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Leg #	Start	End	Leg Length	Runner #	Runner Mileage	Transition End Point	Transition Point Description			
1	0	4	4	1	. 4	River Mill parking lot on 1st Ave	RiverMill parking lot			
2	4	7.34	3.34	2	3.34	Mobley Rd/River Rd intersection	CB&T			
3	7.34	10.59	3.25	3	3.25	Old River Rd/River Rd intersection	Fire Station			
4	10.59	13.95	3.36	4	3.36	Old Old River Rd/Old River Rd intersection	3201 Old River Rd			
5	13.95	17.24	3.29	1	7.29	Mulberry Ln/GA 315	Prevail Community Church sign on right			
6	17.24	21.32	4.08	2	7.42	Mt Olive Church on GA 315	Mt Olive Church			
7	21.32	26.06	4.74	3	7.99	Almond Rd/Fortson Rd intersection	Railroad tracks			
8	26.06	30.22	4.16	4	7.52	E Bonacre Rd/Gray Rock Rd intersection	Wooden fence			
9	30.22	33.36	3.14	1	10.43	Rip Shin Rd: side of road past the only house	Past the big house on left with fence			
10	33.36	37.47	4.11	2	11.53	Past Rolling Farm Way neighborhood	Past Rolling Farm Way neighborhood			
11	37.47	41.18	3.71	3	11.7	Garrett Rd/Yarbrough Rd intersection	Dead end			
12	41.18	44.96	3.78	4	11.3	Rails to Trails:Psalmond Rd	Entrance of Rails to Trails : Very Little Parking!			
13	44.96	48.58	3.62	1	14.05	Rails to Trails: Flat Rock Park	Inside Flat Rock Park at Rails to Trails entrance			
14	48.58	51.75	3.17	2	14.7	Cooper Creek Park	Parking lot at dead end of the park entrance			
15	51.75	55.84	4.09	3	15.79	CSU Cunningham Center	CSU Cunningham Center			
16	55.84	60.35	4.51	4	15.81	Big Dog Fleet Feet				
						Bold denotes the crossroad or 'location' of transition				