

### **Leg #1**

Exit the starting line heading around the back of Hampton Station on the trail.

Turn right on Hampton Ave. (0.2)

Turn left on Swamp Rabbit Trail (0.24)

Turn right on W. Washington (0.4)

Turn right on Swamp Rabbit Trail (0.5)

Continue straight on Swamp Rabbit Trail for three miles. Use extra caution when crossing roads that intersect with the trail.

Turn right on marked trail just past the covered open building on the right (3.5)

Turn left on Vinson Dr (3.56)

Take immediate right on Plano Dr (3.58)

Right on Elkhorn Dr (3.9)

Left on Scalybark Rd (4.0)

Transition on left (4.28)

*\*Number listed is total mileage of leg to that point.*

### **Leg #2**

Exit Transition on sidewalk towards Watkins Bridge Rd. Cross Watkins Bridge. (0.2)

Turn left on Watkins Bridge Rd (0.2)

Turn right onto the Swamp Rabbit Trail (0.5)

Continue straight on Swamp Rabbit Trail for 3.8 miles. Use extra caution when crossing roads that intersect with the trail.

Turn right on Church St (4.32)

Cross Main St using police guidance (4.38)

Turn left after crossing Main St (4.39)

Transition on right. (4.44)

*\*Number listed is total mileage of leg to that point.*

### **Leg #3**

Exit transition heading on Sidewalk

Use police assistance to cross Center St and rejoin the Swamp Rabbit Trail (0.1)

Stay straight on Swamp Rabbit Trail for 2.2 miles.

Turn left on Tate Rd (2.3)

Turn right on White Horse Rd Ext (2.4)

Turn left on Pleasant Retreat Rd (3.5)

Turn left on Bates Crossing Rd (5.1)

Turn right on Bates Bridge Rd (5.3)

Turn right into Beechwood Farms (6.1)

Transition near building. (6.2)

*\*Number listed is total mileage of leg to that point.*

### **Leg #4**

Exit transition and continue on marked route on the dirt road out the back of the farm.

Left on Beechwood Rd (0.8)

Right on Talley Bridge Rd (1.3)

Left on Hannon Rd (1.4)

Right on Hart Cut Rd (2.4)

Transition on left (3.7)

*\*Number listed is total mileage of leg to that point.*

### **Leg #5**

Exit transition on Hart Cut Rd

Stay straight to cross Hwy 11 (1.2)

Hart Cut Rd becomes River Rd (1.2)

Turn right on River Rd (4.3)

Transition on left (5.1)

*\*Number listed is total mileage of leg to that point.*

### **Leg #6**

Head back down Old Hwy 25 in the direction that your incoming runner was coming

Right on Dividing Water Rd (2.1)

Left on Old Hwy 11 (5.0)

Stay straight on Old Hwy 11 (5.4)

Old Hwy 11 becomes SC 912 (5.4)

Left on Callahan Mountain Rd (6.0)

Bear left on Old Hwy 25 (9.4)

Transition on left (9.6)

*\*Number listed is total mileage of leg to that point.*

### **Did you know?**

Each leg has an online map that you can follow by going to [plotaroute.com](http://plotaroute.com) and searching V2V. Once you have found your leg, click the map and then click the arrow to find your location on the map. This will help those carrying cell phones on the course who might need assistance.

*Just print, laminate and cut out each section for the runner on your team!*

## **Leg #7**

Exit transition on Old Hwy 25  
Right on River Rd (1.7)  
Stay straight to cross Hwy 11 (4.7)  
River Rd becomes Hart Cut Rd (4.7)  
Right on Wildwood Rd (6.9)  
Transition on left (7.3)

*\*Number listed is total mileage of leg to that point.*

## **Leg #8**

Exit transition heading back out Wildwood Rd in the direction your incoming runner arrived.  
Right on Hart Cut Rd (0.4)  
Left on Hannon Rd (0.8)  
Right on Talley Bridge Rd (1.7)  
Left on Whitney St (2.6)  
Left on Slater Rd (3.0)  
Transition on left (3.1)

*\*Number listed is total mileage of leg to that point.*

## **Leg #9**

Exit transition on Slater Rd  
Left turn on Bates Bridge (0.1)  
Stay straight past Beechwood Farms (0.5)  
Left on Bates Crossing Road (1.3)  
Right on Pleasant Retreat Rd (1.6)  
Right on White Horse Rd Ext (3.1)  
Left on Tate Rd (4.2)  
Right on Swamp Rabbit Trail (4.4)  
Transition off Trail on left (4.9)

*\*Number listed is total mileage of leg to that point.*

## **Leg #12**

Exit transition and head South on Scalybark  
Turn right on Elkhorn Dr (0.2)  
Turn left on Plano Dr (0.3)  
Turn left on Vinson Dr (0.7)  
Take immediate right on Swamp Rabbit Trail access trail (0.7)  
Turn left onto Swamp Rabbit Trail (0.75)  
Turn left on W Washington St to exit trail (3.7)  
Turn left to get back on Swamp Rabbit Trail extension (3.8)  
Turn right on Hampton Ave (4.0)  
Turn left on Swamp Rabbit Trail (4.05)  
Find your team members at the gathering area and continue behind the buildings to the finish line! *\*Number listed is total mileage of leg to that point.*

*\*Follow volunteer and police directions to cross Hampton Ave.*

## **Leg #10**

Exit transition on Swamp Rabbit Trail  
Turn left on Bridwell Rd (0.41)  
Take the immediate right to stay on Bridwell Rd and run parallel to the Trail (0.42)  
Take the left fork to stay on Bridwell (0.48)  
Turn left on Duncan Rd (1.0)  
Veer left to stay on Duncan (1.1)  
Turn right on Lindsey Lake Rd (1.7)  
Turn right on Tubbs Mountain Rd (2.4)  
Turn right on Williams Rd (3.0)  
Turn left on Swamp Rabbit Trail (4.1)  
Stay on Swamp Rabbit Trail until the Center St intersection (4.6)  
Continue straight on sidewalk past Center St to the Swamp Rabbit Brewery and transition on left (4.7)

*\*Number listed is total mileage of leg to that point.*

*\*Follow volunteer and police directions to cross the at red light at Center St.*

## **Leg #11**

Exit transition and head South on Main St  
Turn right to cross Main St  
Turn left on Swamp Rabbit Trail (0.1)  
Stay on Swamp Rabbit Trail until you reach Watkins Bridge Rd  
Turn left on Watkins Bridge Rd (3.9)  
Turn right on Scalybark Rd (4.2)  
Stay to the right on the sidewalk  
Transition on right (4.4)

*\*Number listed is total mileage of leg to that point.*

*\*The Swamp Rabbit Trail has multiple intersections to cross where vehicles have the right of way. Use caution.*

## **Other Ways to not get lost!**

- Drive, run and/or bike your leg prior to the event.
- Use the RaceJoy app while you are running. You and your team can see where you are on a map.
- Follow the green V2V directional yard signs and green arrows on the ground!
- Do not just randomly follow the person in front of you.