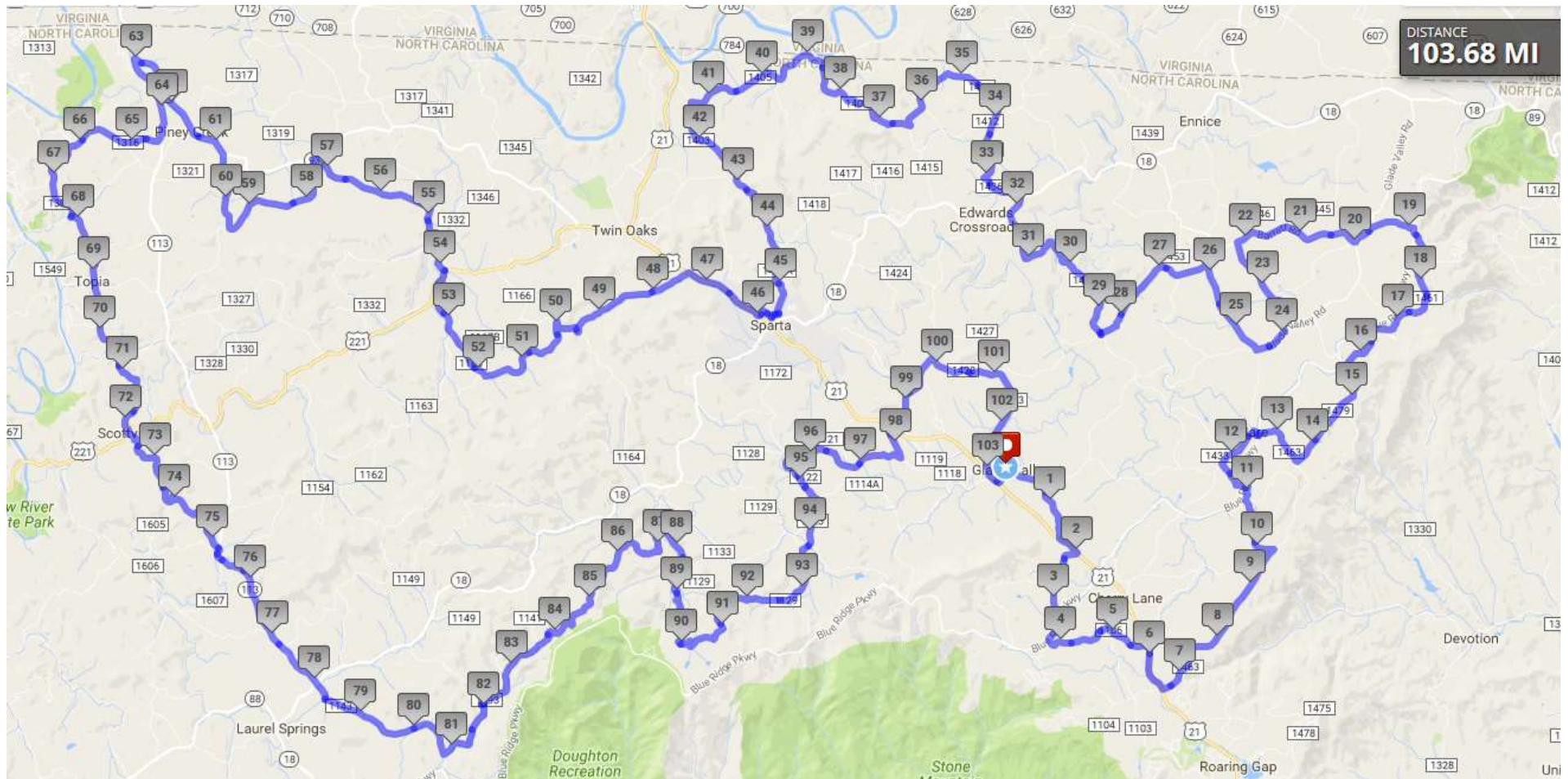


GOMR COURSE MAP

Elevation (feet):

Start	2757'
End	2757'
Gain	+11300'
Loss	-11300'

Below is the entire course of the Get Outside Mountain Relay. True distance and elevation will be a little off because some Exchanges will enter parking lots that can't be mapped with the software. This course will be run twice to complete the nearly 208 mile relay.



GOMR LEGS 1/19 – 5.75 miles - MODERATE

Elevation (feet):

Start	2757'
End	2719'
Gain	+410'
Loss	-547'

Leg Description:

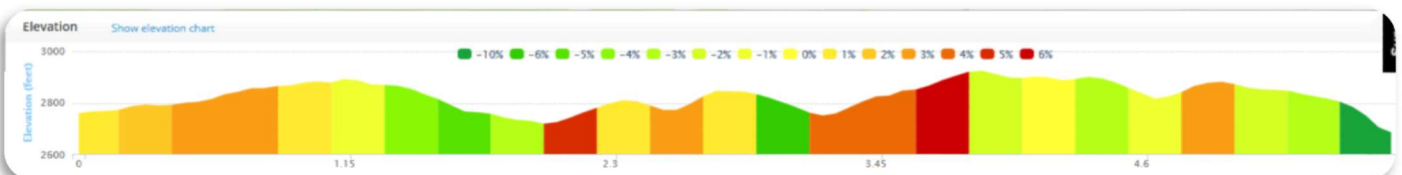
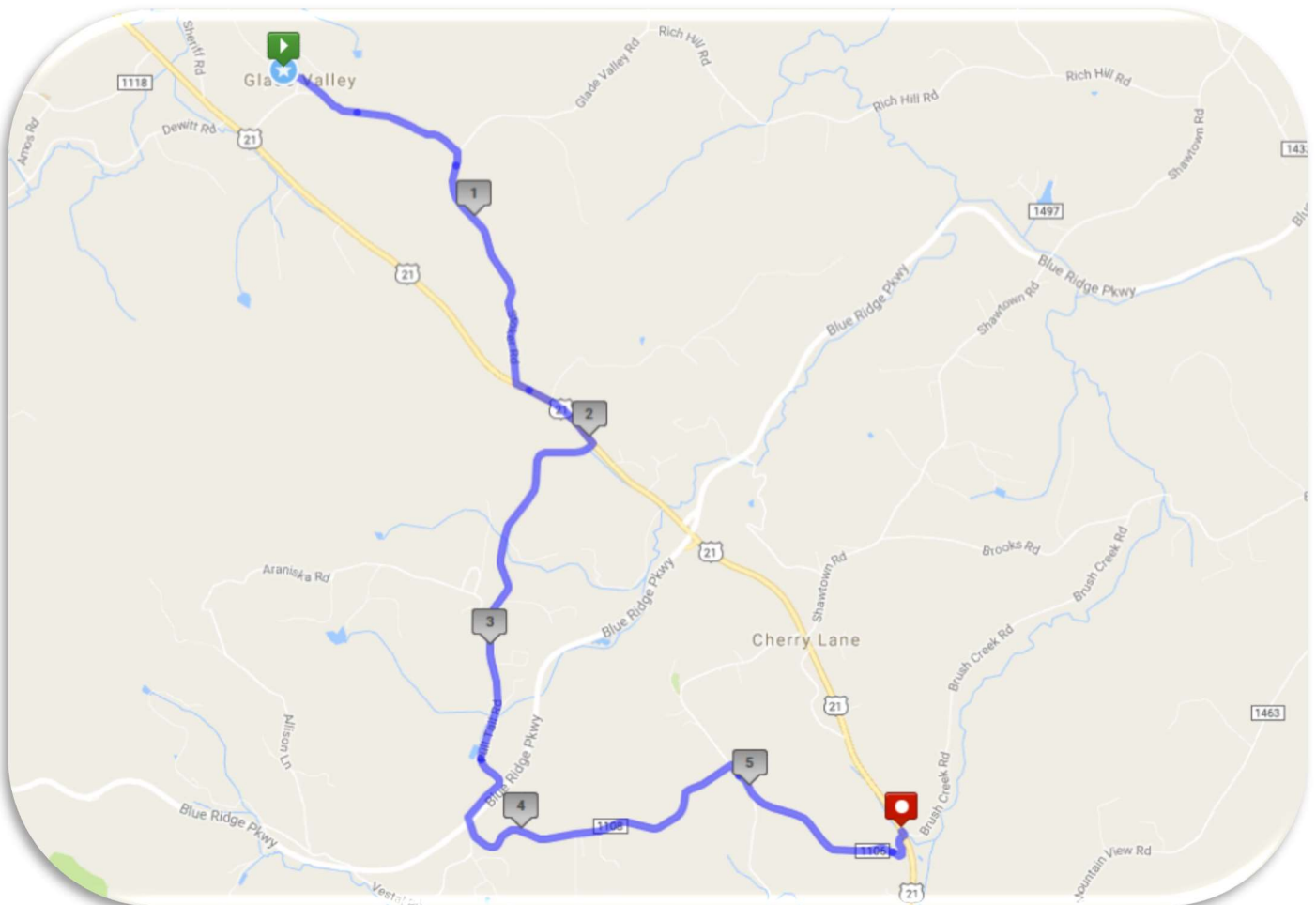
Mostly rolling hills. Two good climbs on Pull Tail Road. Run on Left. Route will be through the back entrance to Cherry Lane VFD (not all the way to US-21). Sign will be posted.

Leg Legend:

0.0	Leave GOMR Nation on Glade Valley Church Road
.02	Continue onto Glade Valley Road
.07	Right on Stoker Road
1.7	Left on US-21 S
2.0	Right onto Pull Tail Road
3.7	Straight across Blue Ridge Parkway onto Rash Road
4.9	Right onto Cherry Lane Road

Exchange at Cherry Lane Volunteer Fire Department

Leg Notes: Glade Valley road has little to no shoulder. Turn onto Stoker Road is in a curve, so BE CAREFUL crossing. US-21 is heavily traveled but has wide shoulder. Be alert crossing over to Pull Tail.



GOMR LEGS 2/20 – 6.78 miles - HARD

Elevation (feet):

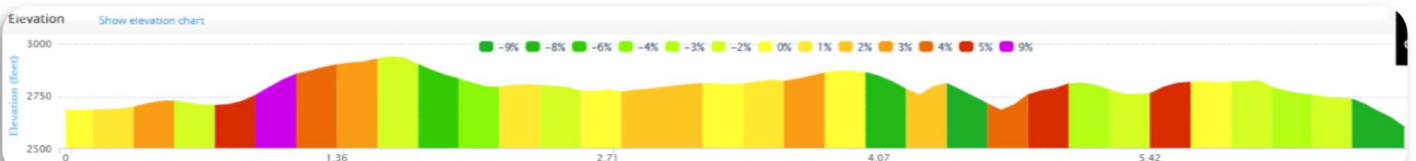
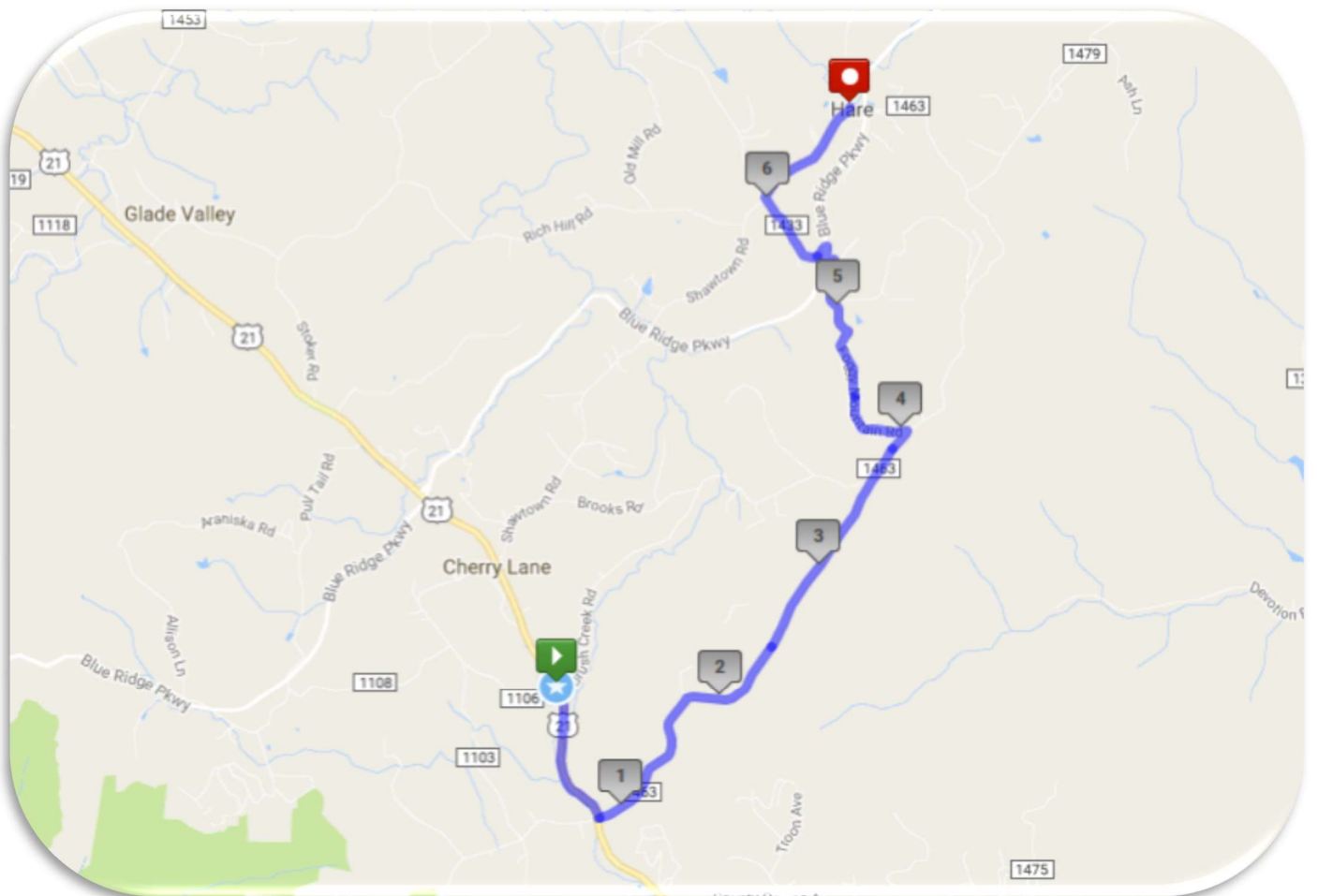
Start	2681'
End	2605'
Gain	+544'
Loss	-613'

Leg Description: Some great views after the first big pull up Mountain View Road. The distance and three pretty good hills make this a hard leg. Run on left. Exchange on right.

Leg Legend:

- 1.0 Leave Cherry Lane VFD on US-21 South
 - .86 Left on Mountain View Road
 - 4.0 Left on Foggy Mountain Road
 - 5.4 Right on Blue Ridge Parkway
 - 5.5 Left on Scenic Valley Road
 - 6.0 Right on Shawtown Road
- Exchange at Blue Ridge Bed and Breakfast

Leg Notes: Be alert crossing to the left side out of Cherry Lane VFD. US-21 is heavily traveled with wide shoulders. Reflective vests are required day or night on this leg, as a portion is on the Parkway.



GOMR LEGS 3/21 – 4.53 miles - MODERATE

Elevation (feet):

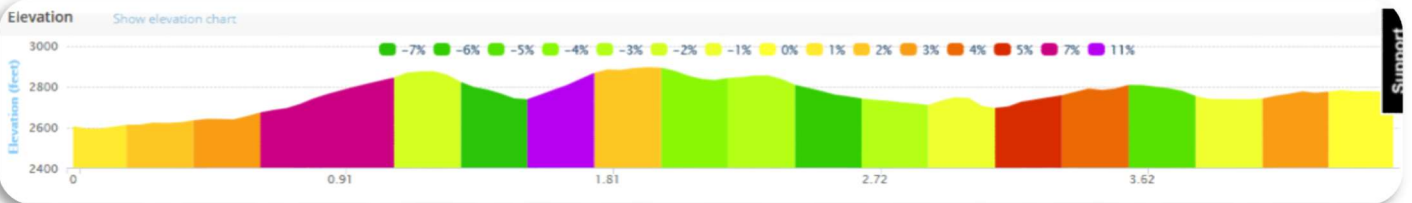
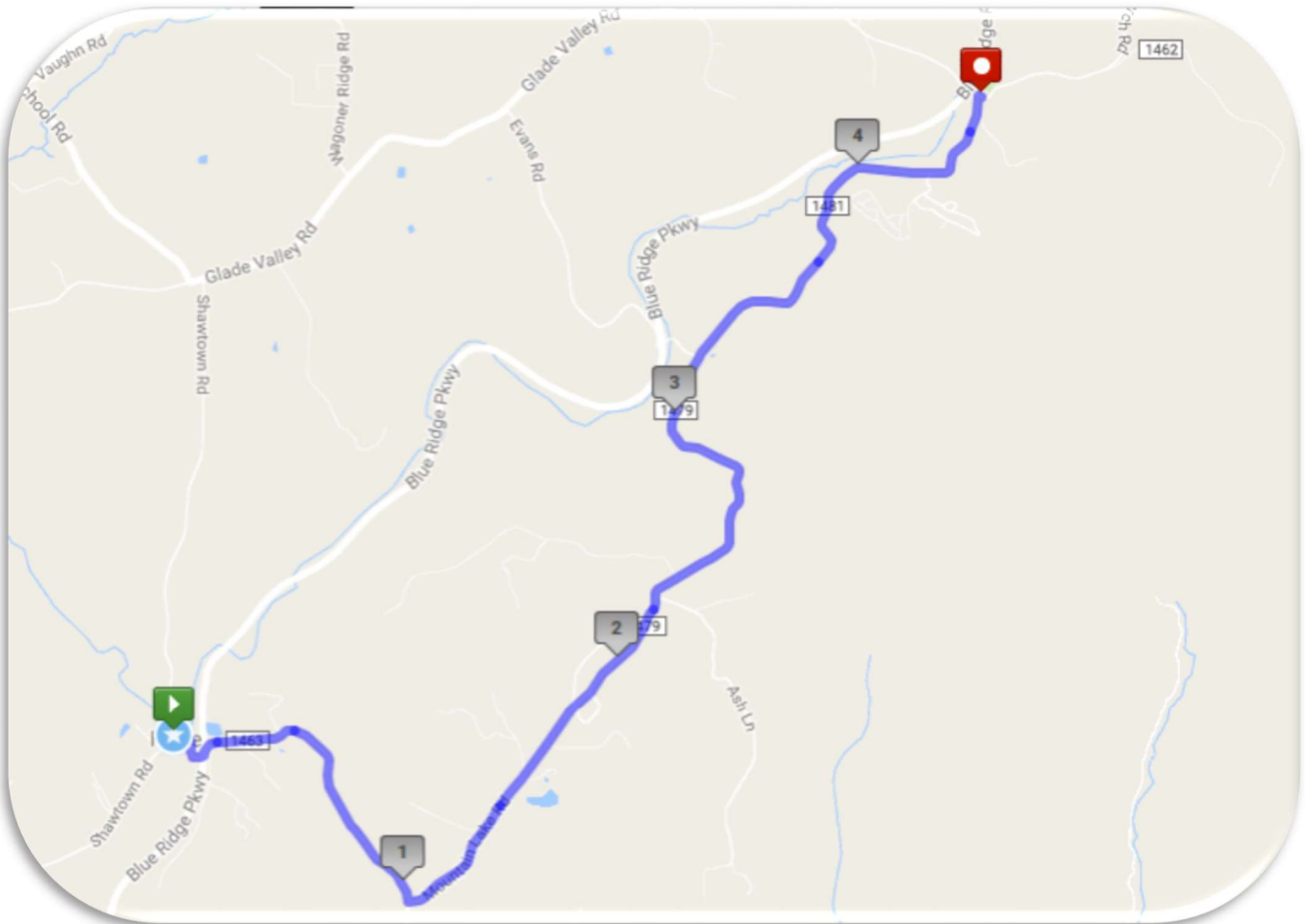
Start	2605'
End	2768'
Gain	+562'
Loss	-384'

Leg Description: Spectacular view at the beginning of Mountain Lake Road. Run on Left. Exchange is at the intersection of Mountain Lake and Saddle Mountain.

Leg Legend:

- 2.0 Leave Blue Ridge B and B on Mountain View Road
 - 0.1 Straight across Parkway to Mountain View Road
 - 1.1 Left on Mountain Lake Road
 - 4.5 Right on Saddle Mountain Church Road
- Exchange at Saddle Mountain Union Baptist Church

Leg Notes: Reflective vests are required day or night on this leg, as a portion is on the Parkway. Rural paved roads, with about 1 mile of gravel on Mountain Lake.



GOMR LEGS 4/22 – 7.3 miles – VERY HARD

Elevation (feet):

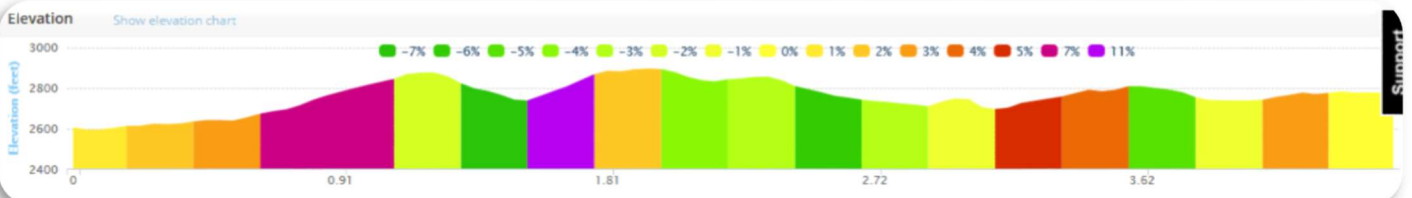
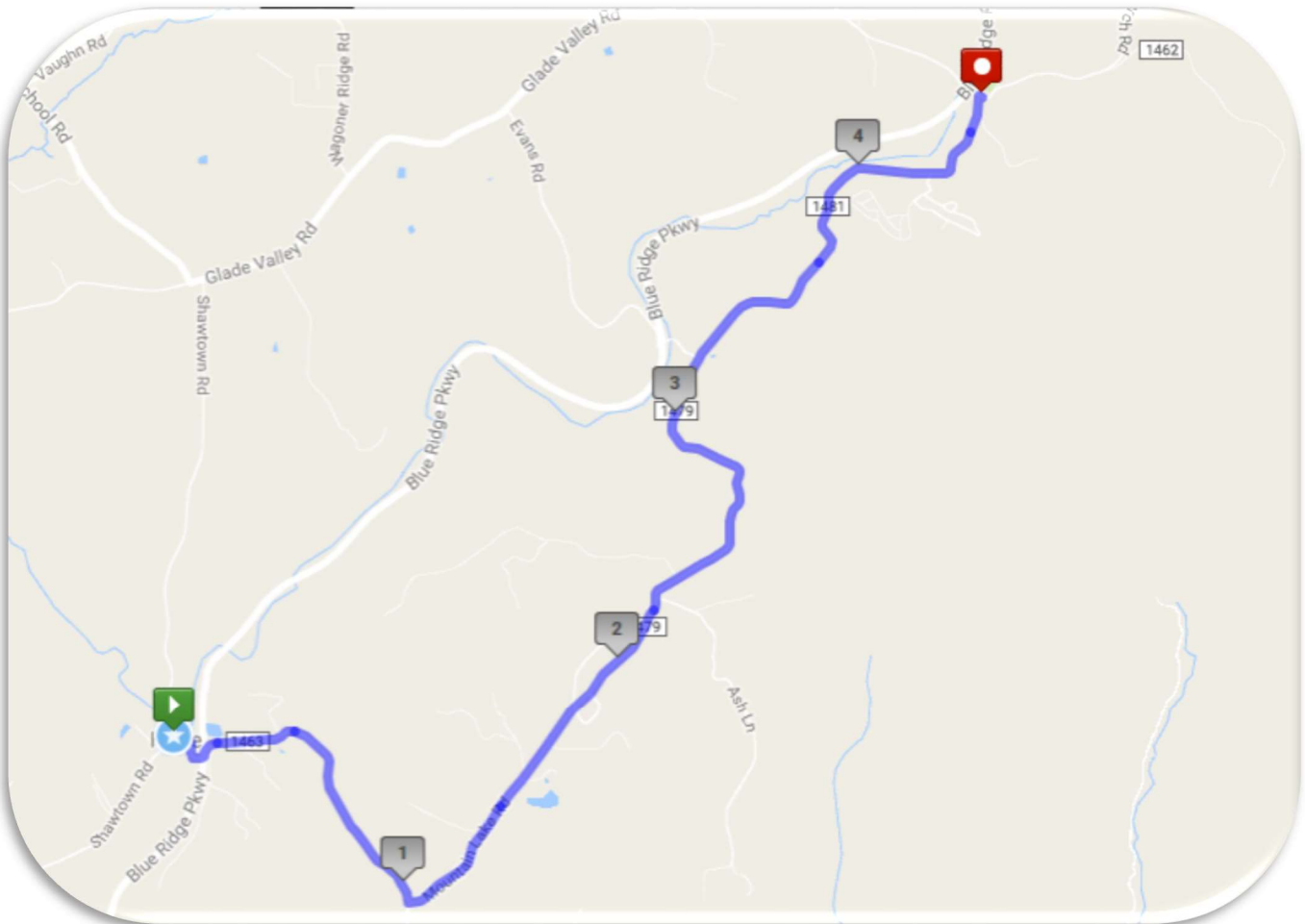
Start	2768'
End	2823'
Gain	+745'
Loss	-679'

Leg Notes: Reflective vests are required day or night on this leg, as a portion is on the Parkway. Rural paved roads. Glade Valley Road is heavily traveled with large trucks. Be alert when crossing to Barrett and back onto Glade Valley from Wagoner Ridge.

Leg Legend:

- 3.0 Leave Saddle Mountain Union Baptist Church on Saddle Mountain Church Road
 - 1.8 Right on Blue Ridge Parkway
 - 1.9 Left on Hardin Camp Road
 - 2.5 Continue on Glade Valley Road
 - 2.9 Right on Barrett Road
 - 5.1 Left on Wagoner Ridge Road
 - 6.9 Right on Glade Valley Road
- Exchange at Glade Creek Volunteer Fire Department

Leg Description: The length and steep climbs on Saddle Mountain and Wagoner Ridge make this very hard.



GOMR LEGS 5/23 – 4.1 miles – MODERATE

Elevation (feet):

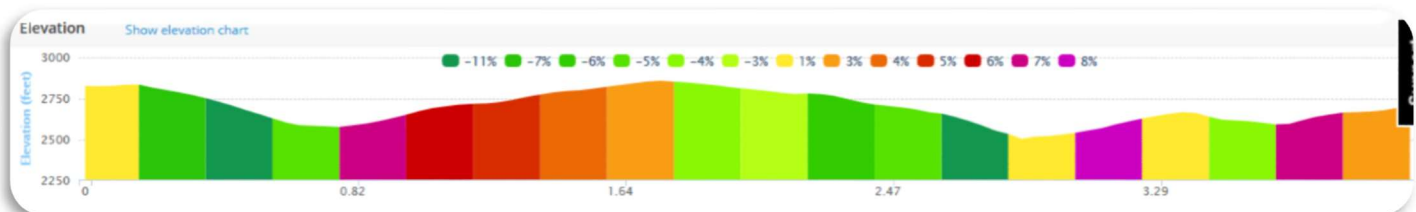
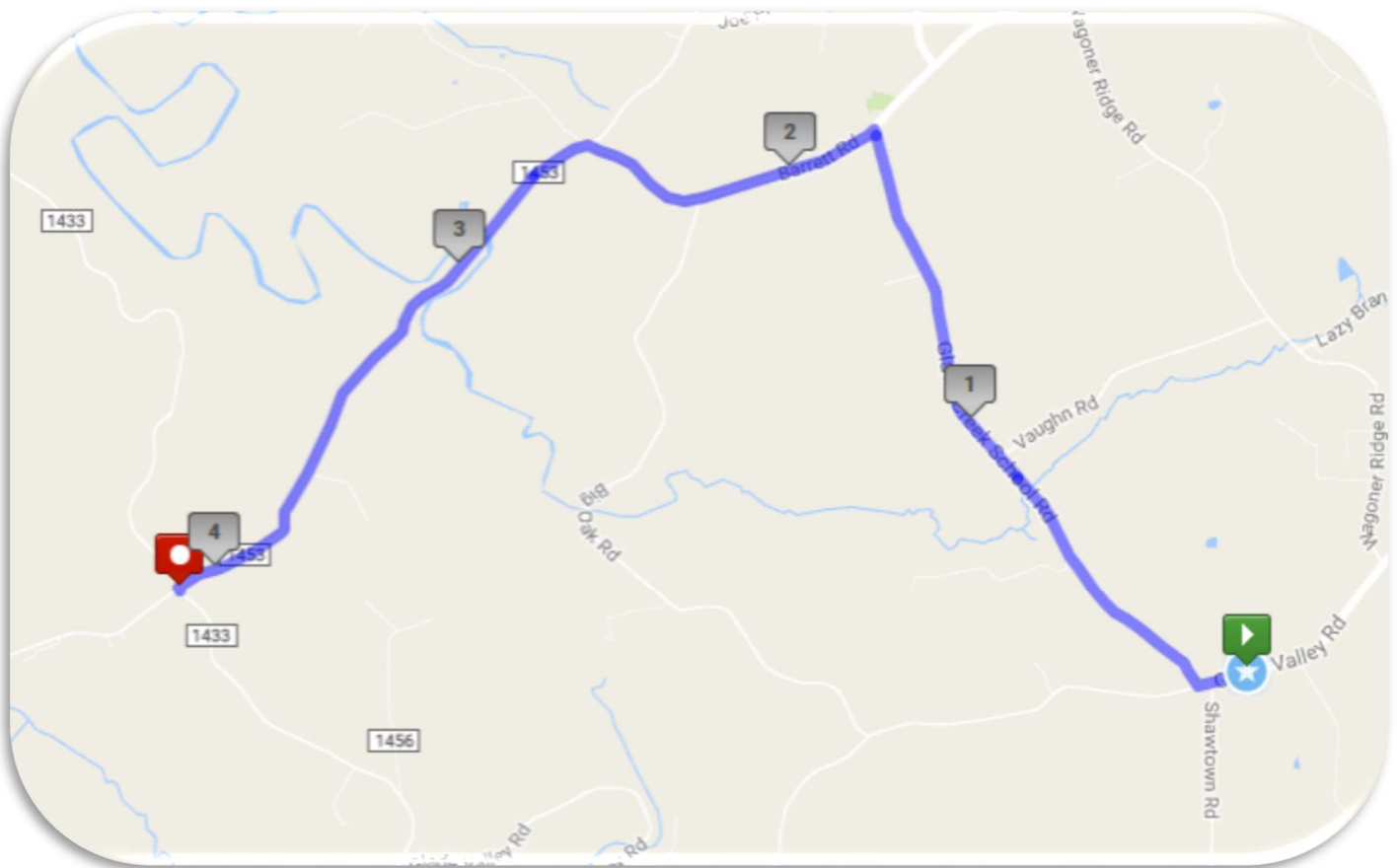
Start	2823'
End	2693'
Gain	+498'
Loss	-631'

Leg Description: Long downhill then climb in first mile. Great view on Barrett Road. Look for the Oreo looking cows on Fox Ridge Road.

Leg Legend:

4.0 Leave Glade Creek VFD on Glade Valley Road
0.1 Right on Glade Creek School Road
1.8 Left on Barrett Road
2.6 Left on Fox Ridge Road
4.1 Left on Ridge Glen Road
Exchange at Glade Creek Union Baptist Church

Leg Notes: Rural paved roads. Usually very little traffic. Run on Left. Exchange is at the intersection of Ridge Glen and Fox Ridge.



GOMR LEGS 6/24 – 5.5 miles – HARD

Elevation (feet):

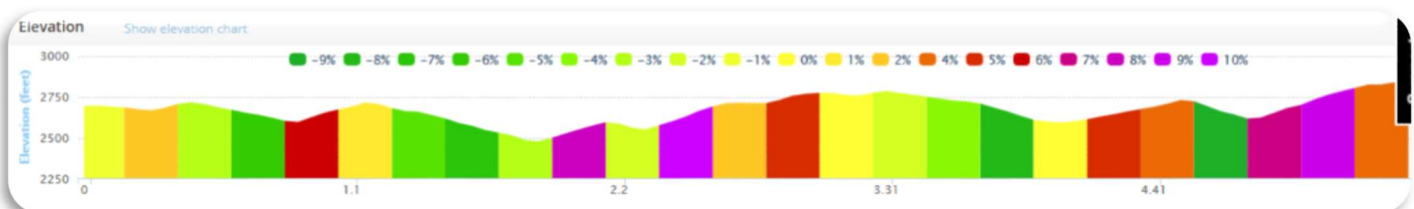
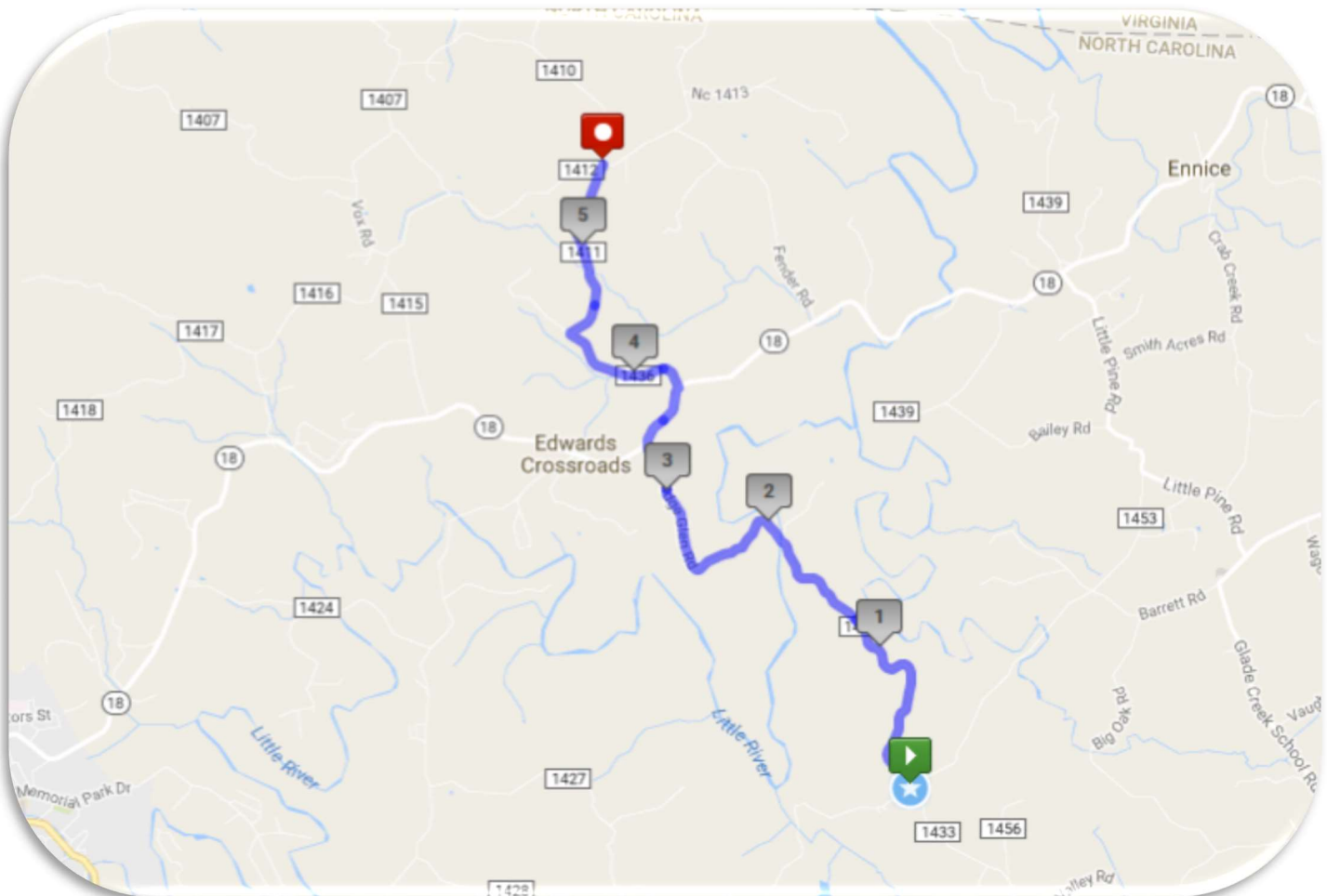
Start	2693'
End	2842'
Gain	+774'
Loss	-627'

Leg Description: Great views at the tops of the climbs. Two good climbs coming up after the Little River.

Leg Legend:

- 0.0 Leave Glade Creek Union Baptist Church by crossing Fox Ridge and continue on Ridge Glen Road
- 3.3 Right on NC-18
- 3.7 Left on Old Quarry Road
- 4.4 Right to stay on Old Quarry Road
- 5.5 Straight on Vox Road
Exchange at Pleasant Grove Union Baptist Church

Leg Notes: Rural paved roads. Usually little traffic. NC-18 is heavily traveled and has little to no shoulder. Run on Left. Be very careful for that half mile. Last half mile of Old Quarry is gravel.



GOMR LEGS 7/25 – 7.4 miles – VERY, VERY HARD

Elevation (feet):

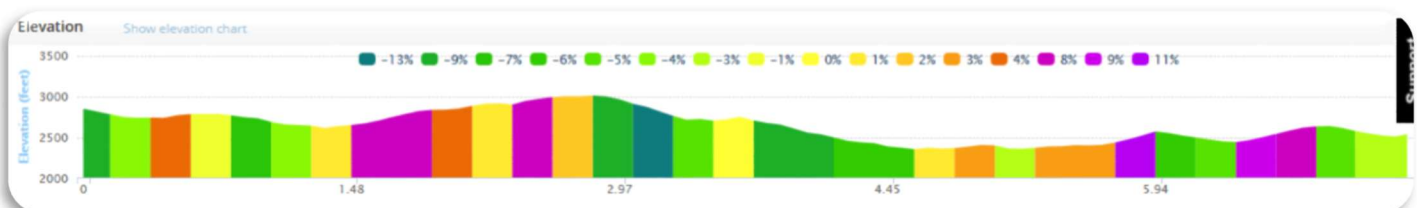
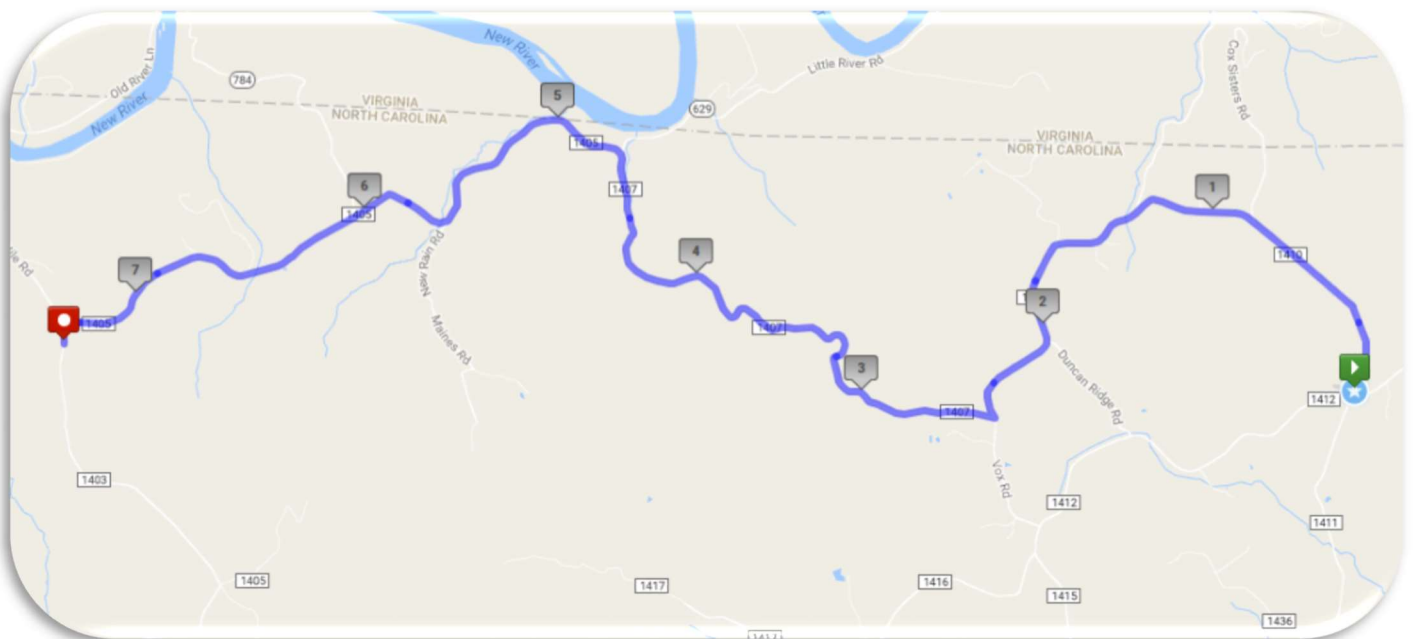
Start	2842'
End	2521'
Gain	+839'
Loss	-1136'

Leg Description: One of the hardest legs. Long climb to the peak on Nile Road. Beautiful view. Steep downhill. Two more strong climbs after mile 5.

Leg Legend:

0.0 Leave Pleasant Grove Union Baptist Church on Vox Road
2.5 Right on Nile Road
5.6 Slight Right on Nile Road
7.3 Left on New Haven Road
Exchange at Reeves Ridge Christmas Tree Farm

Leg Notes: Rural paved roads. Usually little traffic. Run on Left. Exchange will be up the driveway of Reeves Ridge Christmas Tree farm.



GOMR LEGS 8/26 – 4.3 miles – VERY, VERY HARD

Elevation (feet):

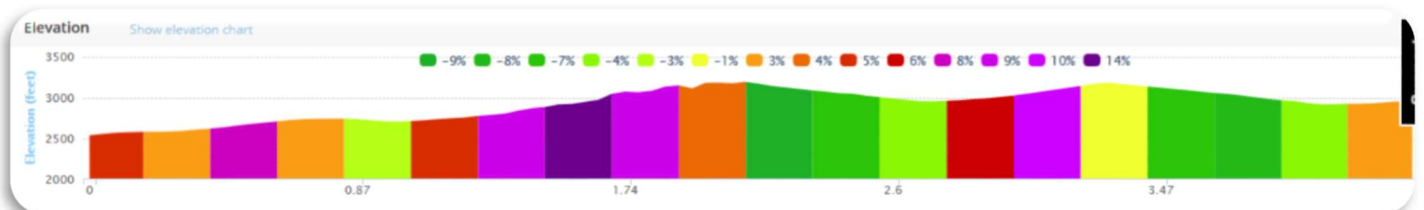
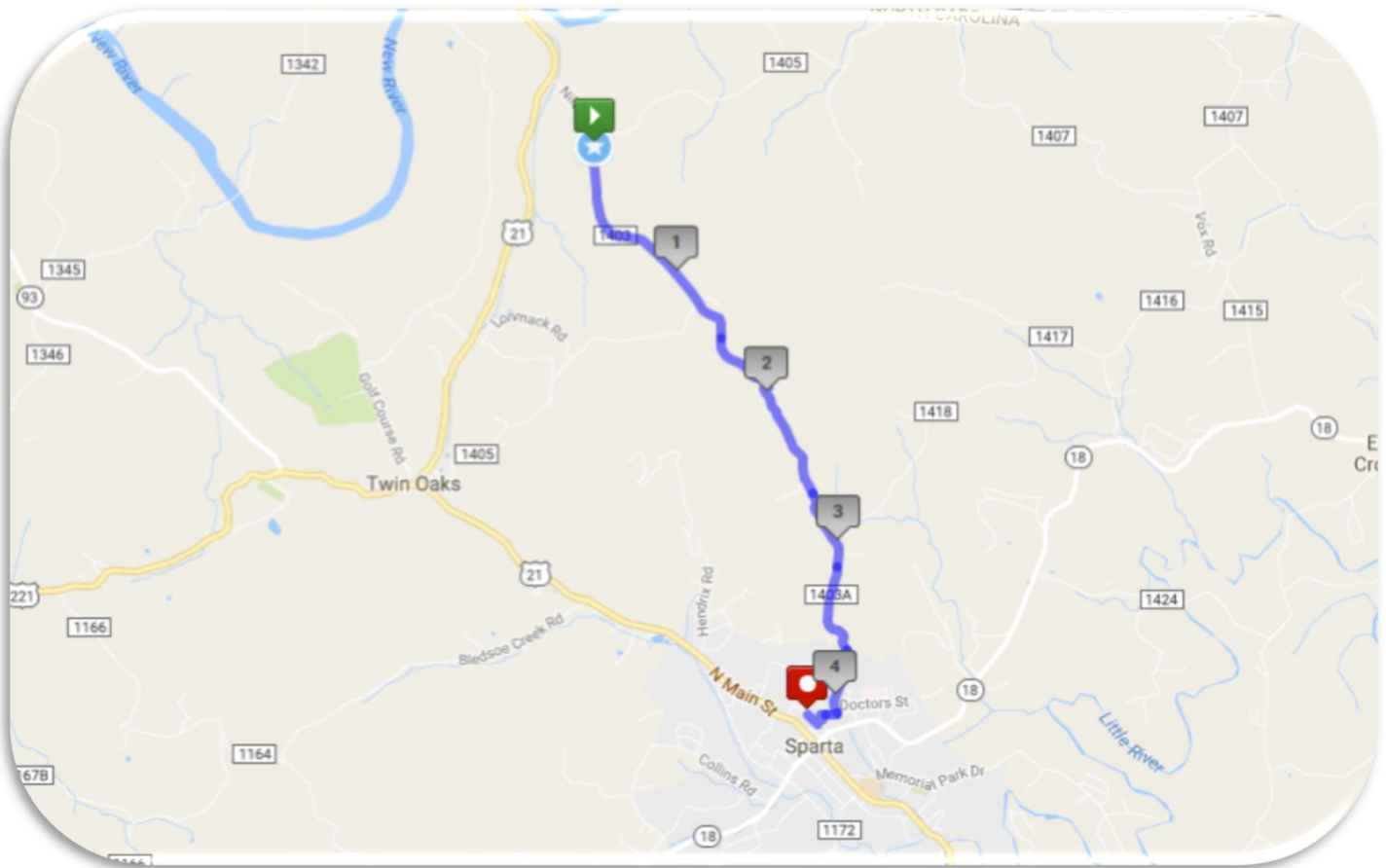
Start	2521'
End	2960'
Gain	+871'
Loss	-463'

Leg Description: One of the hardest legs. Not too long, but a couple of steep climbs on Independence road. First half of Independence road is rough gravel.

Leg Legend:

0.0 Leave Reeves Ridge Christmas Tree Farm and
continue on New Haven Road
1.2 Straight on Independence Road
4.1 Right on Cherry Street
4.2 Left on Grayson Street
4.2 Right on E Doughton Street
4.3 Right on Cox Street
Exchange at Sparta Volunteer Fire Department

Leg Notes: A few quick turns as the relay comes into Sparta. Expect more traffic to be present. Run on Left.



GOMR LEGS 9/27 – 8.7 miles – VERY HARD

Elevation (feet):

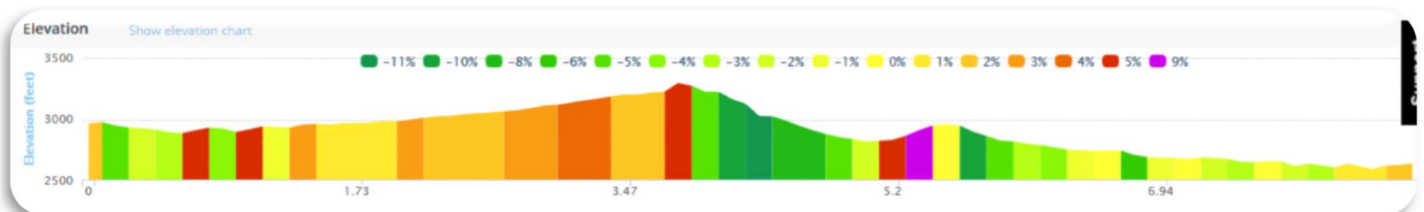
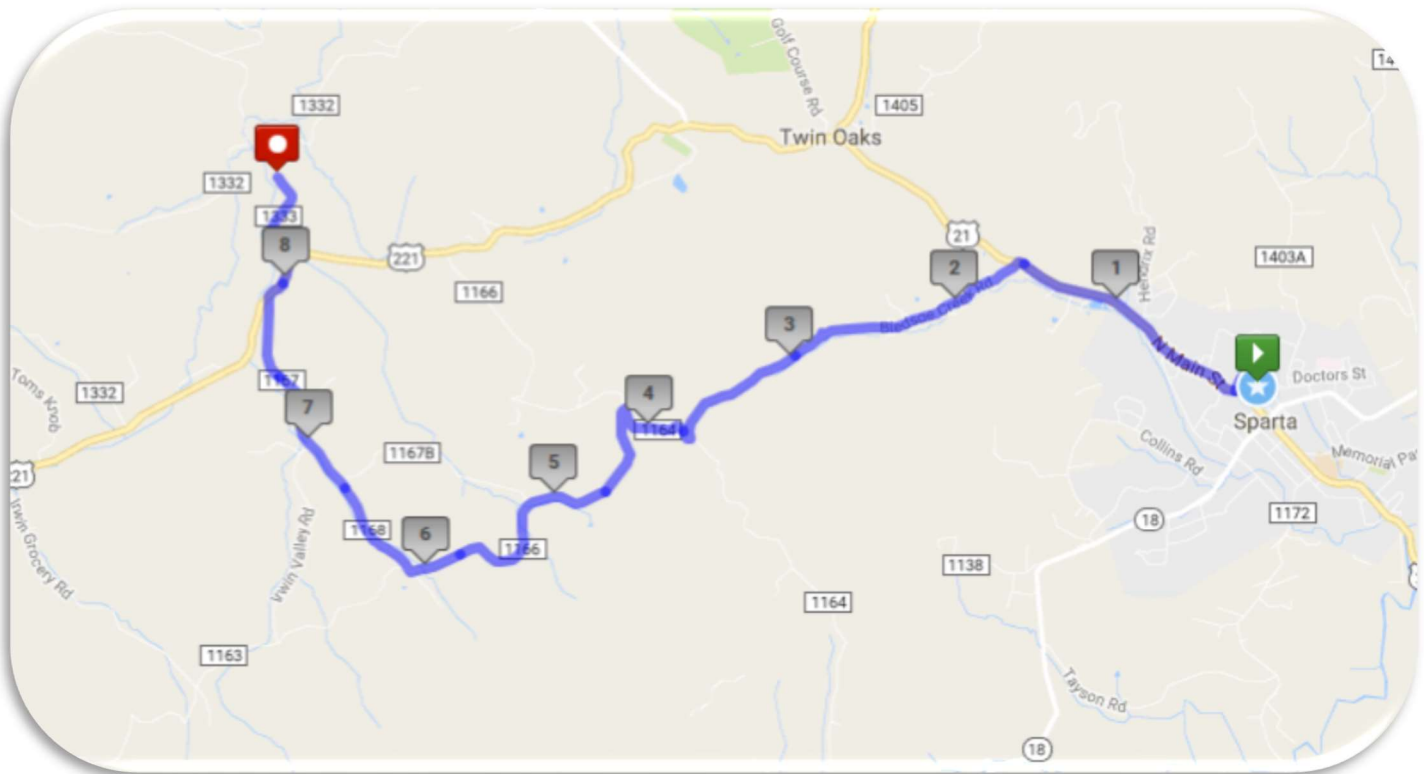
Start	2960'
End	2635'
Gain	+616'
Loss	-946'

Leg Description: The longest leg of GOMR. Steady climb after leaving Sparta. Great views along the valley of Bledsoe Creek and the top of Spicer Mountain.

Leg Legend:

- 0.0 Leave Sparta VFD on Cox Street
- 0.1 Left on Cox Street
- 0.2 Right on North Main Street
- 1.6 Left on Bledsoe Creek Road
- 3.7 Right on Spicer Mountain Road
- 4.2 Left on Antioch Church Road/Spicer Mountain Road
- 6.1 Right on Antioch Road
- 7.9 Right on US-221
- 8.1 Left on Walnut Branch Church Road
- Exchange at Musgrove's River Bottom

Leg Notes: Longest run on US-21. Cross and run on left at intersection. Traffic will be heavier in town.



GOMR LEGS 10/28 – 7.1 miles – VERY HARD

Elevation (feet):

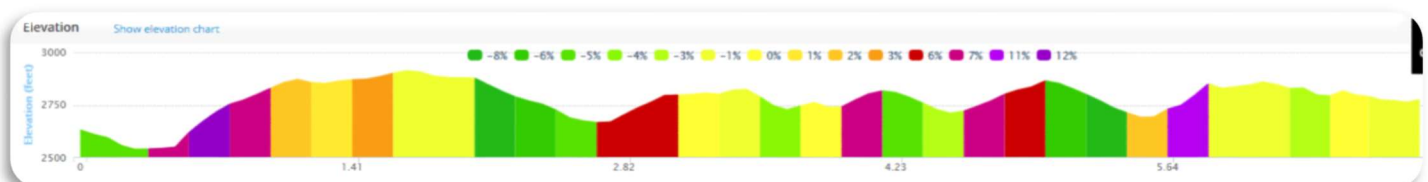
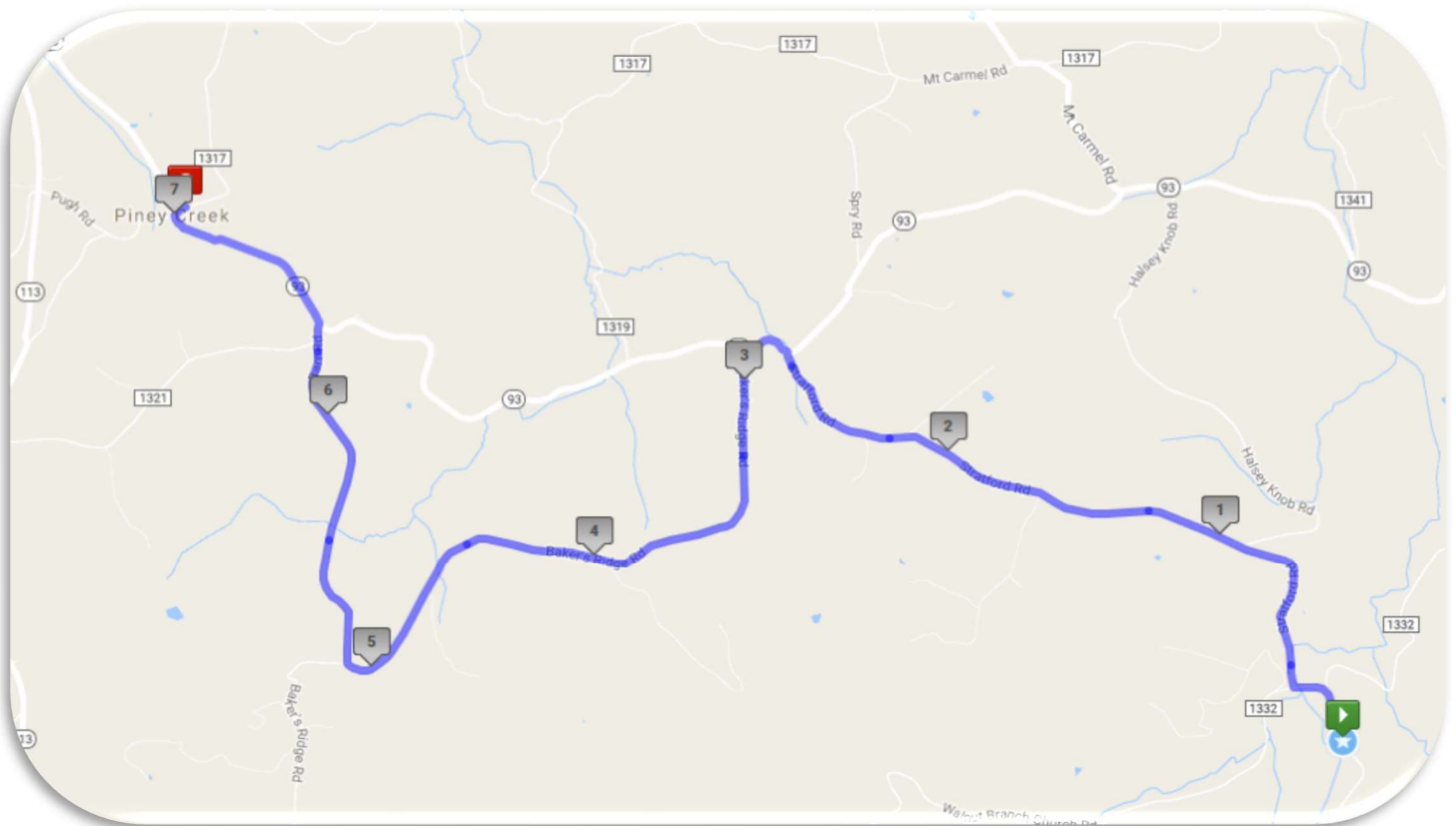
Start	2635'
End	2769'
Gain	+892'
Loss	-748'

Leg Description: The distance and climbs make this a very hard leg. Stunning view on Stratford Road on both sides of the road.

Leg Legend:

- 0.0 Leave Musgrove's River Bottom on Walnut Branch Church Road
 - 0.3 Right on Stratford Road
 - 2.7 Left on NC-93 W
 - 2.9 Left on Baker's Ridge Road
 - 5.1 Right on Barr Road
 - 6.4 Straight through intersection at Garvey Road
 - 6.4 Left on NC-93 W
 - 7.0 Right on Piney Post Office Road
- Exchange at Piney Creek Meeting House

Leg Notes: Rural paved roads. Have seen an aggressive dog at the end of Stratford Road. Carry pepper spray if you want. The 0.2 on NC-93 is a tight curve. BE ALERT. Run on left.



GOMR LEGS 11/29 – 3.5 miles – EASY

Elevation (feet):

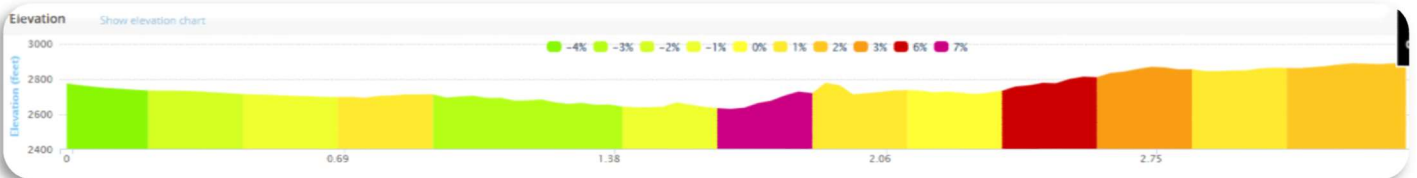
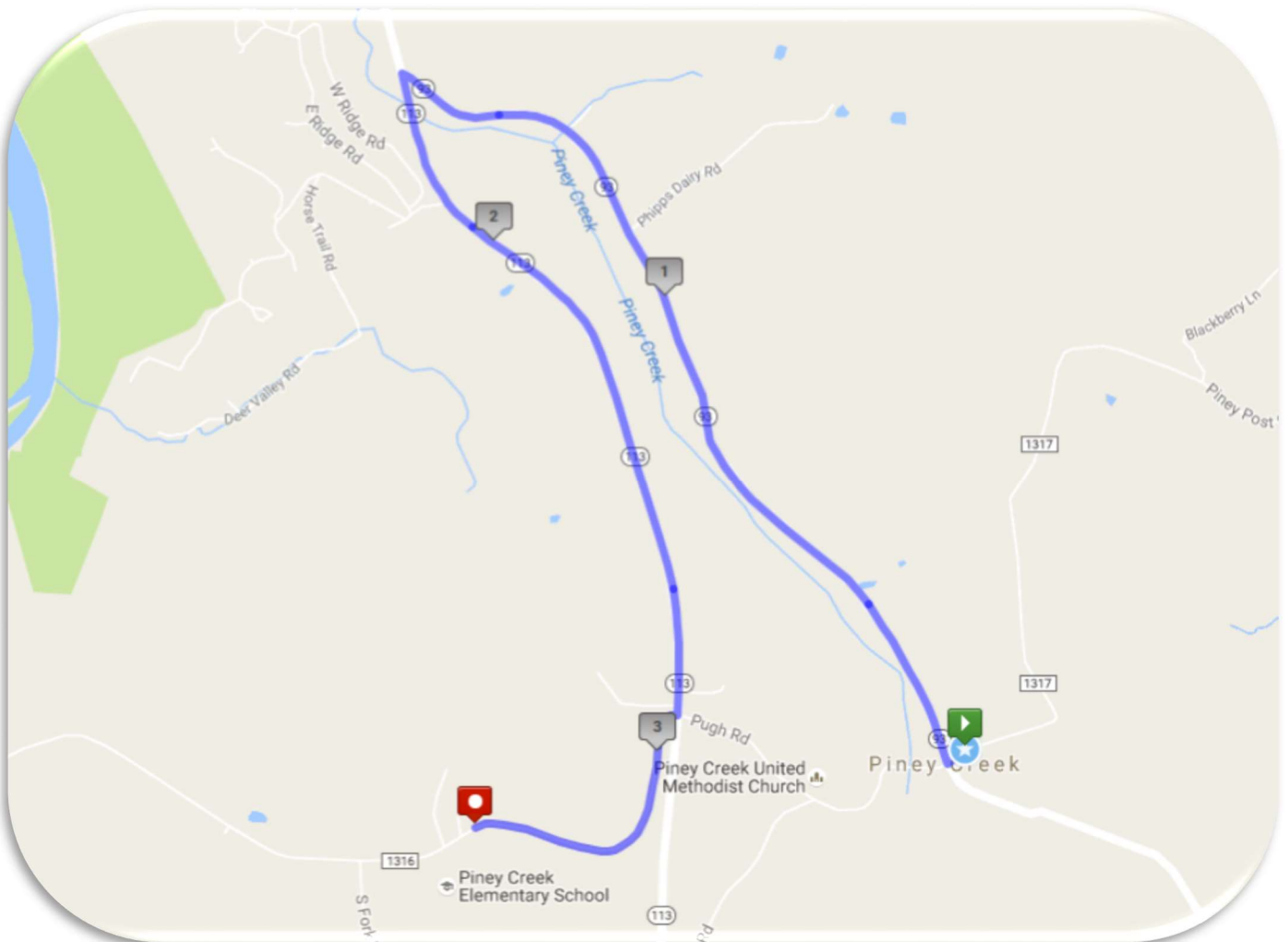
Start	2769'
End	2889'
Gain	+298'
Loss	-176'

Leg Description: A little more than a 5k, but a nice short run. Great view while running in the valley on 93, then a great view of the valley you just ran on 113.

Leg Legend:

- 1.0 Leave Piney Creek Meeting House on Piney Post Office Road
- 0.1 Right on NC-93 W
- 1.7 Left on NC-113 S
- 2.9 Right on Piney Creek School Road
Exchange at Piney Creek Volunteer Fire Department

Leg Notes: Rural paved roads. Be alert crossing to the left on NC-93 and crossing NC-113 to Piney Creek School Road. Run on left.



GOMR LEGS 12/30 – 5.8 miles – HARD

Elevation (feet):

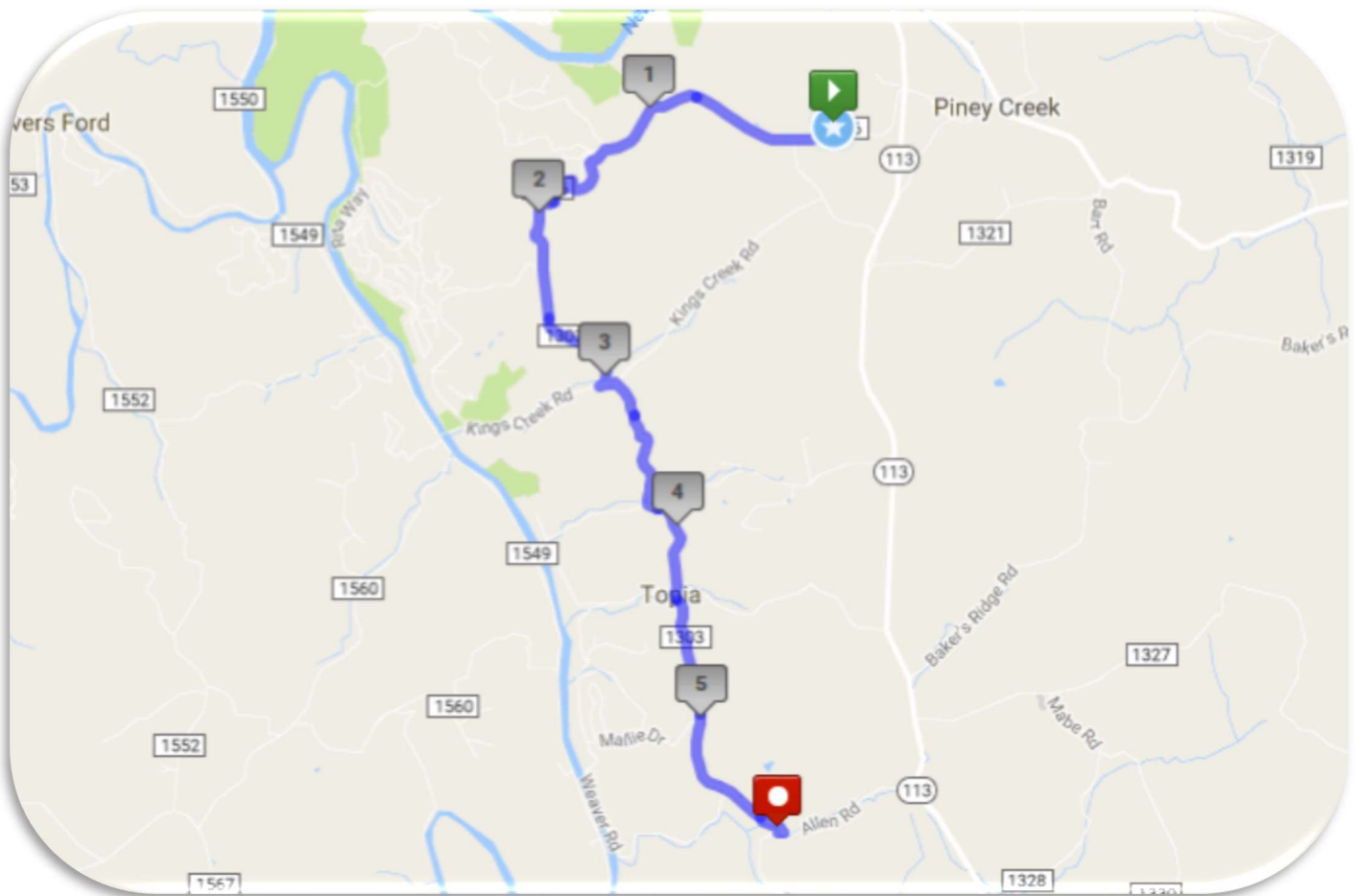
Start	2889'
End	2597'
Gain	+576'
Loss	-875'

Leg Description: Great view of the New River Valley at the peak on Piney Creek School Road. The long downhill and two climbs make this a hard run.

Leg Legend:

2.0 Leave Piney Creek Volunteer Fire Department on Piney Creek School Road
3.0 Left on Kings Creek Road
3.1 Right on Topia Road
5.8 Right on Allen Road
Exchange at Phillip's Farm

Leg Notes: Rural paved roads. Usually little traffic. 3.8 miles in Topia bears left at Loggins Road. Look for sign to stay on course.



GOMR LEGS 13/31 – 4.8 miles – HARD

Elevation (feet):

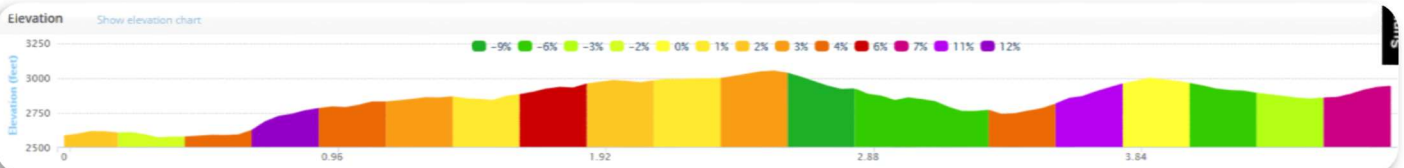
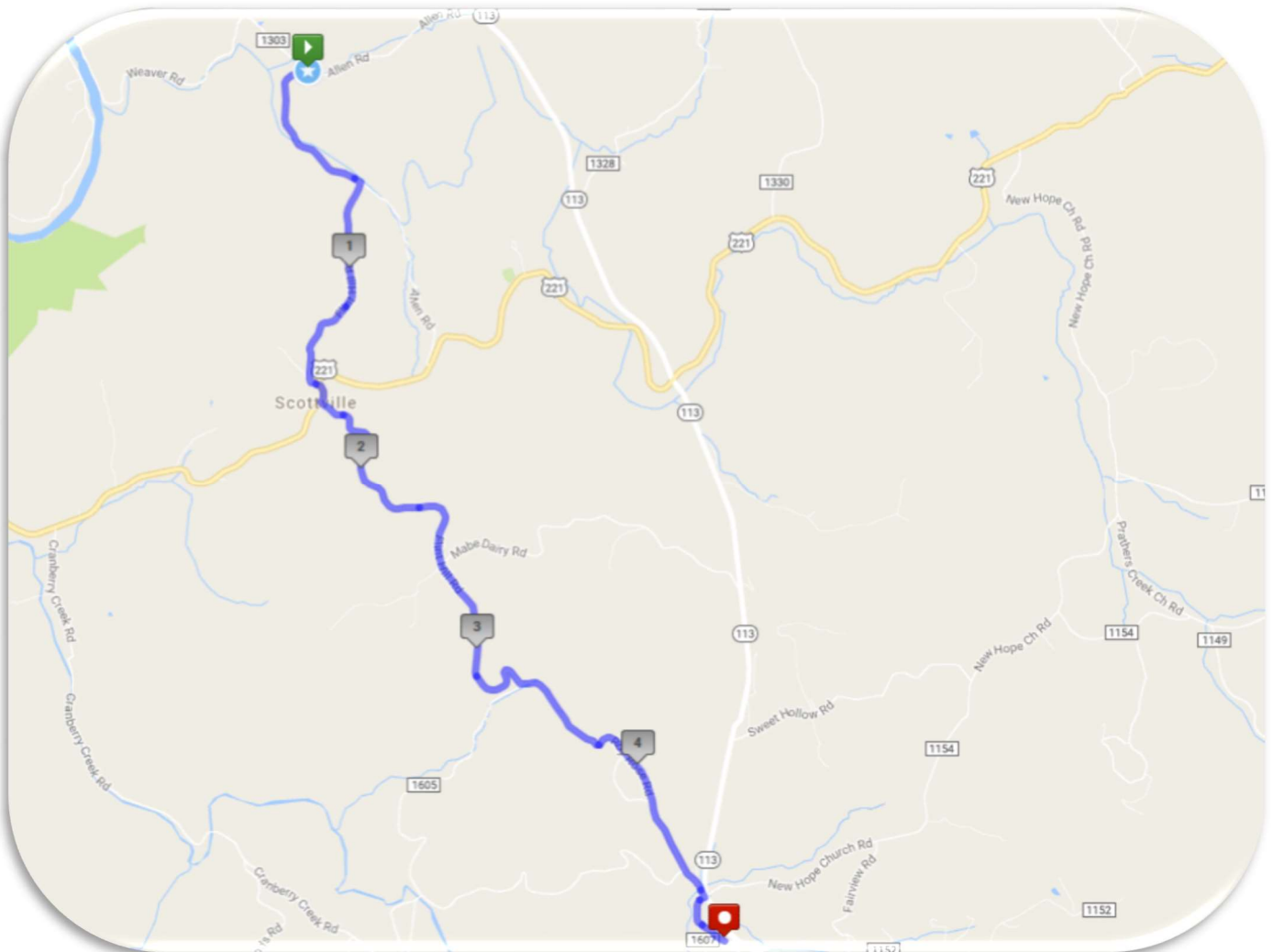
Start	2597'
End	2940'
Gain	+849'
Loss	-496'

Leg Description: Quite a bit up and down on this 4.8 makes it hard. Great view into Ashe County on County Line Road.

Leg Legend:

- 3.0 Leave Phillip's Farm on Allen Road
 - 0.6 Right on Flint Hill Road
 - 1.5 Right on US-221 S
 - 1.5 Immediate Left on County Line Road
 - 4.6 Right on George Shepherd road
 - 4.7 Slight Left on Belview Baptist Church Road
- Exchange at Belview Baptist Church

Leg Notes: Rural paved roads. Usually little traffic. BE ALERT crossing US-221. It is a blind curve intersection. Belview Baptist Church Road is gravel.



GOMR LEGS 14/32 – 6.7 miles – HARD

Elevation (feet):

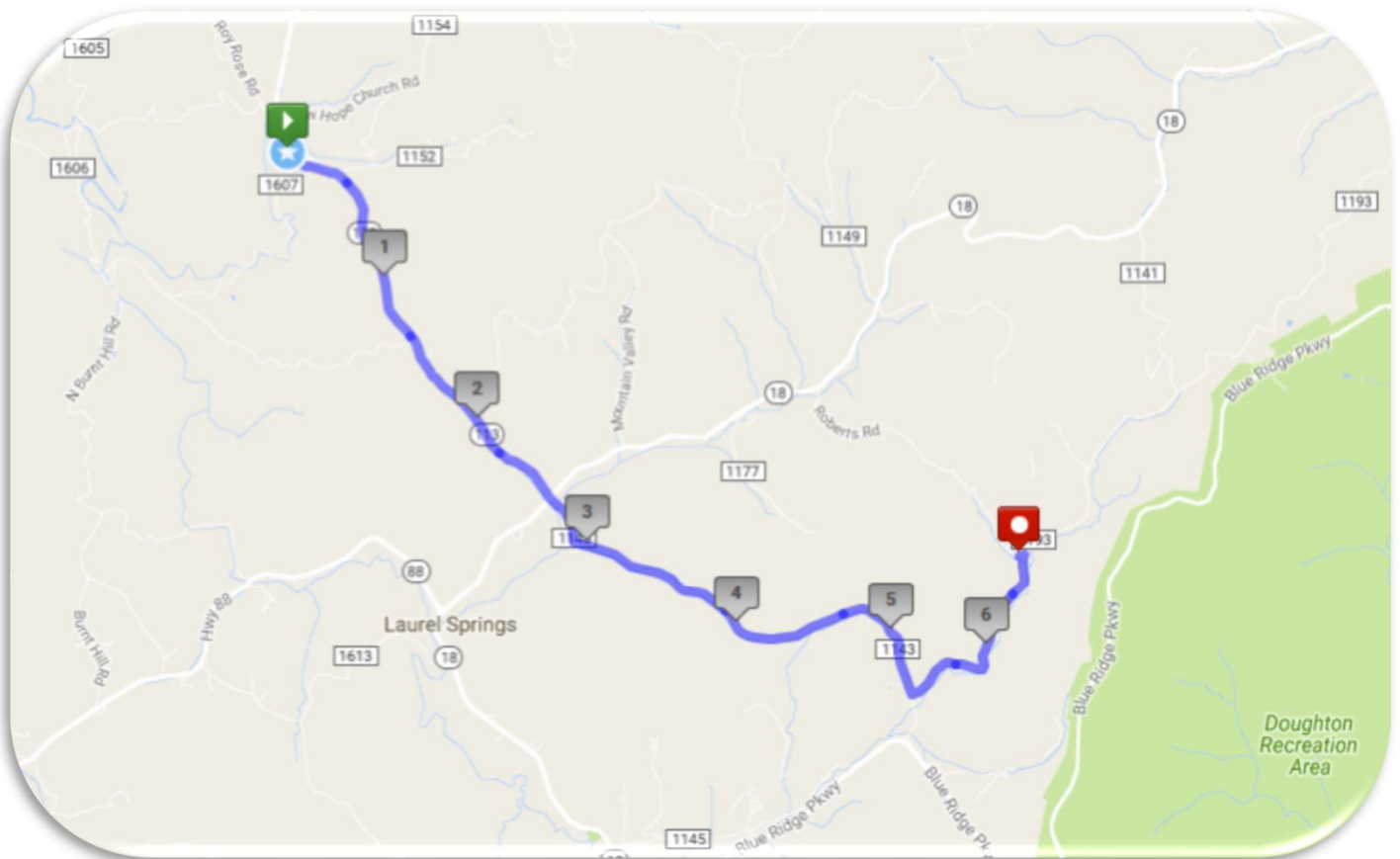
Start	2940'
End	3010'
Gain	+615'
Loss	-553'

Leg Description: The distance and climbs make this a hard leg. Great views along NC-113 and Elk Knob.

Leg Legend:

- 4.0 Leave Belview Baptist Church on Belview Baptist Church Road
- 0.3 Right on NC-113 S
- 2.6 Straight on Elk Knob Road
- 5.4 Left on Meadowfork Road
- 6.6 Left on Roberts Road
- Exchange at Pleasant Grove Union Baptist Church

Leg Notes: Rural paved roads. NC-113 is well traveled with okay shoulder. Be alert crossing NC-18 to Elk Knob Road. Roberts Road is a sharp left off Meadowfork so pay attention.



GOMR LEGS 15/33 – 6.7 miles – HARD

Elevation (feet):

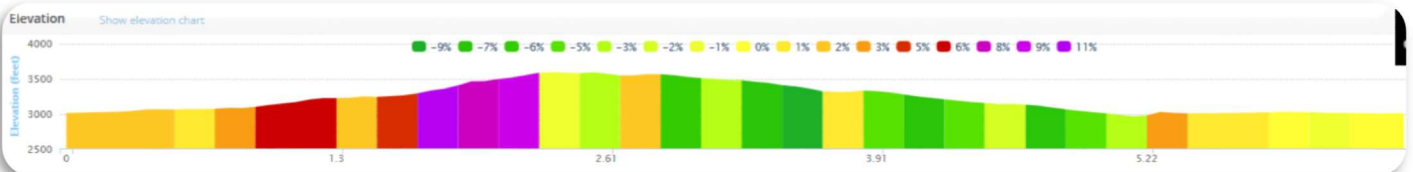
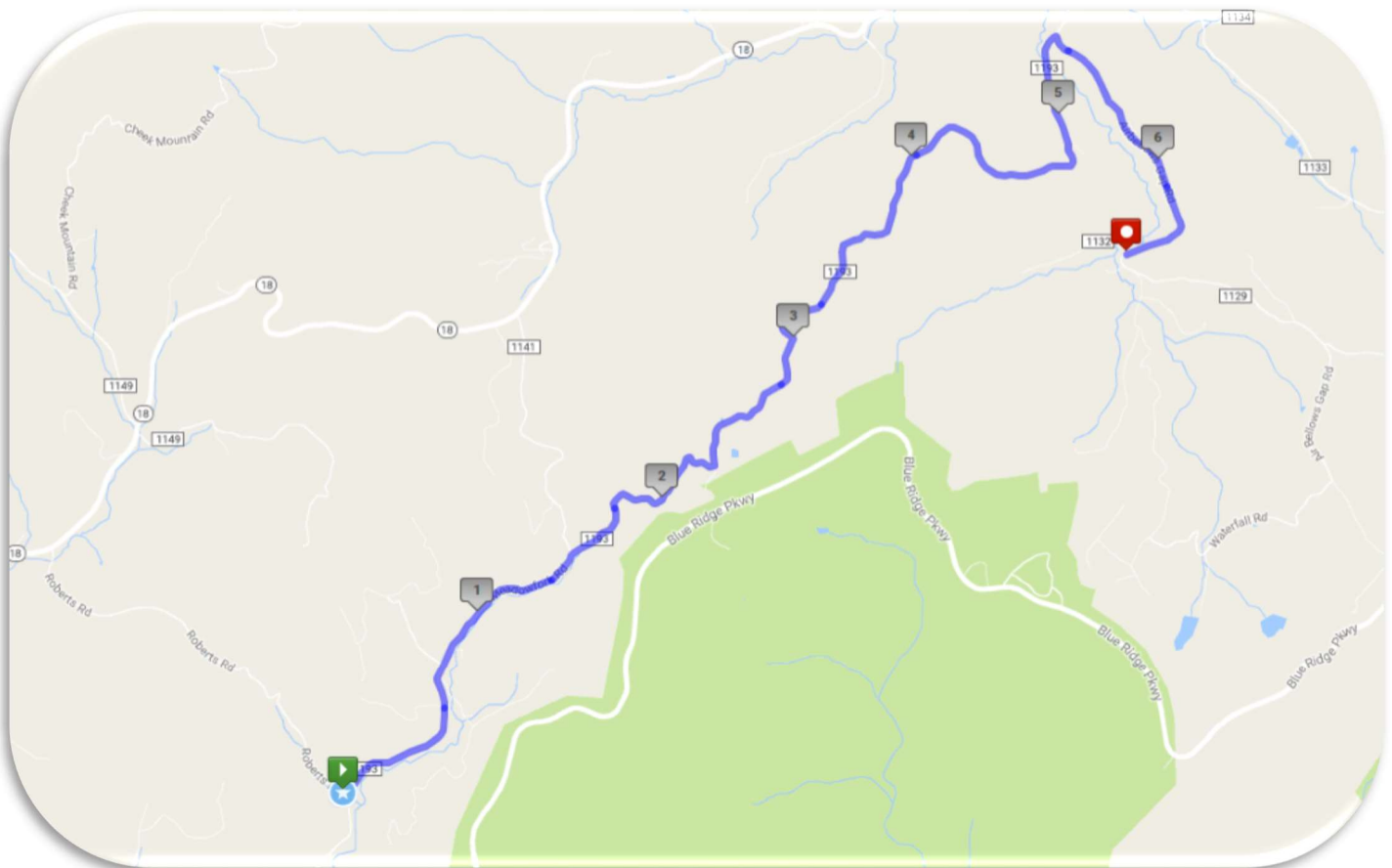
Start	3010'
End	3002'
Gain	+695'
Loss	-704'

Leg Description: The climb up Meadowfork and Cleary make this a hard leg, especially on gravel. Beautiful little waterfall on the side of Meadowfork Road.

Leg Legend:

- 5.0 Leave Pleasant Grove Union Baptist Church on Roberts Road
- 0.0 Left on Meadowfork Road
- 1.5 Slight Right on Cleary Road
- 5.3 Right on Airbellows Gap Road
- Exchange at Sheet's Property

Leg Notes: Meadowfork turns to gravel after the first mile. Cleary is also gravel for about 3 miles. Airbellows is nearly dead flat. Turns gravel right at the end. Run on left.



GOMR LEGS 16/34 – 6 miles – VERY HARD

Elevation (feet):

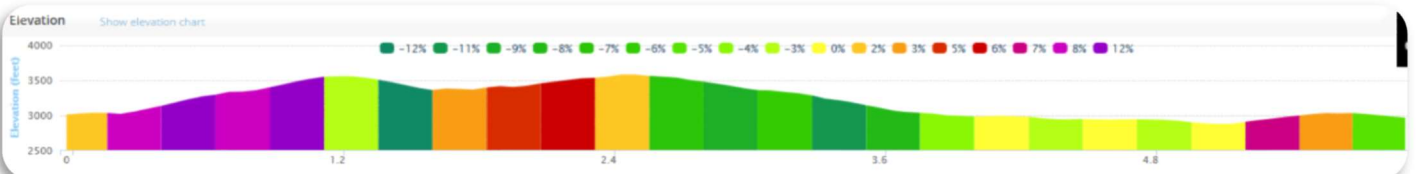
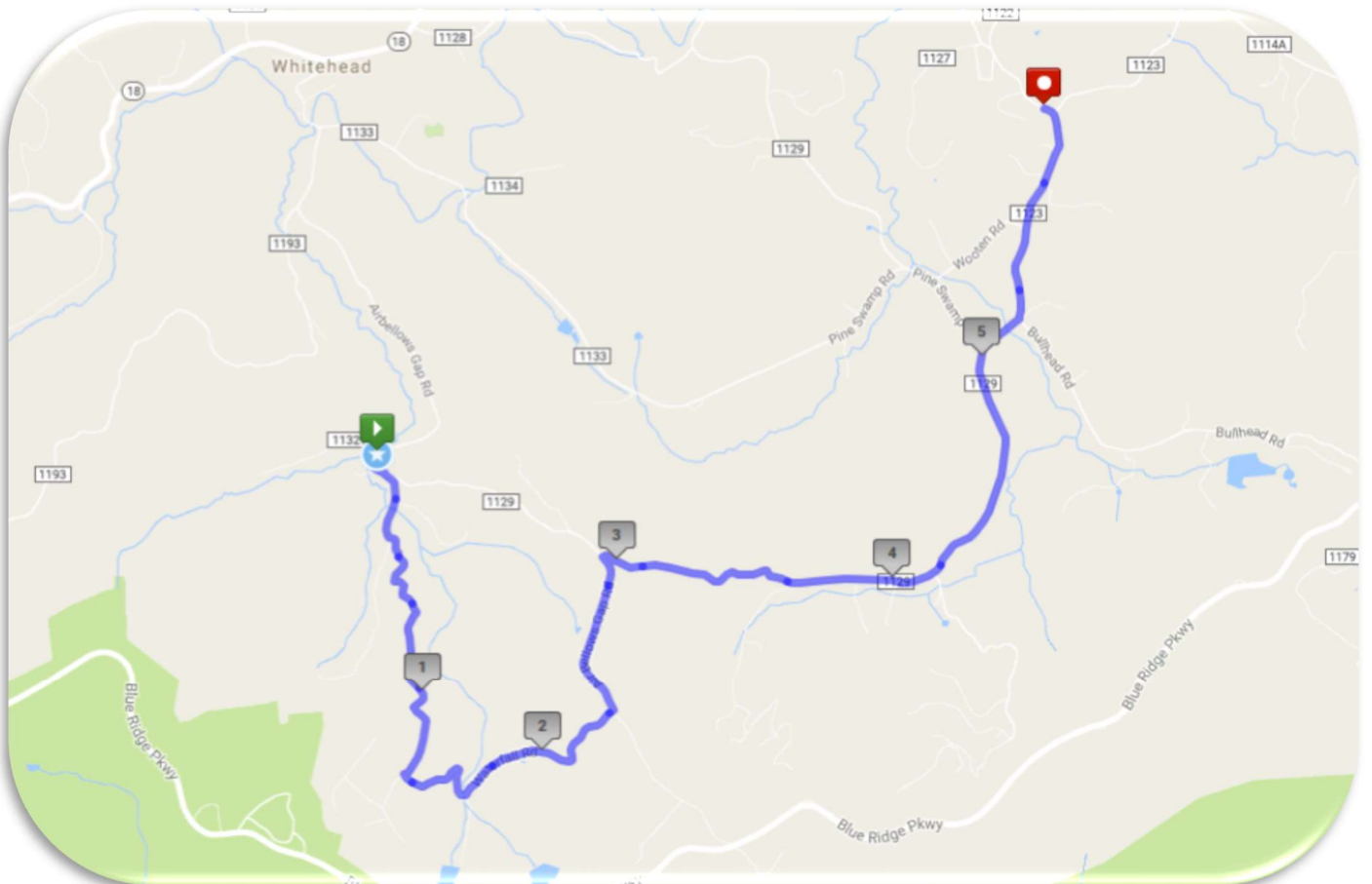
Start	3002'
End	2960'
Gain	+882'
Loss	-932'

Leg Description: 850' of climb in the first 2.4 miles on gravel and almost 900' down in the next 2.4 make this a very hard run. Stunning views at the top of Airbellows and coming down Brown.

Leg Legend:

- 6.0 Leave Sheet's Property on Airbellows Gap Road
 - 0.1 Right on Waterfall Road
 - 2.4 Left on Airbellows Gap Road
 - 3.0 Right on Brown Road
 - 5.1 Right on Pine Swamp Road
- Exchange at Macedonia Free Will Baptist Church

Leg Notes: Combination of paved and gravel roads on this route. Waterfall Road hangs a sharp left at Deer Falls Lane intersection. Don't go into the residential neighborhood. Look for sign. Run on Left.



GOMR LEGS 17/35 – 3.4 miles – MODERATE

Elevation (feet):

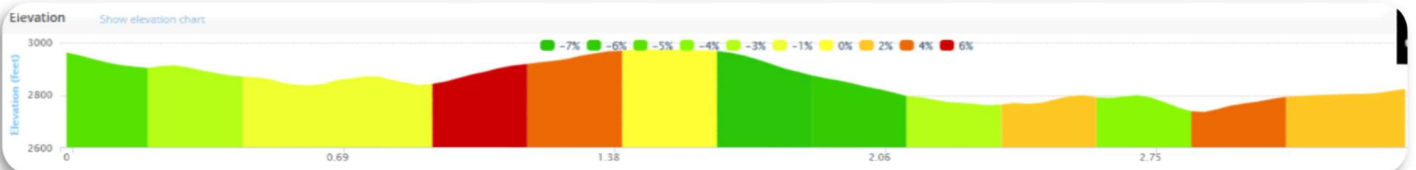
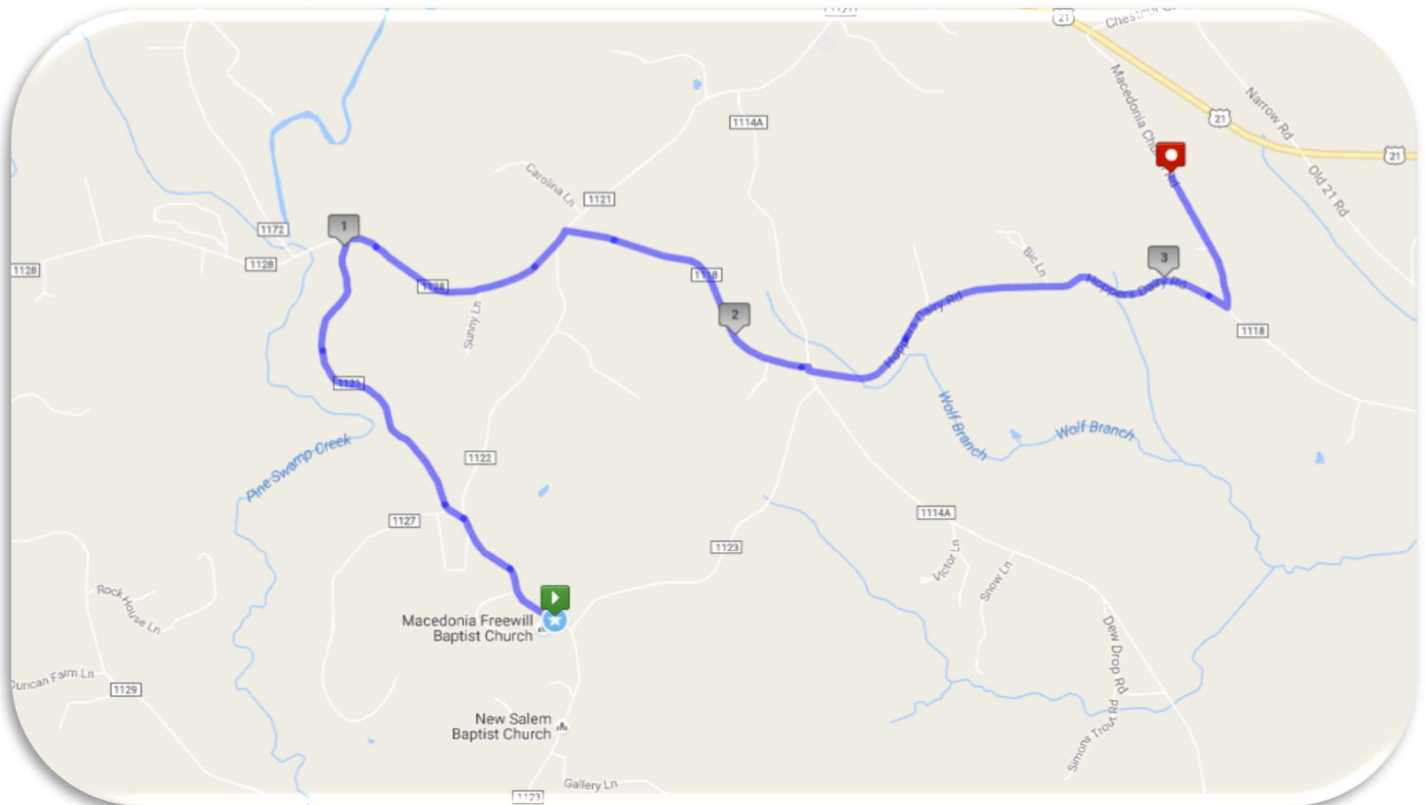
Start	2960'
End	2821'
Gain	+270'
Loss	-396'

Leg Description: This is a fairly easy run, with one pretty good climb starting on Wolfe Road until it peaks on Tedder. Great view of Bullhead Mountain on Hopper's Dairy.

Leg Legend:

- 7.0 Leave Macedonia Free Will Baptist Church on Pine Swamp Road
- 0.3 Slight Left on Cahn Road
- 0.3 Immediate Right on Wolfe Road
- 1.0 Right on Grandview Drive
- 1.4 Slight Left on Pine Swamp Road
- 1.5 Right on Tedder Road
- 2.2 Straight across to Hopper's Dairy Road
- 3.1 Left on Macedonia Church Road
- Exchange at Grace Community Church

Leg Notes: Rural paved road. This leg has some quick slight turns from Pine Swamp to Cahn to Wolfe, Grandview to Pine Swamp, and Tedder across to Hopper's Dairy. Look for signs before and after each turn. Run on Left.



GOMR LEGS 18/36 – 5.7 miles – MODERATE

Elevation (feet):

Start	2821'
End	2757'
Gain	+429'
Loss	-499'

Leg Description: You're either halfway done, or cleaning up the final leg. Great view of Sparta on Chestnut Grove Church Road and a stunning valley view on Laurel Glen. The last climb up to the school on Glade Valley Road is a tough one.

Leg Legend:

- 8.0 Leave Grace Community Church on Macedonia Church Road
- 0.4 Straight across to Chestnut Grove Church Road
- 1.8 Right on Laurel Glen Church Road
- 3.1 Right on Fox Ridge/Little Pine/Quincy Road
- 4.6 Left on Sheriff Road
- 5.1 Left on US-21 S
- 5.3 Left on Glade Valley Road
- 5.5 Slight Left on Glade Valley Church Road
- 5.6 Left on Glade Valley Church Road
- Exchange/End at GOMR Nation

Leg Notes: Rural paved roads. BE ALERT crossing US-21 to Chestnut Grove Church Road. Run on Left. Be careful on the short stint on US-21. Fast moving traffic, but wide shoulder.

