

Leg #1

Leave Hampton Station on trail
Right on Hampton Ave Ext (0.2)
Left on Swamp Rabbit Trail (0.25)
Right on W. Washington St (0.4)
Right on Swamp Rabbit Trail (0.5)
Continue straight on Trail for 7.5 miles
Right on Church St (8.0)
Left on Main St (8.05)
Transition on Right

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

Leg #4

Exit Transition on Wildwood Rd
Turn Left on Hart Cut Rd (0.4)
Stay Straight to Cross Hwy 11 (2.5)
Hart Cut Rd becomes River Rd (2.5)
Left on Old US Hwy 25 (5.6)
Transition on Left (7.3)

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

Leg #2

Exit Brewery on sidewalk heading North
Continue on Swamp Rabbit Trail for 2.3 miles
Left on Tate Rd (2.3)
Right on White Horse Rd Ext (2.4)
Left on Pleasant Retreat Rd (3.5)
Left on Bates Crossing Rd (5.1)
Right on Bates Bridge Rd (5.3)
Right on Slater Rd (6.5)
Transition next to Building (6.7)

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

Leg #5

Exit transition on Old Hwy 25
Stay left at fork in road (0.1)
Stay left on Old Hwy 25 (4.0)
Transition on Left (6.2)

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

Leg #6

Exit Transition on Old Hwy 25
Continue Straight on Old Hwy 25 (2.4)
Transition on Left (3.5)

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

Leg #3

Exit transition and continue on Slater Rd
Right on Whitney St (0.1)
Right on Talley Bridge Rd (0.5)
Left on Edwards Rd (1.9)
Left on Parnell Bridge Rd (2.7)
Right on Hart Cut Rd (4.0)
Left on Wildwood Rd (4.2)
Transition on Left (4.5)

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

Leg #7

Exit transition on Old Hwy 25
Proceed under Hwy 25 (1.0)
Right on Zirconia Road (1.5)
Left on Mine Gap Road (2.0)
Left on Roper Road (4.4)
Immediate Left on W. Blue Ridge Rd (4.41)
Transition on Left (4.6)

**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 and searching 2021 V2V Extreme. 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.

Leg #8

Exit transition heading in opposite direction of incoming runner.

Continue straight at Spartanburg Hwy (0.7)

Left onto Regan St (0.9)

Left onto N Mapleton Dr (1.1)

Right on Old Spartanburg Rd (1.2)

Left to stay on Old Spartanburg Rd (1.5)

Continue straight to cross Upward Rd (1.8)

Left to stay on Old Spartanburg Rd (2.0)

Right on Bradshaw Rd (3.0)

Left on Blue Ridge (3.4)

Right on Glover St (3.8)

Left at Jackson Park to Stay on Glover (4.0)

Right to stay on Glover St (4.2)

Right on Maple St (5.0)

Left on 7th Ave East (5.2)

Right on Locust St (5.3)

Right on 8th Ave East to transition (5.4)

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

Leg #9

Exit transition on 8th Ave East

Left onto Maple St (0.07)

Right onto N Main St (0.4)

N Main St becomes Clear Creek Rd (1.5)

Left onto Howard Gap Rd (3.5)

Continue straight on Howard Gap Rd at roundabout (4.9)

Transition on Left (7.2)

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

Leg #10

Exit transition and continue on Howard Gap Rd

Right into Fletcher Park (1.1)

Right onto Cane Creek Greenway (1.1)

Right onto Mills Gap Rd (2.4)

Continue straight at Red Light (4.6)

Right onto Williams (5.9)

Transition on right (7.2)

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

Leg #11

Exit transition and turn right on Concord Rd

Left on Merrills Cove Rd (0.1)

Right on Rose Hill Rd (3.8)

Right on Reynolds School Rd (5.6)

Left on Rocket Drive (5.7)

Transition on left (6.0)

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

Leg #12

Exit transition and stay on sidewalk on bank side of Tunnel Road.

Right on Azalea Road East (0.6)

Follow signs at roundabout and turn left onto sidewalk (2.5)

Continue on sidewalk over bridge.

Left on Gashes Creek Road (2.7)

Right at the end of the road into the back of Highland Brewing (3.5)

Follow signs to finish line.

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

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, plus you get off course alerts.
- Follow the green V2V directional yard signs and green arrows on the ground!
- Do not just follow the person in front of you, they may not be paying attention.

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