

GOMR LEGS 18/36 – 5.65 miles – HARD

Elevation (feet):

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

Leg Description: Your team is either halfway through or cleaning up the final leg. Great view of Sparta on Chestnut Grove and a stunning valley view on Laurel Glen (GOMR Nation can be seen to the SE distance). The last climb up to the school on Glade Valley Road is a tough one.

Leg Legend:

- 0.0 Leave Grace Community Church heading Northwest on Macedonia Church Road
- 0.35 Straight across to Chestnut Grove Church Road
- 1.82 Right on Laurel Glen Church Road
- 3.06 Right on Fox Ridge/Little Pine/Quincy Road
- 4.62 Left on Sheriff Road
- 5.06 Left on US-21 S
- 5.27 Left on Glade Valley Road
- 5.51 Slight Left on Glade Valley Church Road
- 5.58 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.

