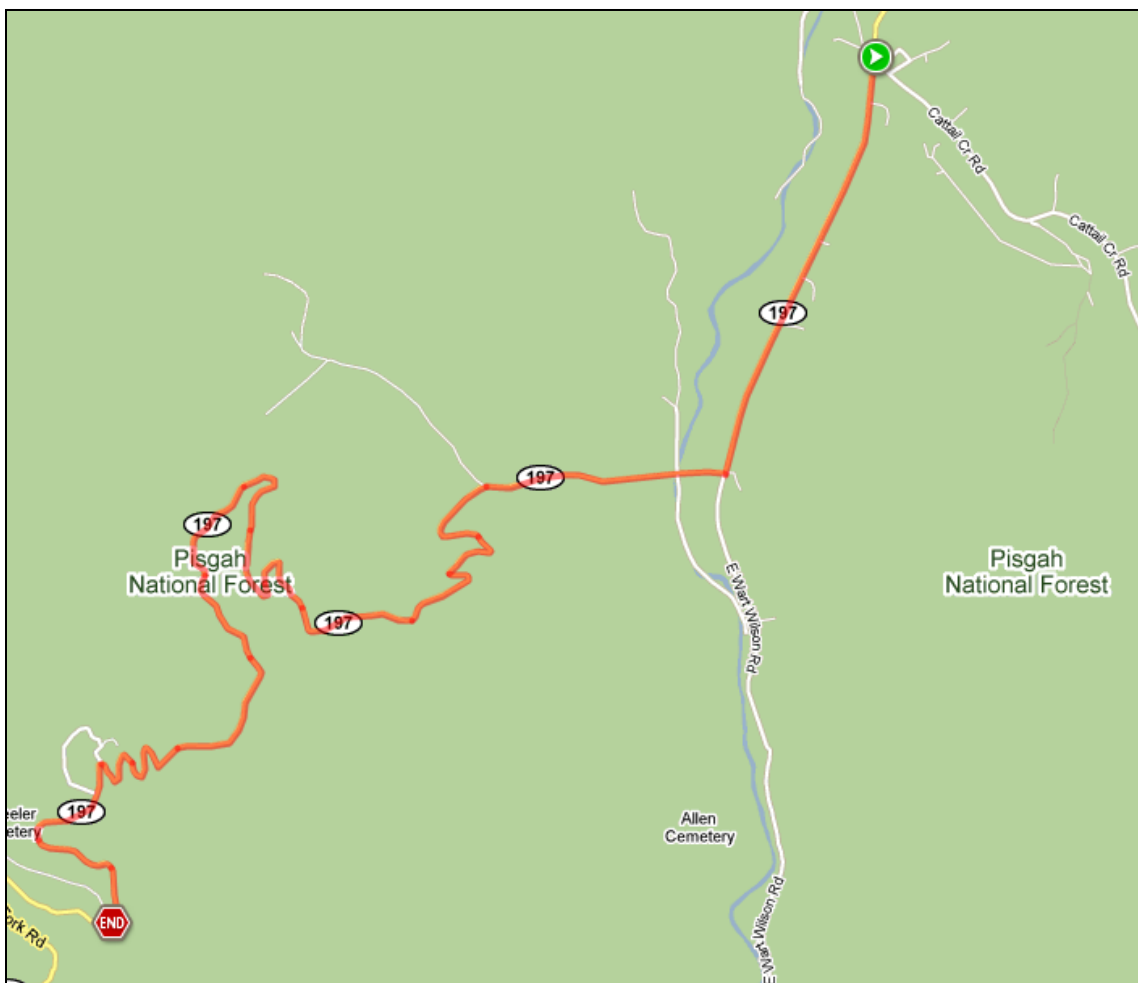
Min	2861
Max	4263
Ascent	+1405
Descent	-4

Leg Legend:

0.0	EZ 30 (Laurel Branch Baptist Church)
1.4	R 197 South Continues
5.3	The top, on L (EZ 31)

Leg Notes: After 1.4 miles take the hard right at Murchison (stay on 197 South). The EZ is at the top!

Leg Description: The topo says it all. Run on the Left, EZ on Left.



BRR Leg 32 (9.5 miles, Very Hard)

Elevation (feet):

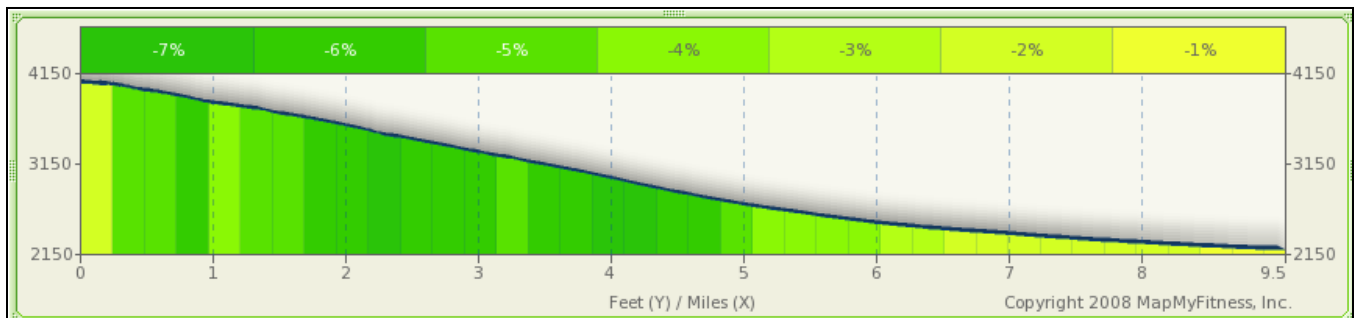
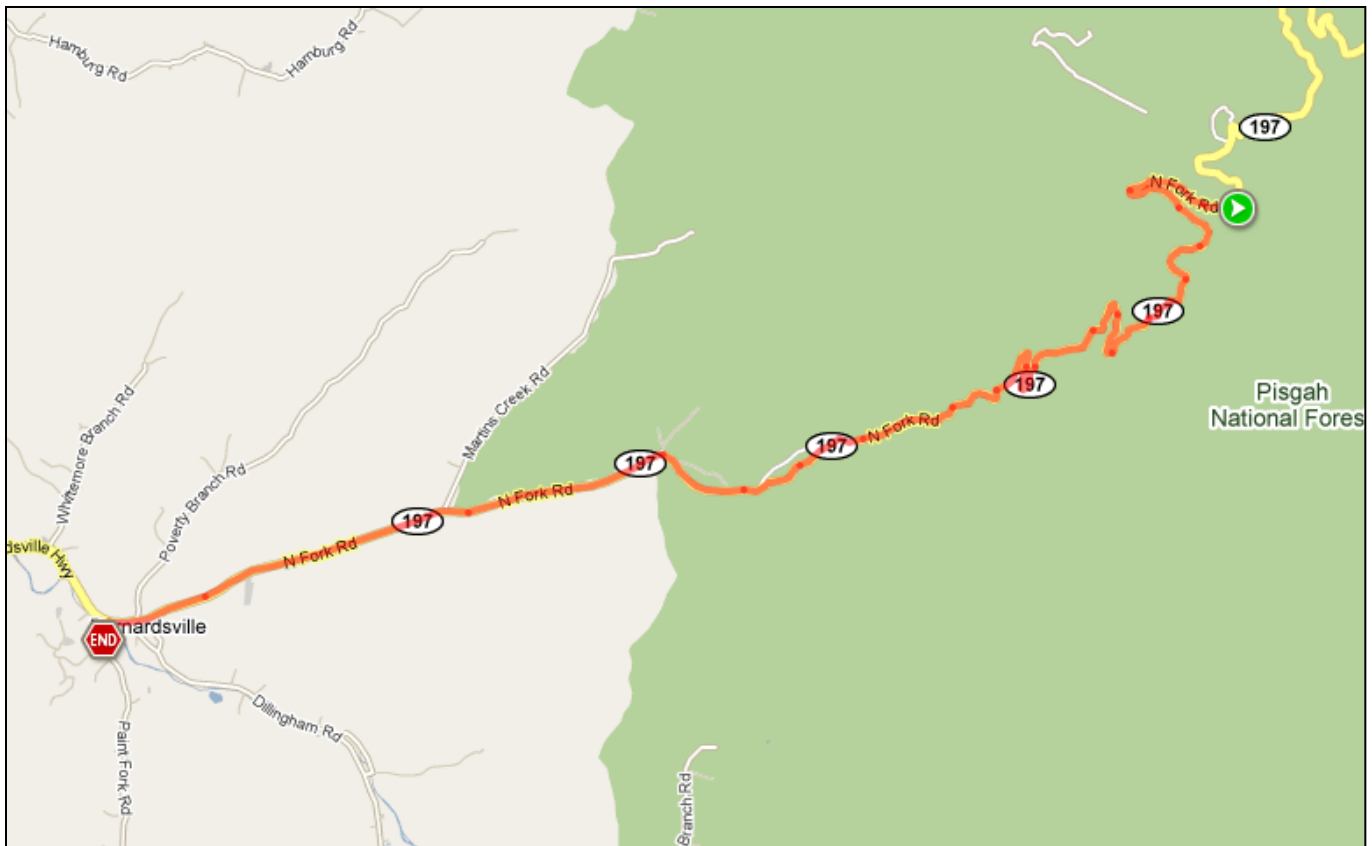
Min	2185
Max	4264
Ascent	+1
Descent	-2076

Leg Legend:

0.0	EZ 31 (gravel begins)
4.4	S gravel ends, paved begins
4.7	L Paint Fork
0.2	Barnardsville Elementary School, on R (EZ 32)

Leg Notes: Gravel half of the way. Don't be fooled...you'll cross a bridge that is paved about 0.5 before the gravel truly ends. Only one turn on Paint Fork.

Leg Notes: The distance, the gravel road, and all downhill on tired legs make this very hard. Run on Left, EZ on Right.



BRR Leg 33 (5.3 miles, Mountain Goat Hard)

Elevation (feet):

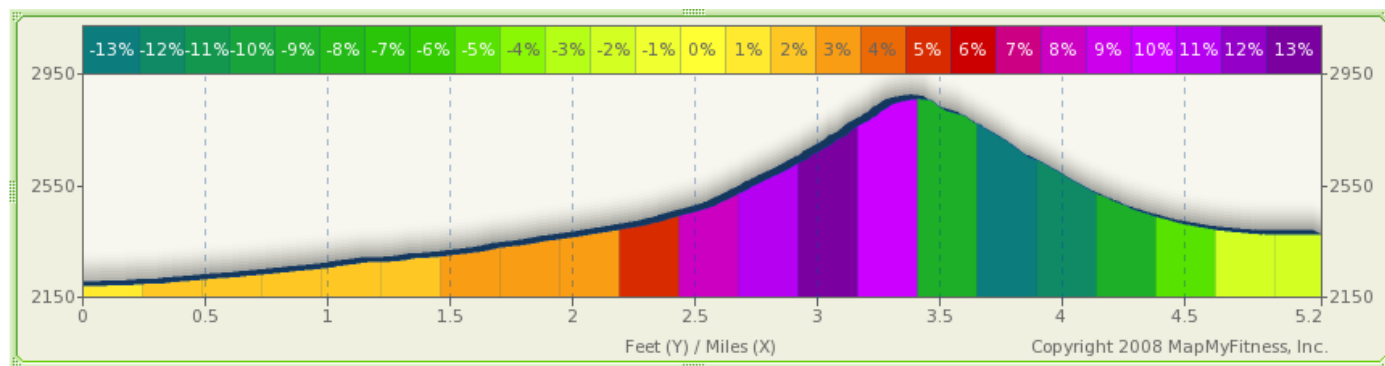
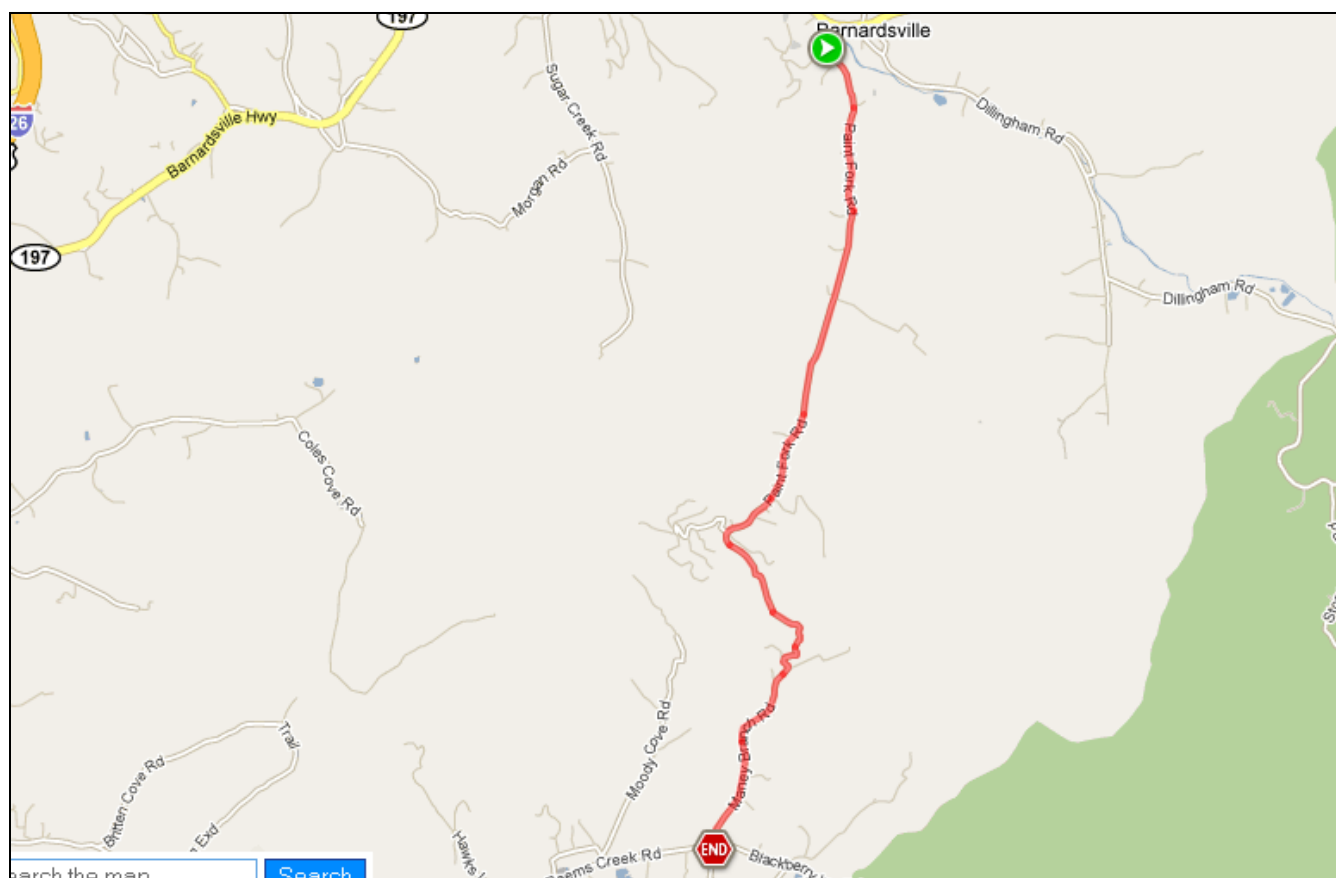
Min	2188
Max	3097
Ascent	+904
Descent	-671

Leg Legend:

0.0	EZ 32 (Barnardsville Elementary School)
3.1 S	Maney Branch Rd.
2.1 S	Reems Creek Rd.
0.1	Beech Community Center, on Right (EZ 33)

Leg Notes: Paint Fork and Maney Branch are winding. Stay alert for traffic. Paint Fork changes to Maney Branch at the top of the climb. Same road. NO turns.

Leg Notes: Steepest climb and steepest descent of the Relay. History requires a Mountain Goat rating. No turns. Run on Left, EZ on Right after stop sign.



BRR Leg 34 (4.5 miles, Moderate)

Elevation (feet):

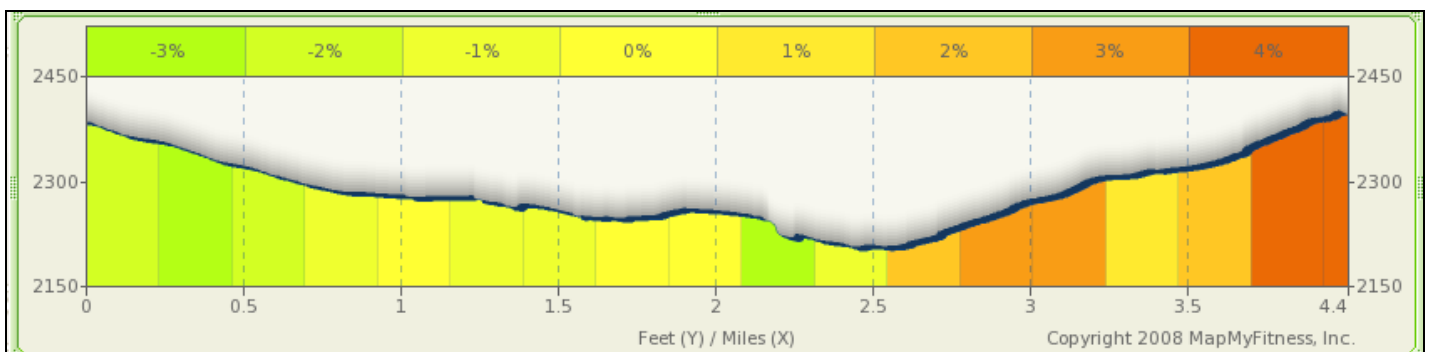
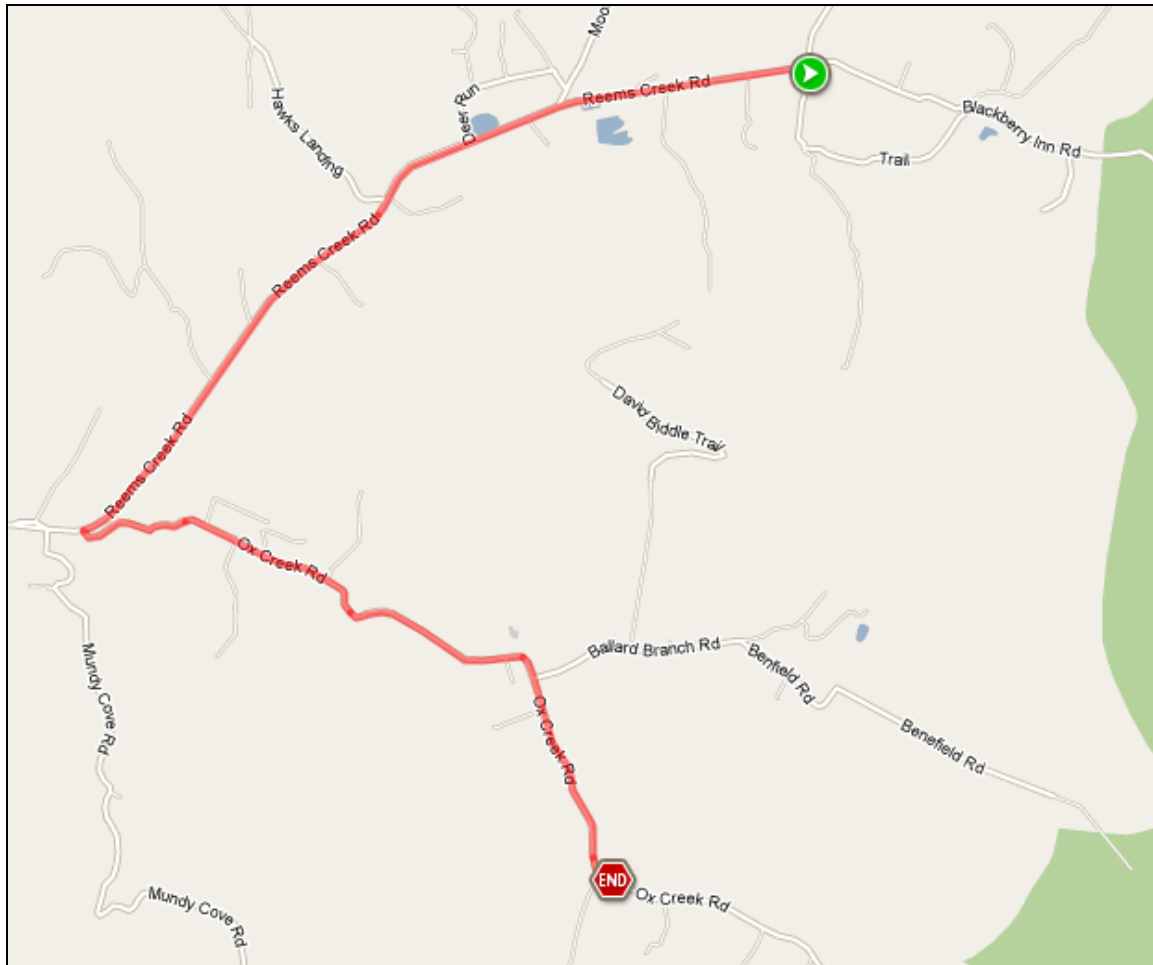
Min	2182
Max	2468
Ascent	+329
Descent	-284

Leg Legend:

0.0	EZ 33 (Beech Community Center)
0.1	R Reems Creek Rd.
2.4	L Ox Creek Rd.
2.0	South Fork Church, on L (EZ 34)

Leg Notes: Reems Creek is heavily traveled. Ox Creek is winding. Stay alert for traffic.

Leg Description: Easiest of the last 6 legs, but a difficult third leg. Moderate because of the distance and elevation. Run on Left, EZ on Left.



BRR Leg 35 (4.1 miles, Hard)

Elevation (feet):

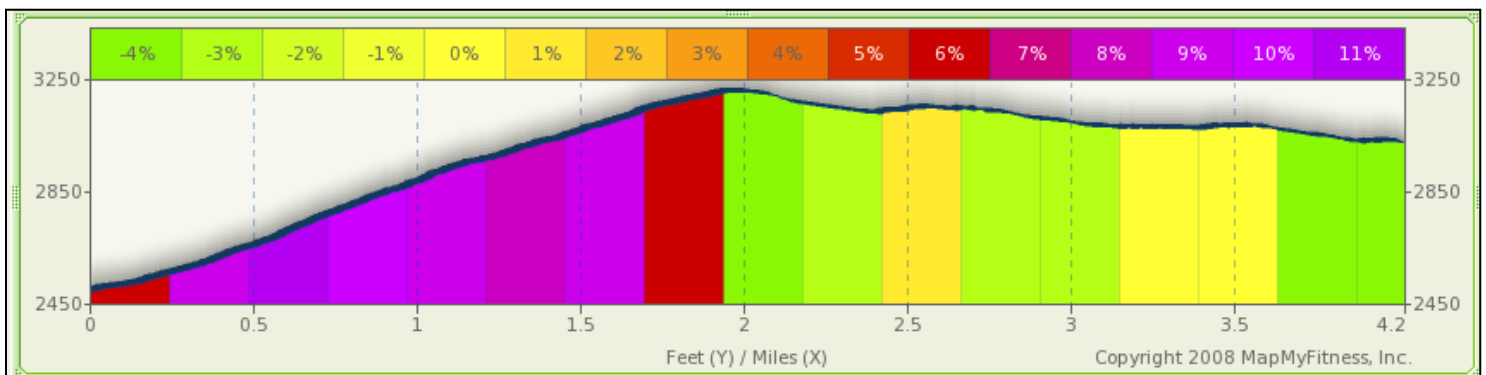
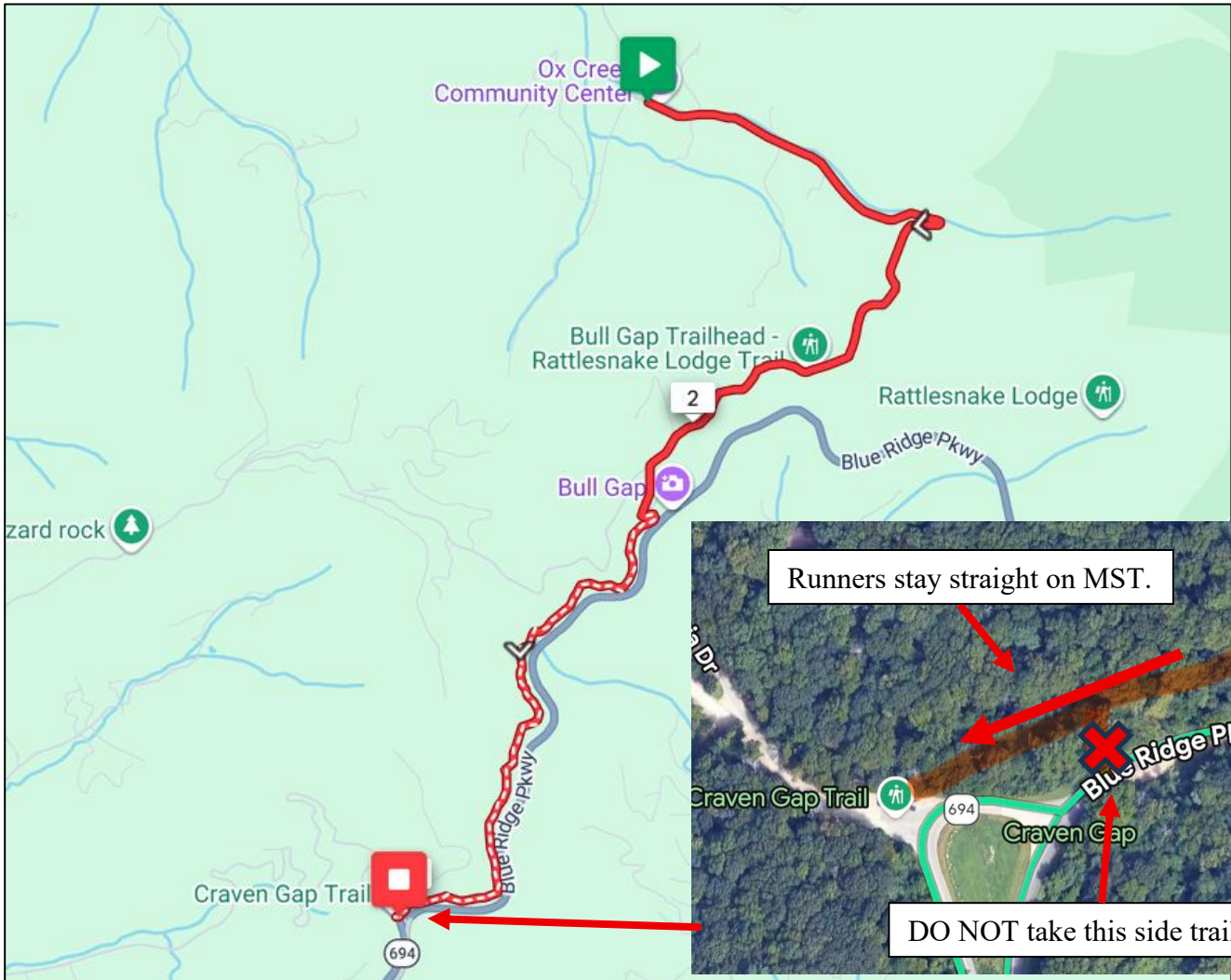
Min	2427
Max	3363
Ascent	+1021
Descent	-351

Leg Notes: Ox Creek is winding. Stay alert for traffic. At the top of the climb, turn Left staying on Ox Creek Rd, then Right onto MST single track.

Leg Legend:

0.0	EZ 34 (South Fork Ind. Methodist Church)
2.2	L Blue Ridge Parkway entrance
0.1	R Mountain to Sea Trail (MST)
1.8	Craven Gap (EZ 35)

Leg Description: Winding and big climb on Ox Creek. MST is single track and technical. Focus on the trail and not the views. Wet rocks will be slippery.



BRR Leg 36 (8.9 miles, Very Hard)

Elevation (feet):

Min	2032
Max	3201
Ascent	+687
Descent	-1684

Leg Notes:

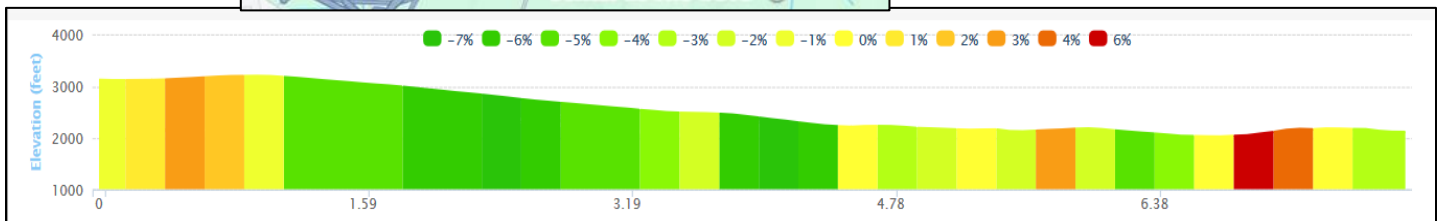
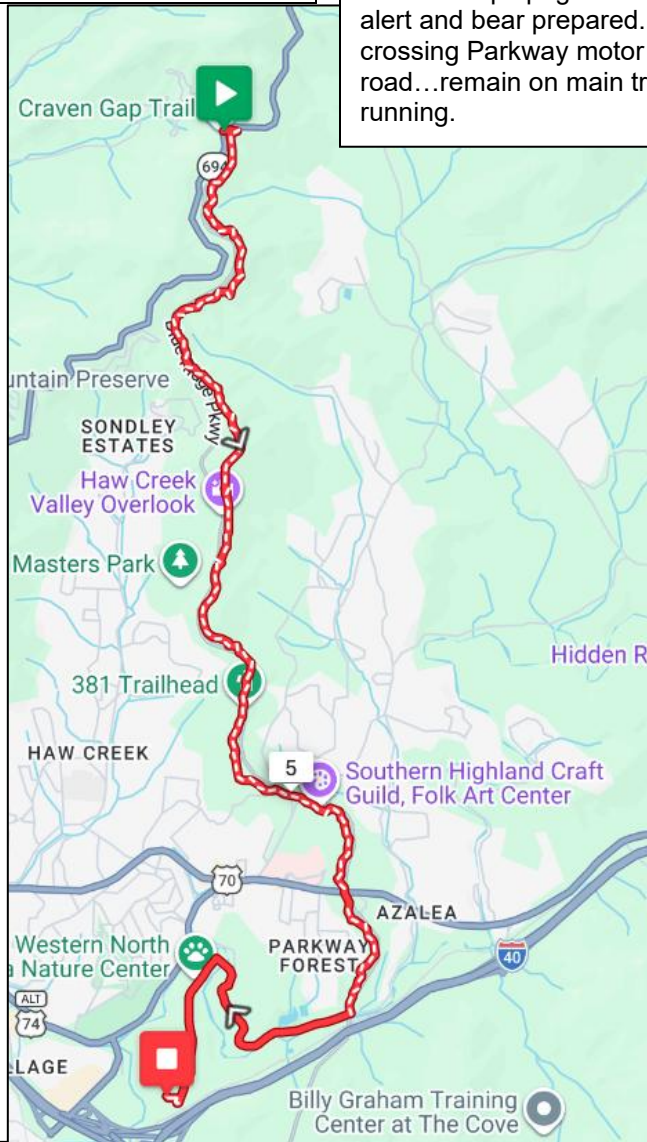
MST most of the way. Avoid the temptation to take spurs to the left or right. MST parallels the Parkway all the way to Azalea. **Team vehicles are NOT permitted on the Blue Ridge Parkway and Gashes Creek Rd. Vans must follow alternate routes.**

Leg Legend:

- 0.0 EZ 35 (Craven Gap Exit)
- 0.0 cross Blue Ridge Parkway
- 0.0 Enter MST
- 4.3 S Cross Parkway, remain on MST
- 0.9 L In front of Folk Art Center, Left across the driveway, Continue to follow MST
- 1.4 R Azalea Rd
- 1.1 LL At Traffic Circle and Left on Azalea
- 0.2 L Gashes Creek Rd
- 0.9 R Enter rear parking lot of Highland Brewing Company
- 0.1 The Meadow at Highland Brewing Co. (Finish)

Leg Description:

The Glory Leg! See Notes on website Course Maps page. Follow white blaze of MST. Be bear alert and bear prepared. Runners must yield to traffic when crossing Parkway motor road. MST parallels Parkway motor road...remain on main trail. Mix of technical and smooth trail running.



BRR Leg 36 , continued

For the initial 4.25 miles of Leg 36, MST parallels the Blue Ridge Parkway...keep the Parkway on your right. Remain on the main trail, following the white blaze. Trail is a mix of technical running and smoother dirt. Always be alert for rocks and roots. At times MST will be below the Parkway and at times MST will be above the Parkway.

Runners will cross the Blue Ridge Parkway at approximately 4.25 miles. This crossing will be staffed. Runners need to cross the Parkway with caution. Vehicular traffic will NOT be slowed for runners to cross.

After crossing the Parkway, runners remain on MST and MST largely flattens and trail is much less technical...still some rocks and roots, but much easier running. MST continues to parallel the Parkway, but the Parkway is now on your left.

Mile 4.9 – 5.0 (approximate): MST is between the Parkway to your left and Bull Mountain Rd to your right. After MST separates from Bull Mountain Rd, you will cross a bridge over Riceville Rd. You'll still be on MST and it really won't look like a bridge. (photo below)



Mile 5.1: The rustic MST will hit a T-intersection with a groomed rock chip trail and trail edging. Runners will turn LEFT to follow MST. This will NOT be signed. Look for white blaze after making LEFT turn. (photos below) Because this is a nature trail, greater likelihood for increased pedestrian traffic. Courtesy please.



Mile 5.2: Folk Art Center will be on your right. The rock chip path will intersect with paved and concrete sidewalks of the Folk Art Center. Turn LEFT following the arrows for MST. (photo below) At Mile 5.3 MST will re-enter the woods. (white blaze)



MST marker with Left arrow.

Mile 5.6: MST will cross an entrance/exit ramp of Parkway. Cross with CAUTION. Vehicular traffic is moving in both directions. MST continues up the steps on other side of road. (photo below)



Mile 5.7 – 5.9: MST goes up steps (photo below) and MST is on the right shoulder of the Parkway (photo below right) as the Parkway passes over Tunnel Rd. Runners must remain on MST in the grass and may NOT run on the motor road per BRR's permit with the National Park Service. At Mile 5.9 MST re-enters the woods.



Mile 6.5 – 6.6: MST exits the woods through an arbor (photo below) and MST runs through a field under the Parkway (photo below right). Runners will turn Right onto Azalea Rd. Paved roads for the final 2.3 miles.

