

# GOMR LEGS 2/20 – 6.8 miles – VERY 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:

- 0.0 Leave Upper Lot of Cherry Lane VFD
  - 0.05 Right on US-21 South
  - .93 Left on Mountain View Road
  - 3.98 Left on Foggy Mountain Road
  - 5.39 Right on Blue Ridge Parkway
  - 5.47 Left on Scenic Valley Road
  - 6.05 Right on Shawtown Road
- Exchange at Corner of Shawtown and Mountain View

**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.

