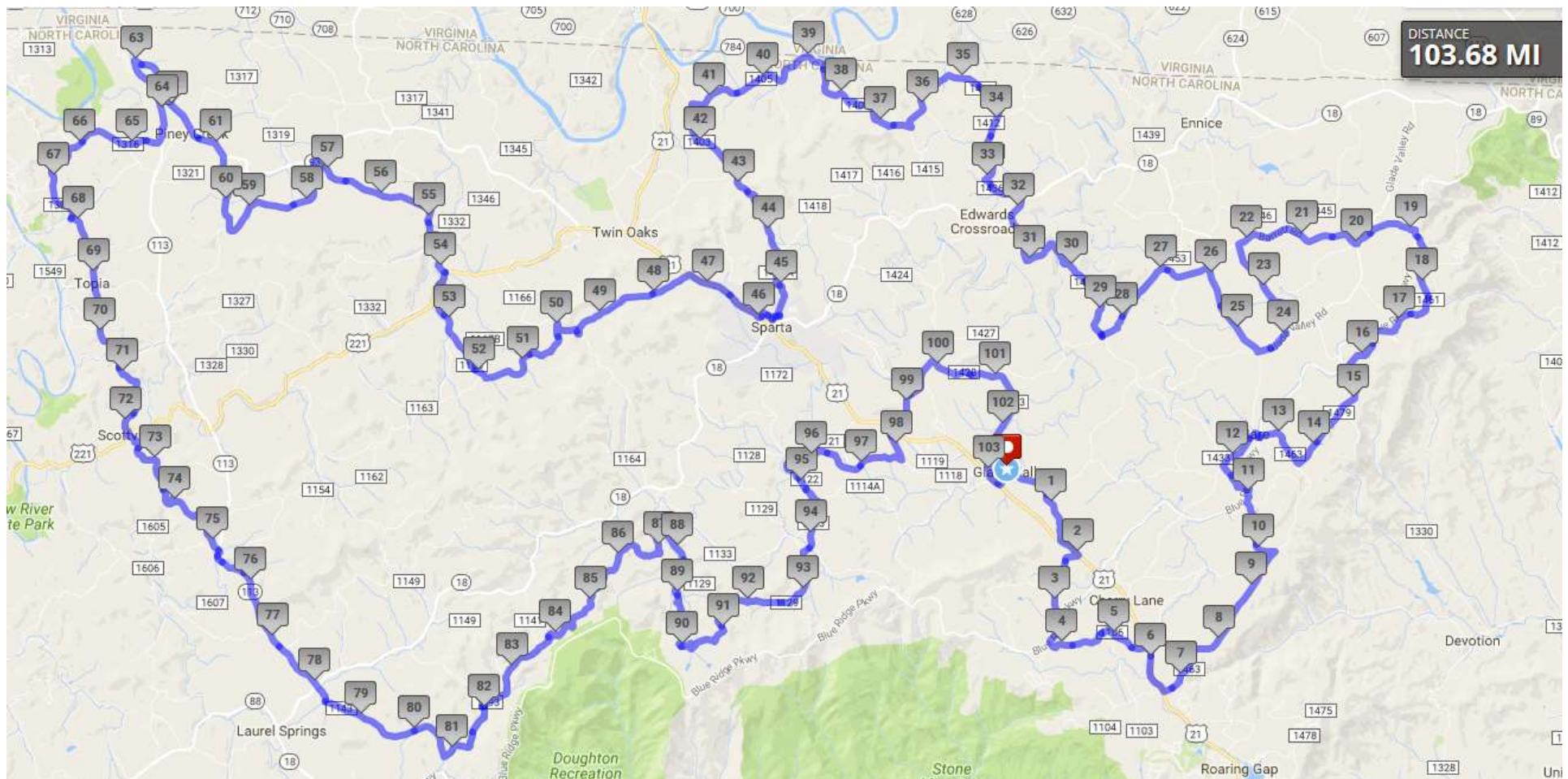


# GOMR COURSE MAP

## Elevation (feet): ONE LOOP

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. The 22,600' of total elevation change noted on the left is for one loop. Full GOMR is 45,200' of elevation change.



# GOMR LEGS 1/19 – 5.68 miles - HARD

## Elevation (feet):

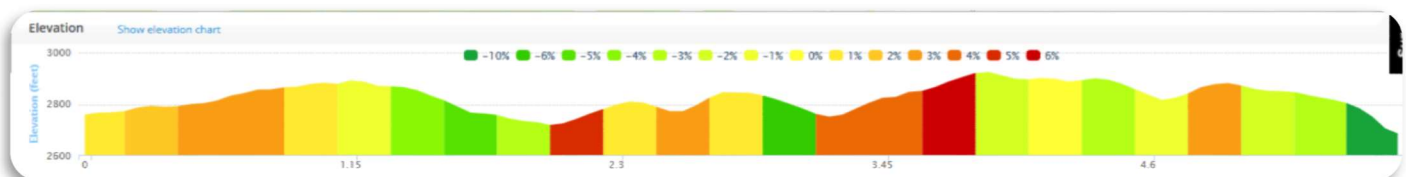
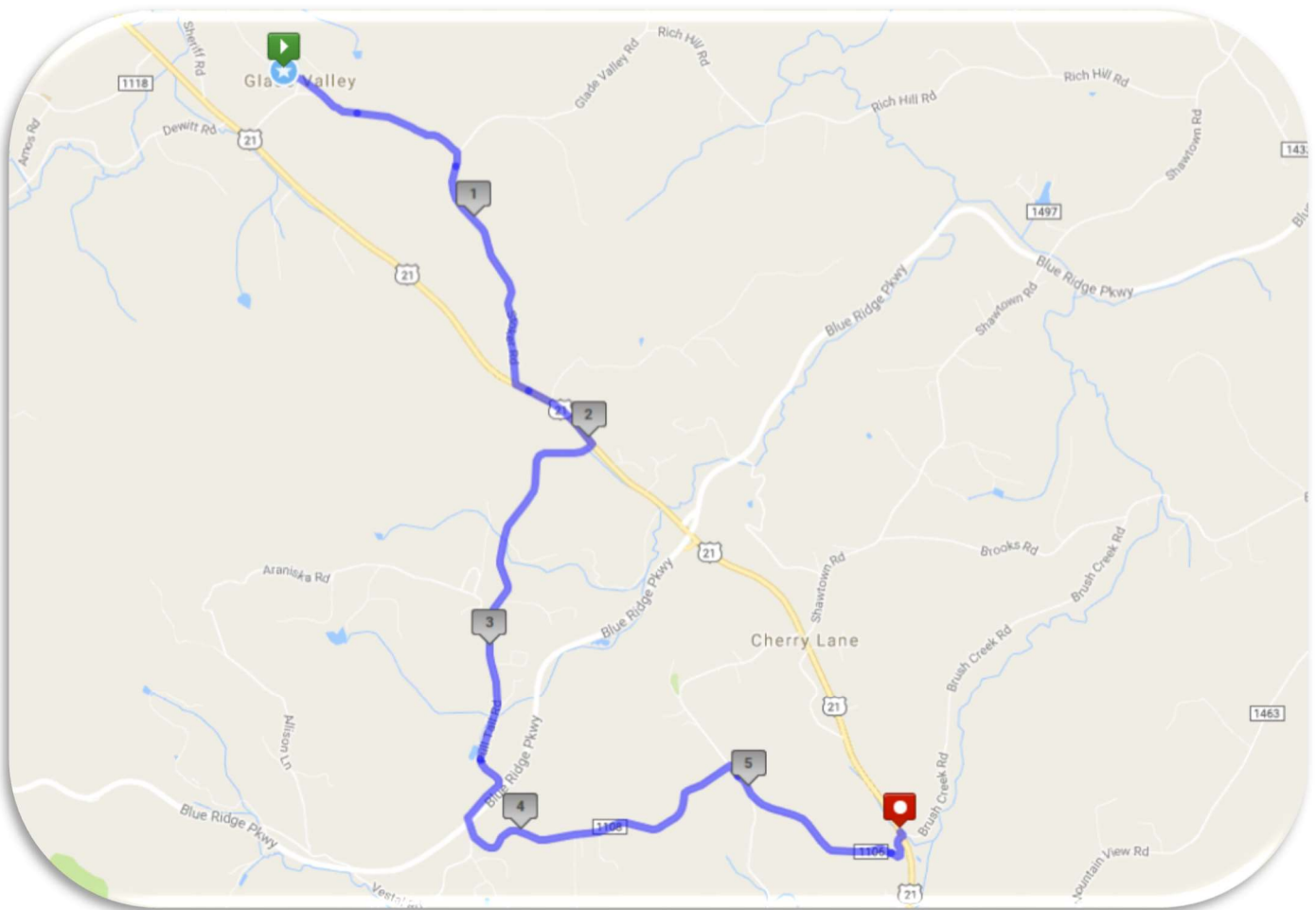
Start	2757'
End	2719'
Gain	+410'
Loss	-547'

**Leg Description:** Reflective vests are required day or night on this leg, as a portion is on the Parkway. 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 Village on Glade Valley Church Road
  - 0.08 Continue Straight onto Glade Valley Church Road
  - 0.18 Continue Straight onto Glade Valley Road
  - 0.74 Right on Stoker Road
  - 1.67 Left on US-21 S
  - 2.04 Right onto Pull Tail Road
  - 3.74 Straight across Blue Ridge Parkway onto Rash Road
  - 4.91 Right onto Cherry Lane Road
  - 5.61 Left into back entrance of Cherry Lane Fire Department
- Right Exchange at Upper Lot of Cherry Lane VFD

**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 – 5.98 miles – VERY HARD

## Elevation (feet):

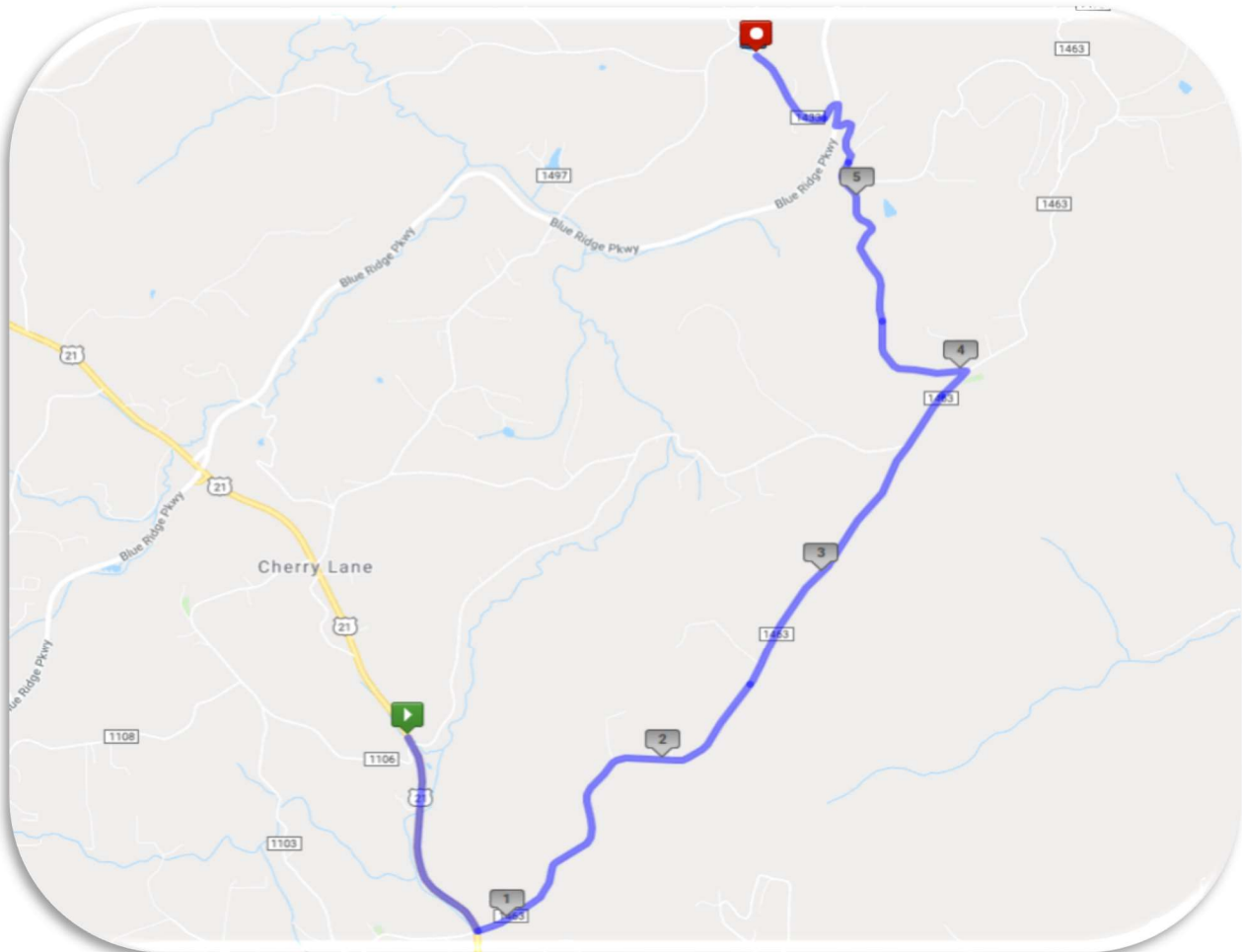
Start	2713'
End	2816'
Gain	+544'
Loss	-423'

**Leg Description:** Reflective vests are required day or night on this leg, as a portion is on the Parkway. Some great views after the first big pull up Mountain View Road. The distance and three pretty good hills make this a very hard leg. Run on left. Exchange on left.

## Leg Legend:

- 0.0 Leave Upper Lot of Cherry Lane VFD
- 0.06 Right on US-21 South
- 0.93 Left on Mountain View Road
- 4.03 Left on Foggy Mountain Road
- 5.44 Right on Blue Ridge Parkway
- 5.52 Left on Scenic Valley Road
- Left Exchange at former Rich Hill School

**Leg Notes:** Be alert crossing over to the left side out of Cherry Lane VFD. US-21 is heavily traveled with wide shoulders.



# GOMR LEGS 3/21 – 5.4 miles - HARD

## Elevation (feet):

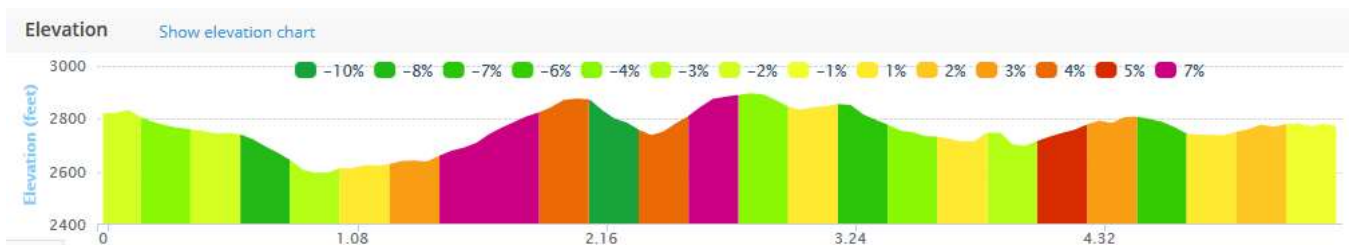
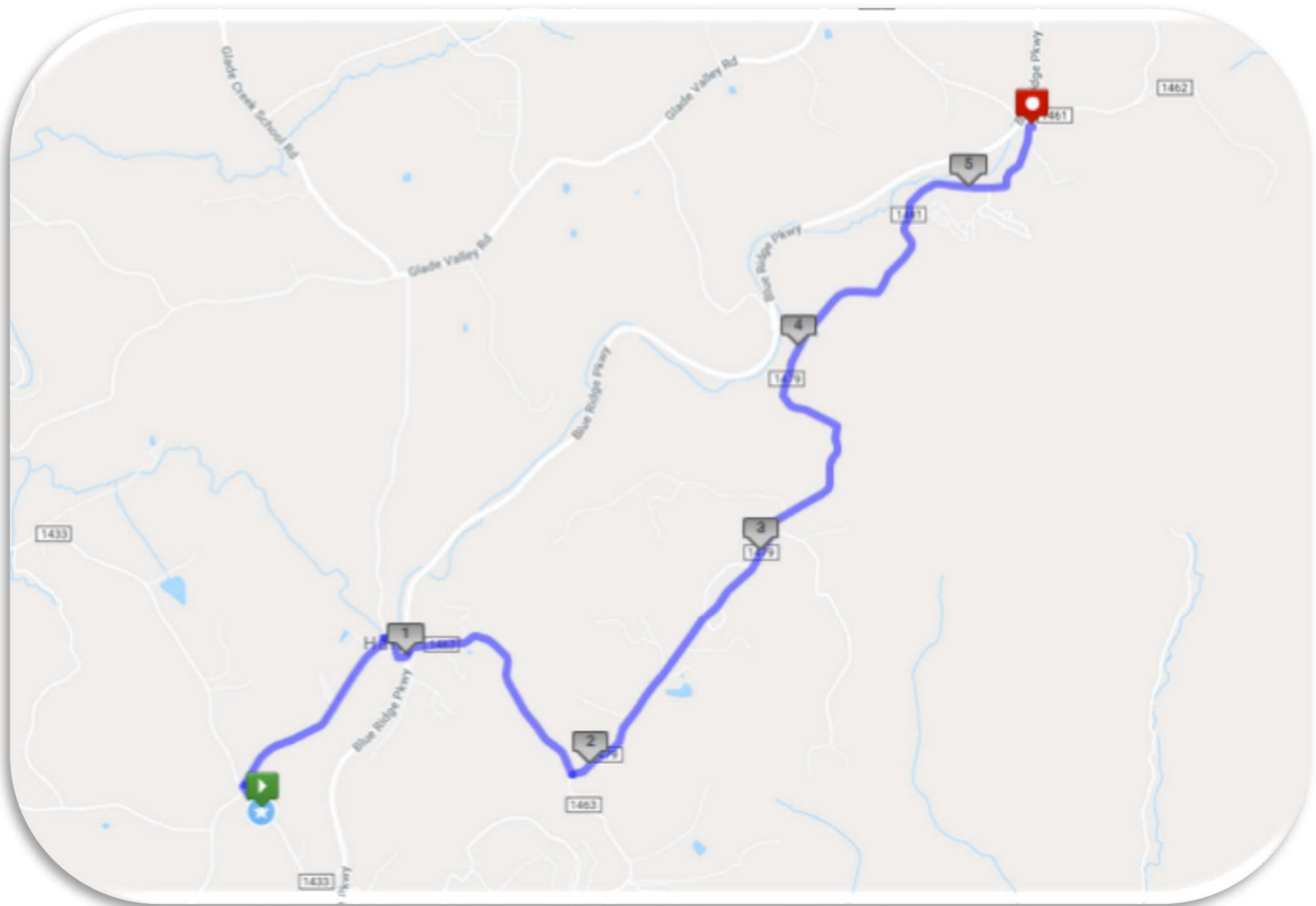
Start	2814'
End	2768'
Gain	+559'
Loss	-601'

**Leg Description:** Reflective vests are required day or night on this leg, as a portion is on the Parkway. 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:

- 0.0 Head North on Scenic Valley Road
- 0.12 Right on Shawtown Road
- 0.88 Right on Mountain View Road
- 1.01 Straight on Mountain View Road – across Parkway
- 1.92 Left on Mountain Lake Road
- 5.38 Right on Saddle Mountain Church Road
- Right Exchange at Saddle Mountain Union Baptist Church

**Leg Notes:** Rural paved roads, with about 1 mile of gravel on Mountain Lake.



# GOMR LEGS 4/22 – 7.3 miles – VERY, VERY HARD

## Elevation (feet):

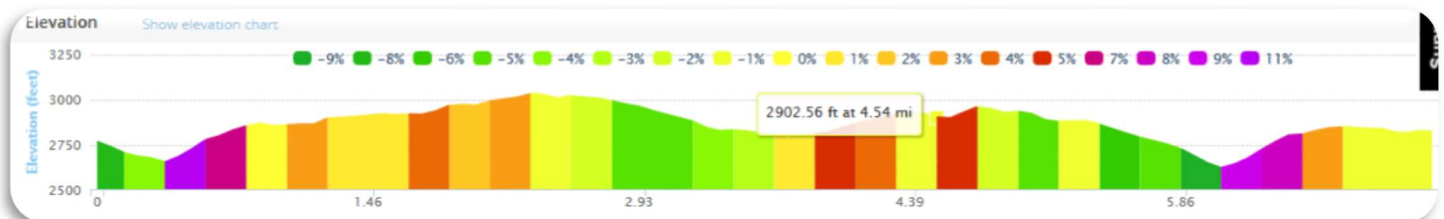
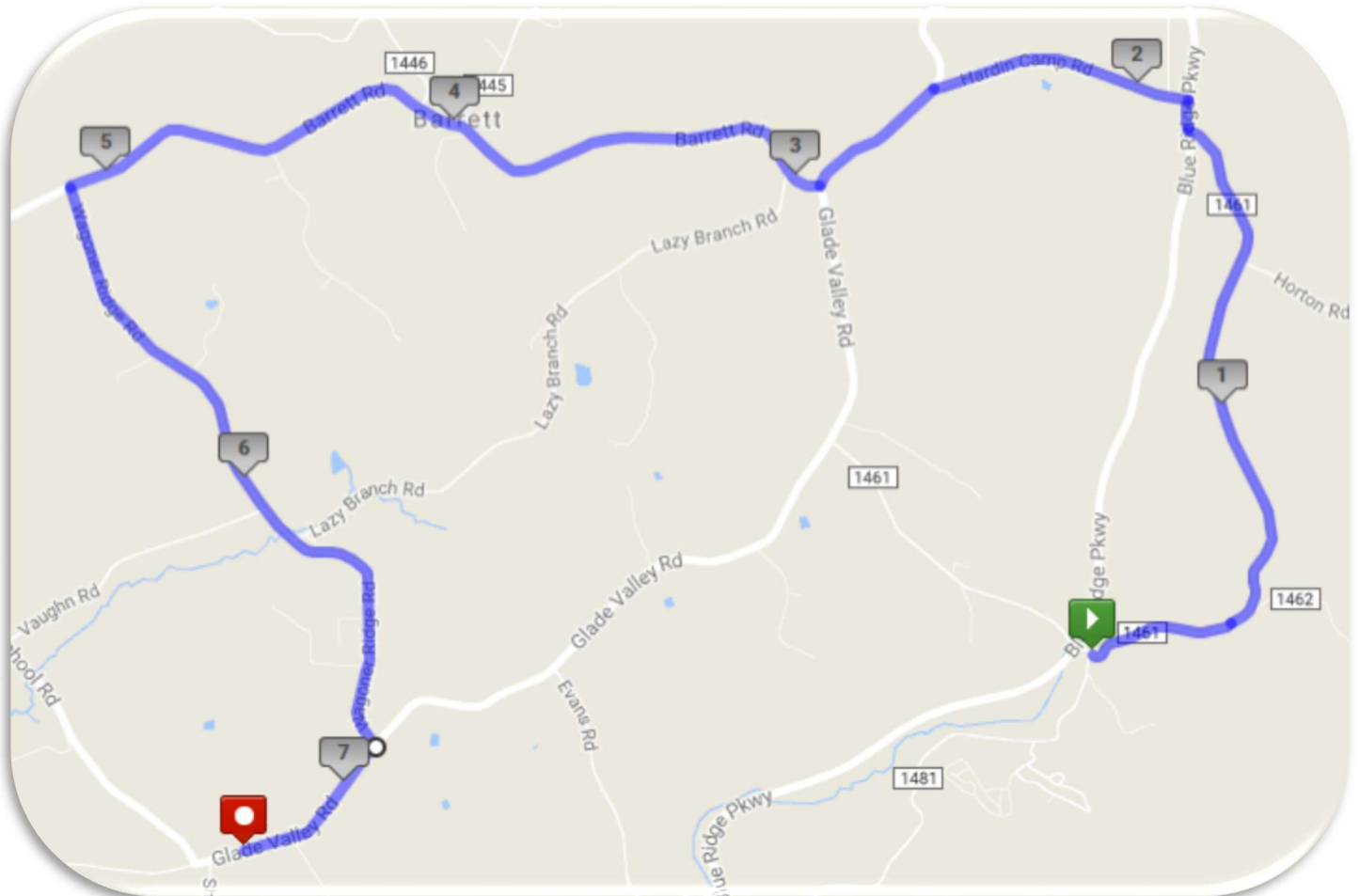
Start	2768'
End	2823'
Gain	+745'
Loss	-679'

**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:

- 0.0 Leave Saddle Mountain Union Baptist Church on Saddle Mountain Church Road
- 1.78 Right on Blue Ridge Parkway
- 1.86 Left on Hardin Camp Road
- 2.54 Left on Glade Valley Road
- 2.92 Right on Barrett Road
- 5.09 Left on Wagoner Ridge Road
- 6.87 Right on Glade Valley Road
- Left Exchange at Glade Creek Volunteer Fire Department

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



# GOMR LEGS 5/23 – 4.11 miles – HARD

## Elevation (feet):

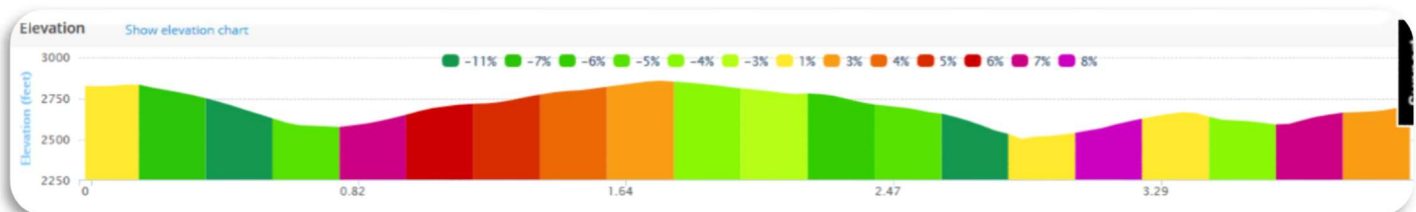
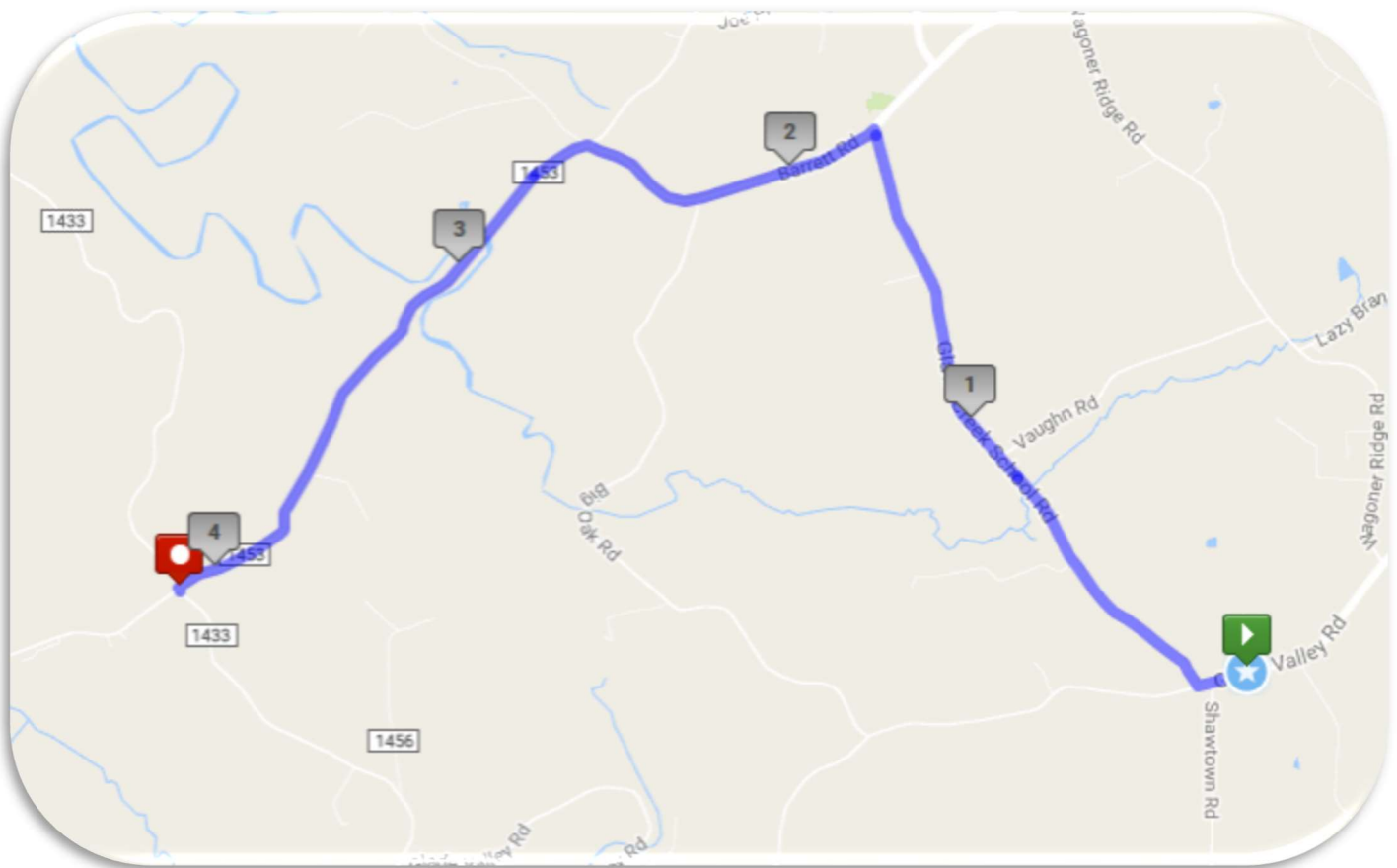
Start	2823'
End	2693'
Gain	+498'
Loss	-631'

**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:

- 0.0 Leave Glade Creek VFD on Glade Valley Road
  - 0.13 Right on Glade Creek School Road
  - 1.77 Left on Barrett Road
  - 2.55 Left on Fox Ridge Road
  - 4.10 Left on Ridge Glen Road
- Right 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 – 5.52 miles – VERY HARD

## Elevation (feet):

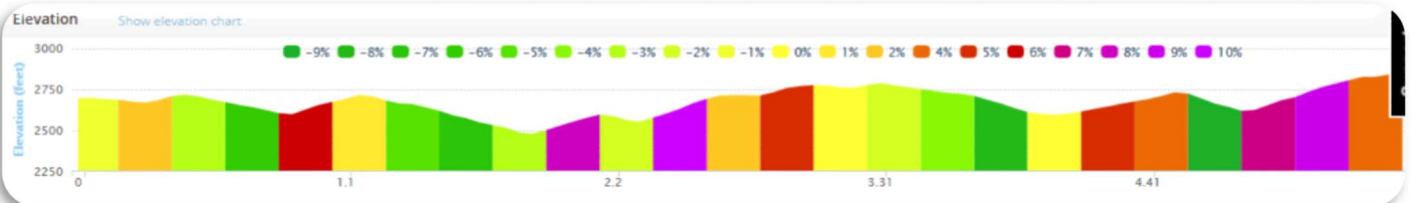
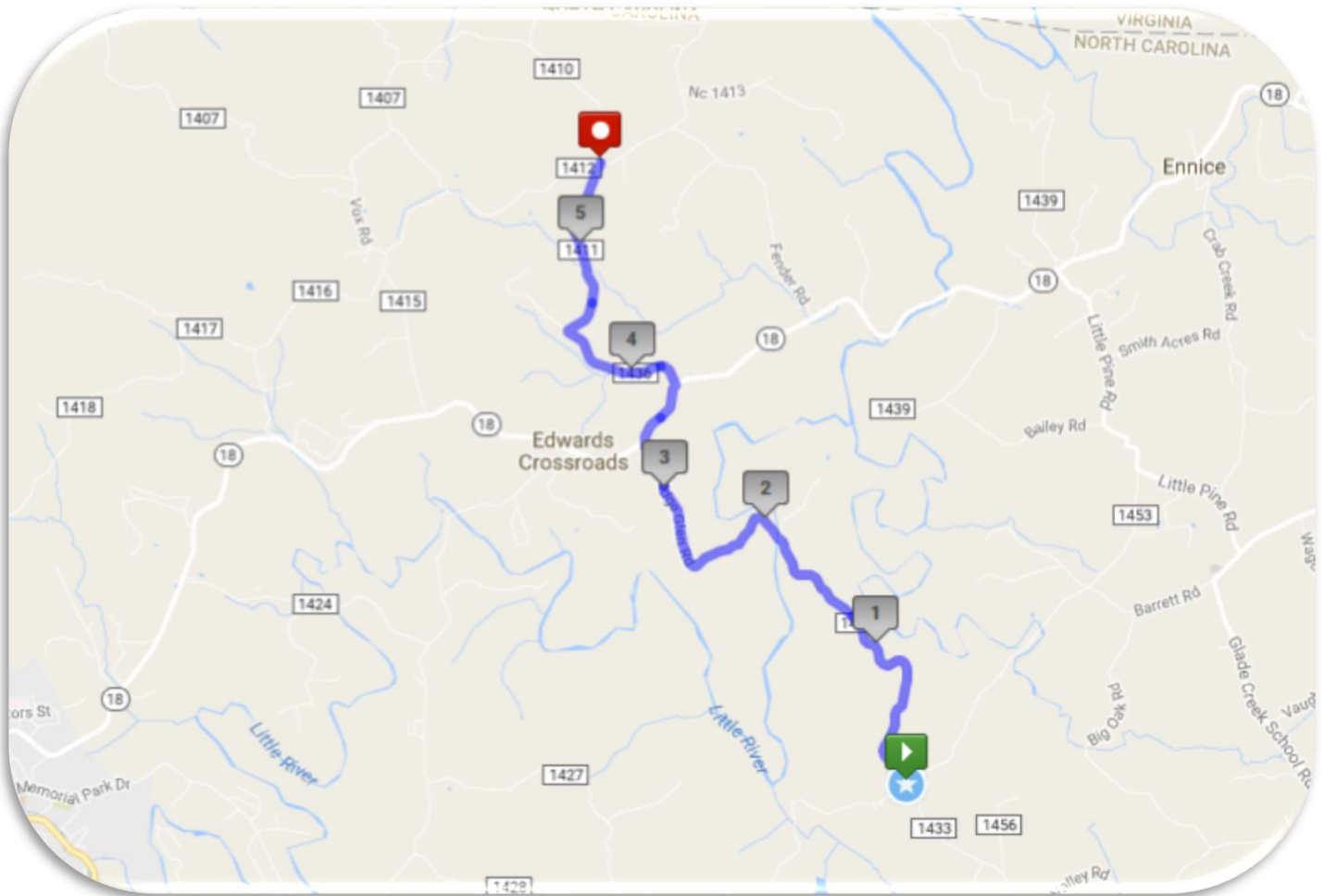
Start	2693'
End	2842'
Gain	+774'
Loss	-627'

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

## Leg Legend:

- 0.0 Head Northwest on Ridge Glen Road (toward Fox Ridge Road)
- 0.01 Straight on Ridge Glen Road
- 3.34 Right on NC-18 North
- 3.69 Left on Old Quarry Road
- 4.45 Right to stay on Old Quarry Road
- 5.50 Straight on Vox Road
- Left Exchange at Pleasant Home 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 during that half mile. Last half mile of Old Quarry is gravel.



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

## Elevation (feet):

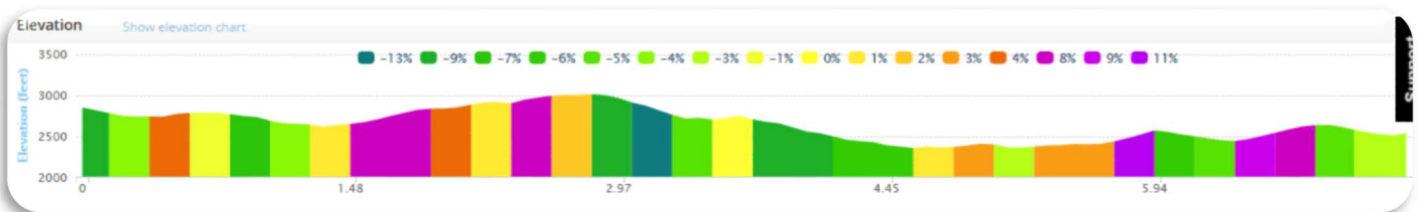
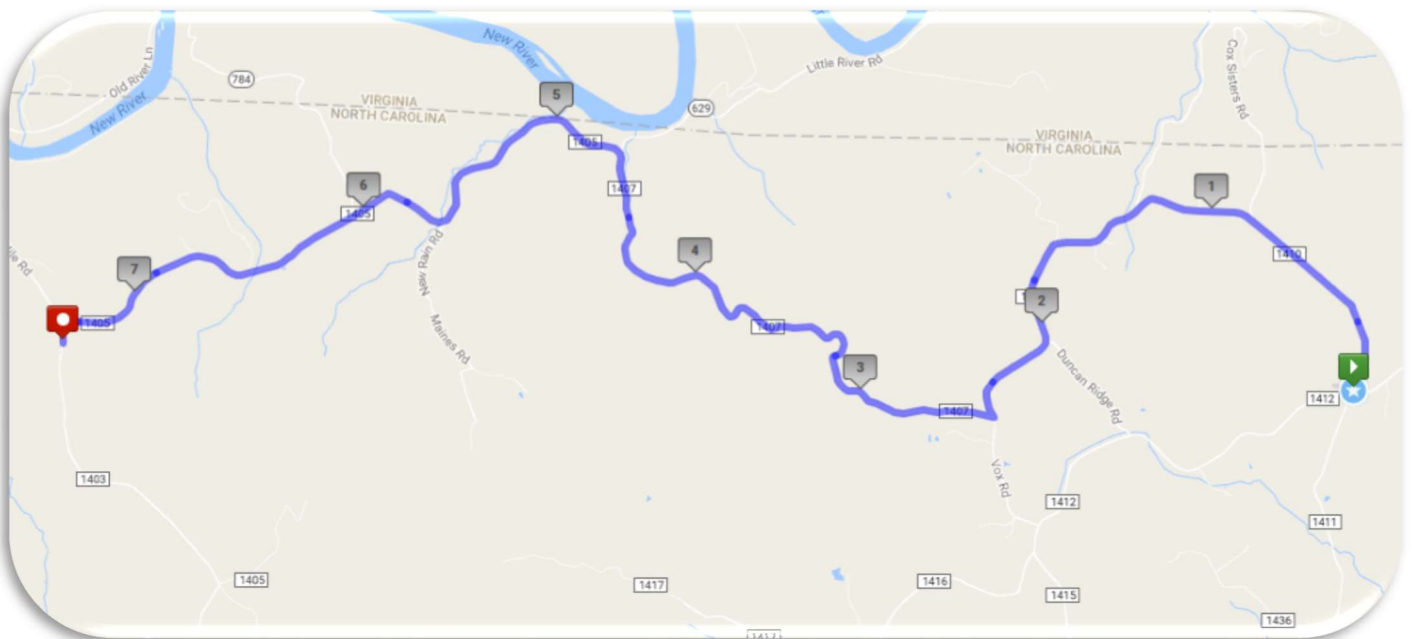
Start	2842'
End	2521'
Gain	+839'
Loss	-1136'

## Leg Legend:

0.0	Head North on Vox Road
2.47	Right on Nile Road
7.33	Left on New Haven Road
	Left Exchange at Reeves Ridge Christmas Tree Farm

**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 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 – 4.35 miles – EXTRA, VERY HARD

## Elevation (feet):

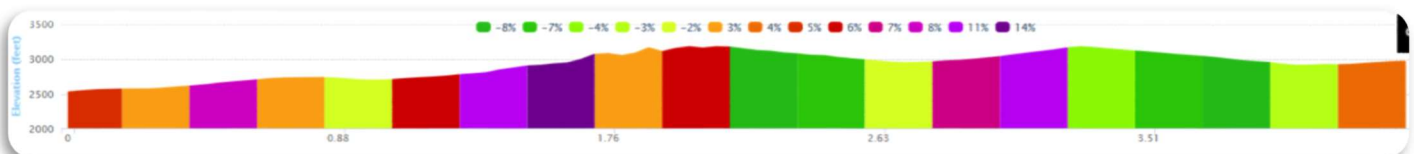
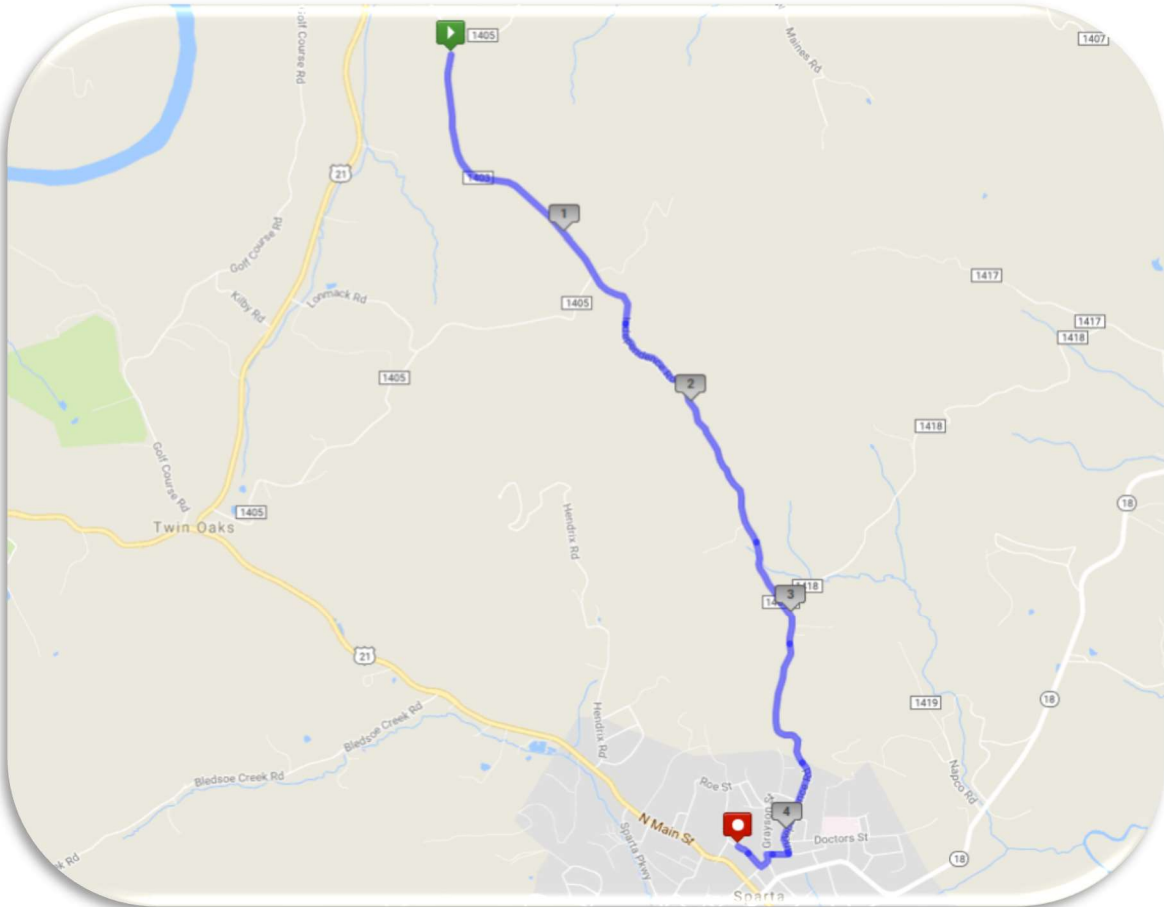
Start	2521'
End	2965'
Gain	+878'
Loss	-463'

**Leg Description:** One of the hardest legs. Not too long, but a couple of steep climbs and descents on Independence road. First mile of Independence road is rough gravel and may be muddy in spots, even on dry days.

## Leg Legend:

- 0.0 Leave Reeves Ridge Christmas Tree Farm
- 1.21 Straight on Independence Road
- 4.10 Right on Cherry Street
- 4.19 Left on Grayson Street
- 4.22 Right on E Doughton Street
- 4.26 Right on Cox Street
- Left Exchange at Sparta United Methodist Church (Back Lot)

**Leg Notes:** A few quick turns as the relay comes into Sparta. Expect more traffic to be present. Run on Right on Grayson, E Doughton, and Cox.



# GOMR LEGS 9/27 – 8.62 miles – VERY, VERY HARD

## Elevation (feet):

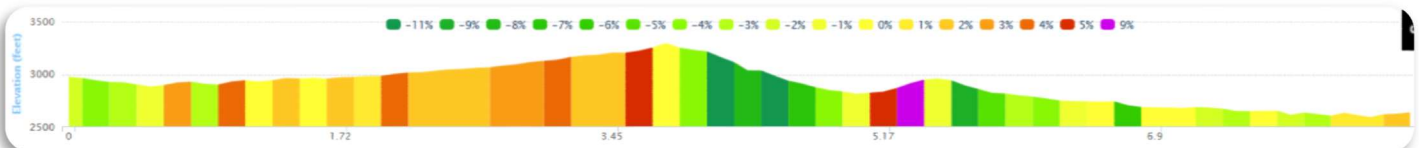
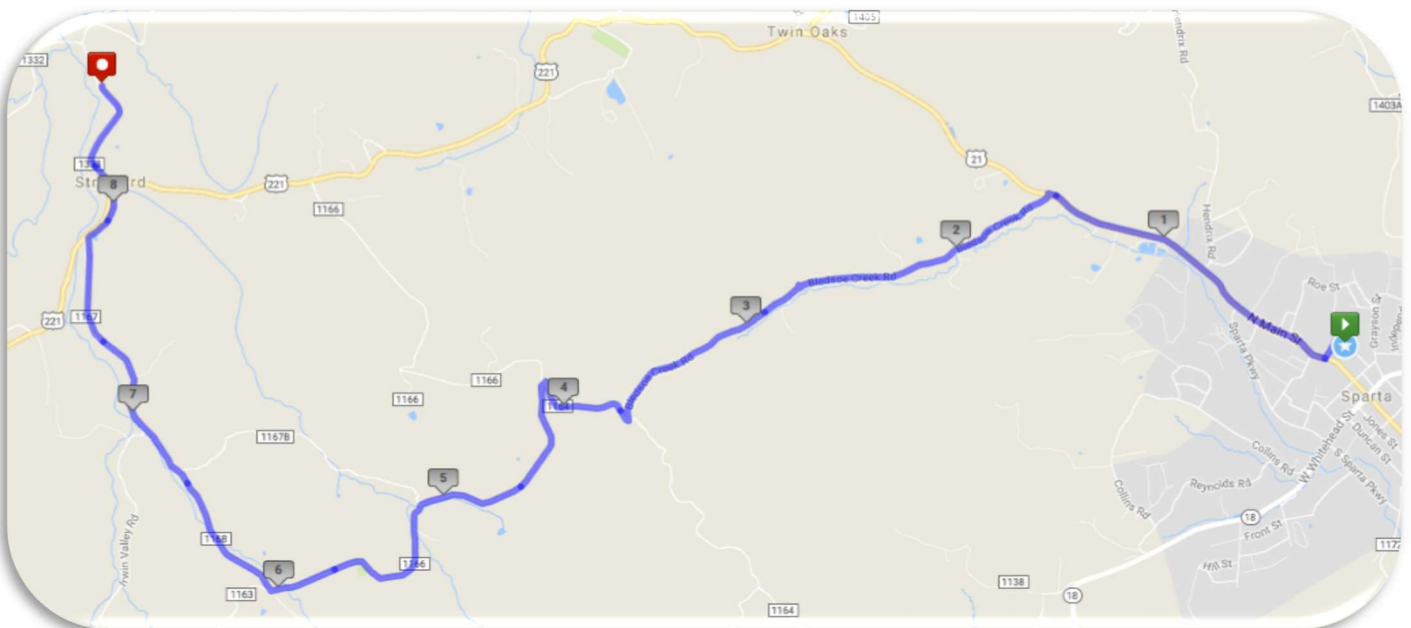
Start	2960'
End	2635'
Gain	+616'
Loss	-946'

**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. 1.5 mile downhill on Spicer is a quad burner.

## Leg Legend:

- 0.0 Head Northwest on Cox Street
- 0.09 Left on Trojan/Cox Street
- 0.18 Right on North Main Street/US 21N
- 1.57 Left on Bledsoe Creek Road
- 3.71 Right on Spicer Mountain Road
- 4.17 Left on Antioch Church Road/Spicer Mountain Road
- 6.02 Right on Antioch Road
- 7.82 Right on US-221
- 8.08 Left on Walnut Branch Church Road
- Left Exchange at 293 Walnut Branch Church Road (Elk Creek Baptism Hole).

**Leg Notes:** Longest run on US-21. Remember the course is open. Obey traffic laws and look both ways when crossing street. Cross US-21 and run on left at intersection. Traffic will be heavier in town.



# GOMR LEGS 10/28 – 6.95 miles – VERY, VERY HARD

## Elevation (feet):

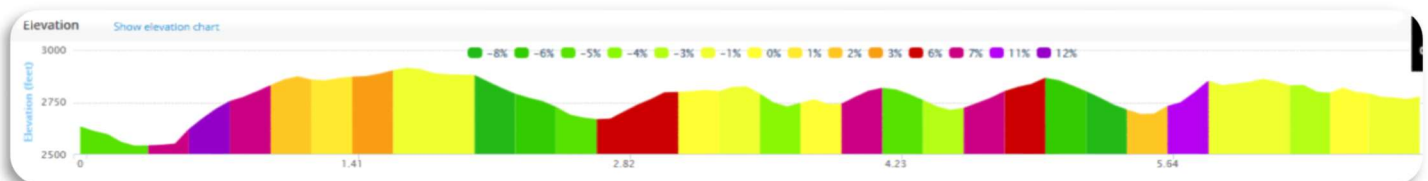
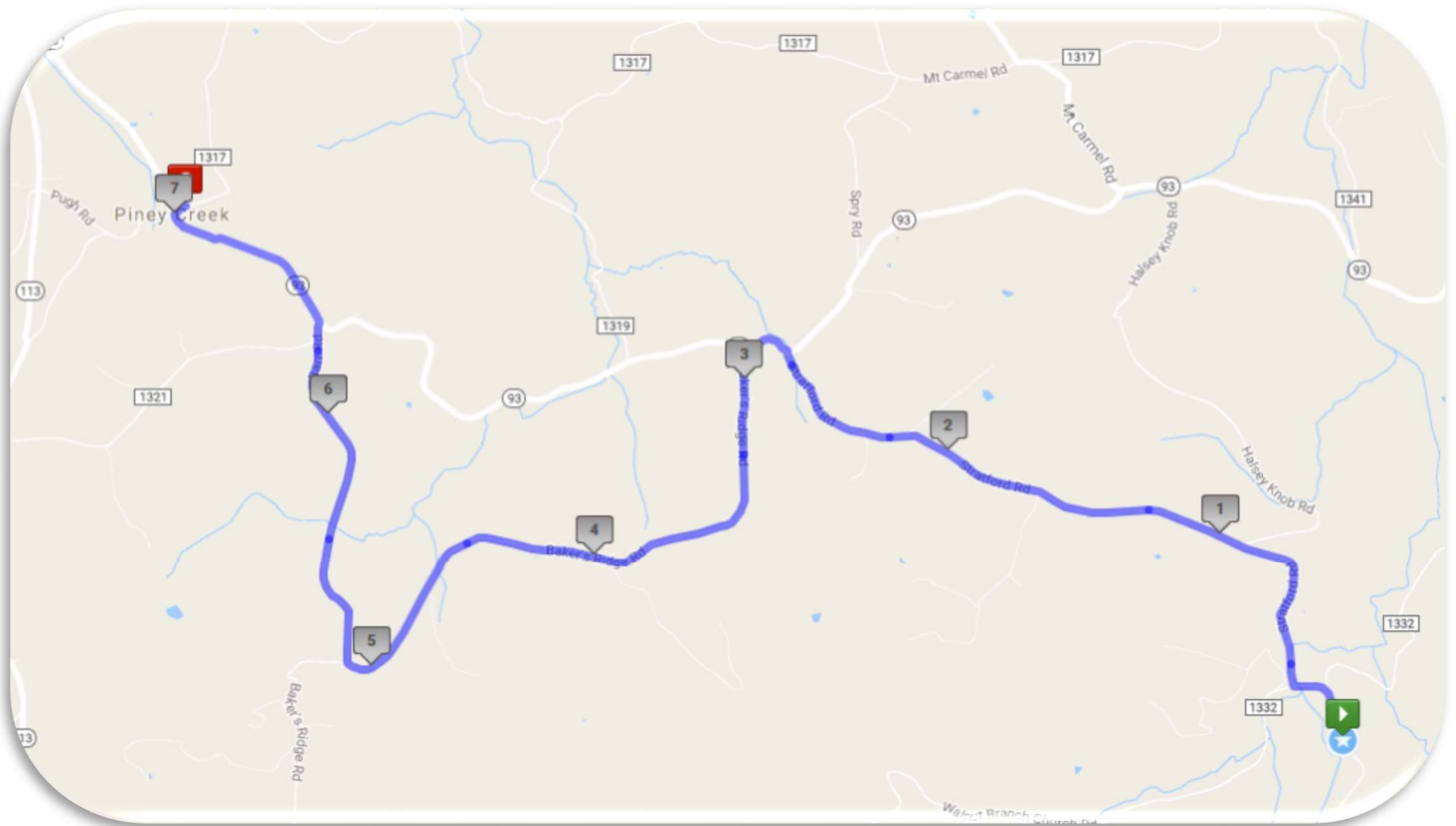
Start	2635'
End	2769'
Gain	+892'
Loss	-748'

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

## Leg Legend:

- 0.0 Head North on Walnut Branch Church Road
- 0.30 Right on Stratford Road
- 2.72 Left on NC-93 W
- 2.89 Left on Baker's Ridge Road
- 5.07 Right on Barr Road
- 6.25 Straight through intersection at Garvey Road
- 6.32 Left on NC-93 W
- Right Exchange at Piney Creek Meeting House

**Leg Notes:** Rural paved roads. The 0.2 miles on NC-93 the first time is a tight curve. BE ALERT. Run on left.



# GOMR LEGS 11/29 – 3.41 miles – MODERATE

## Elevation (feet):

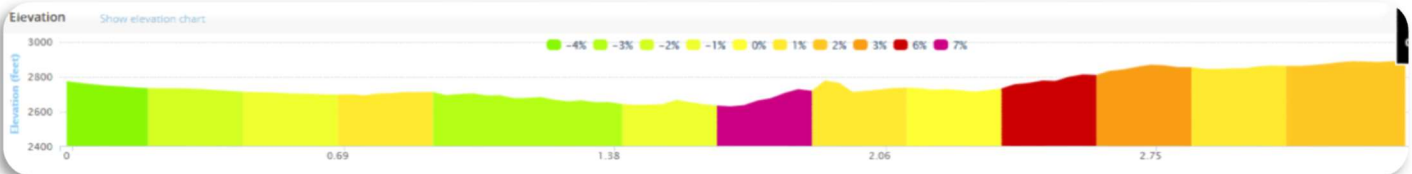
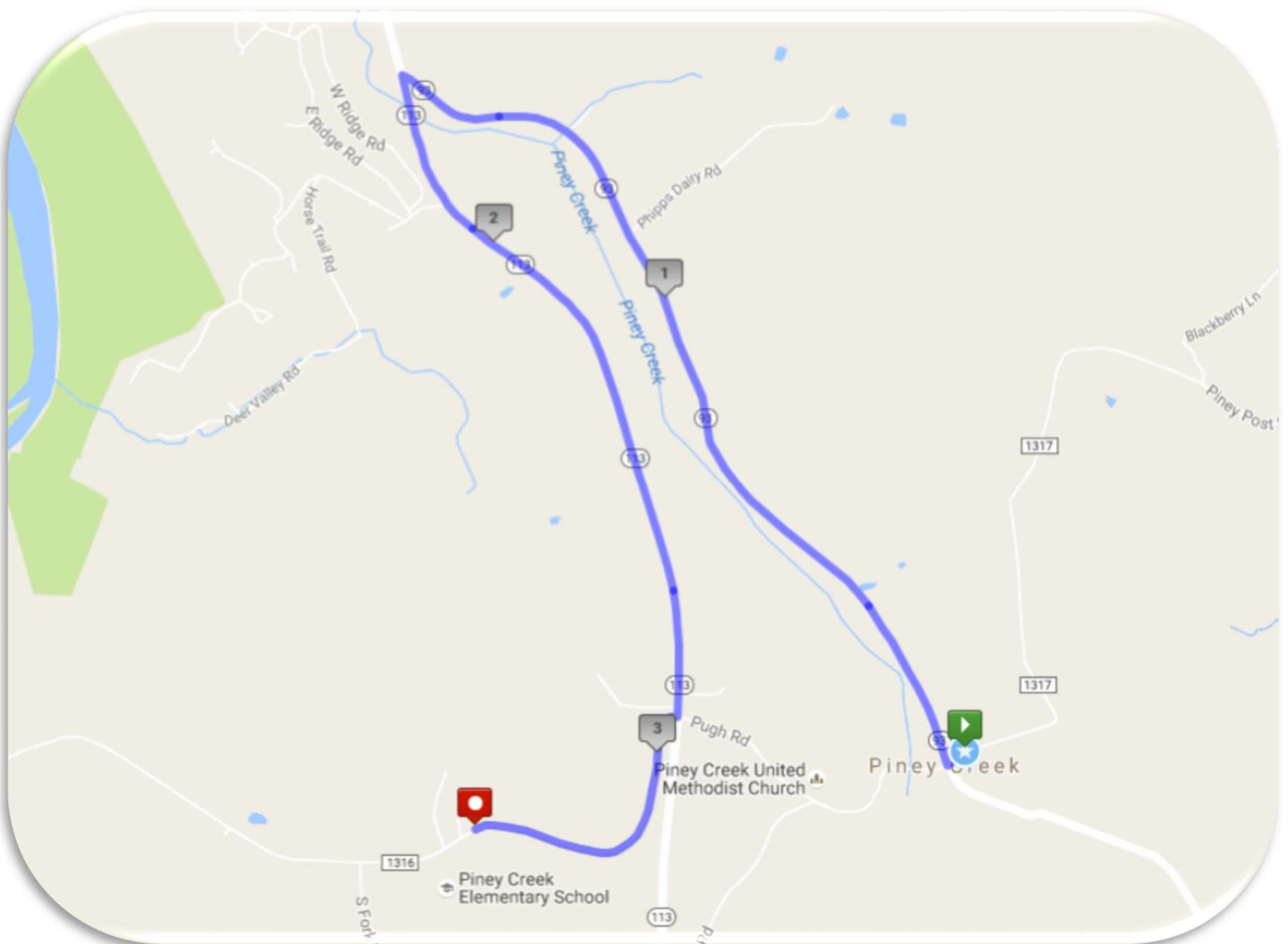
Start	2769'
End	2889'
Gain	+298'
Loss	-176'

## Leg Legend:

- 0.0 Head Northwest on NC-93 W
- 1.64 Left on NC-113 S
- 2.89 Right on Piney Creek School Road
- Right Exchange at Piney Creek Volunteer Fire Department

**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 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 – 5.80 miles – VERY, HARD

**Elevation (feet):**

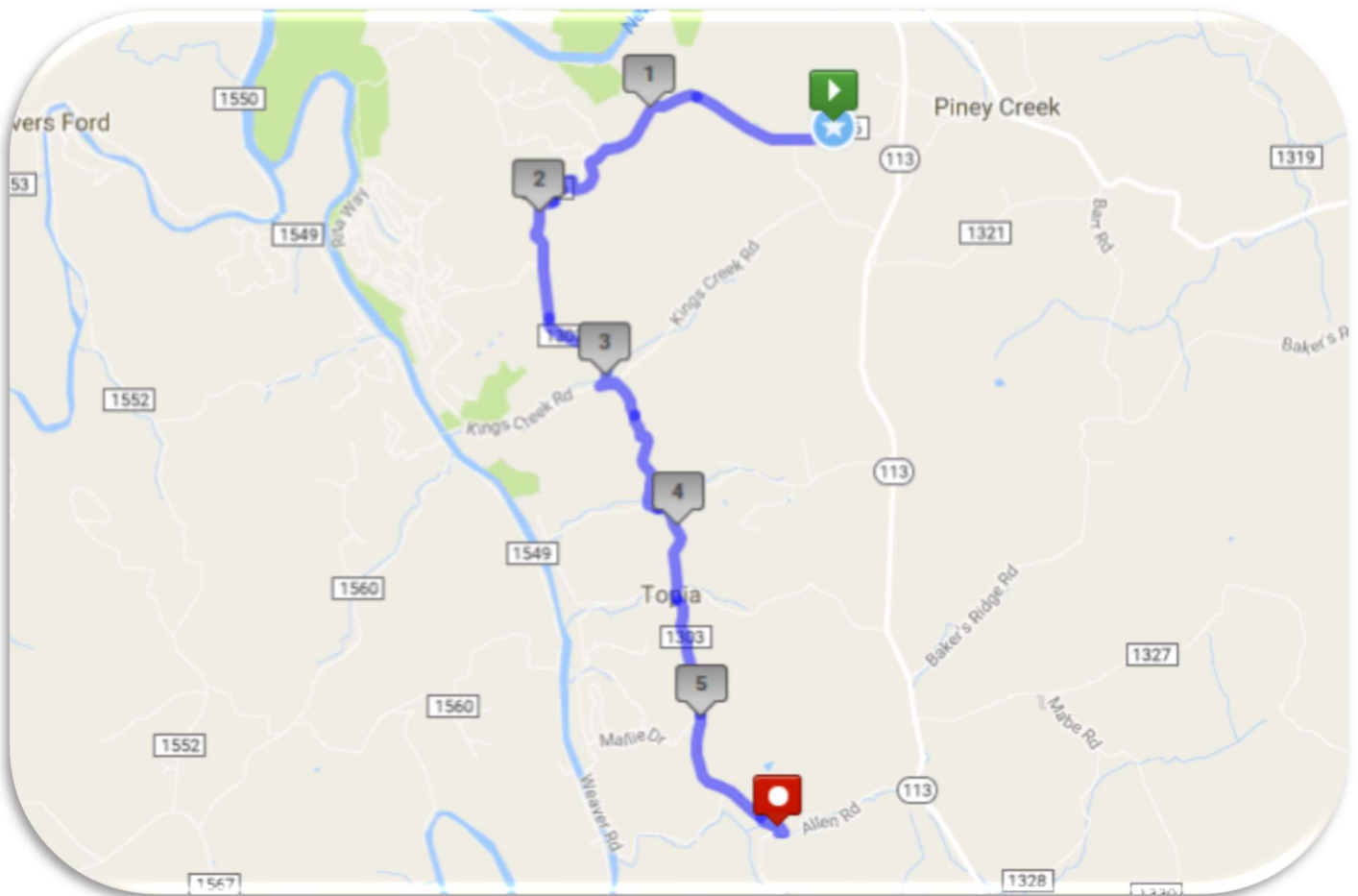
Start	2889'
End	2597'
Gain	+576'
Loss	-875'

### Leg Legend:

0.0	Head West on Piney Creek School Road
3.04	Left on Kings Creek Road
3.10	Right on Topia Road
5.78	Right on Allen Road
	Right Exchange at Intersection of Allen and Topia

**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 very hard run.

**Leg Notes:** Rural paved roads. Usually little traffic.



# GOMR LEGS 13/31 – 4.81 miles – VERY HARD

## Elevation (feet):

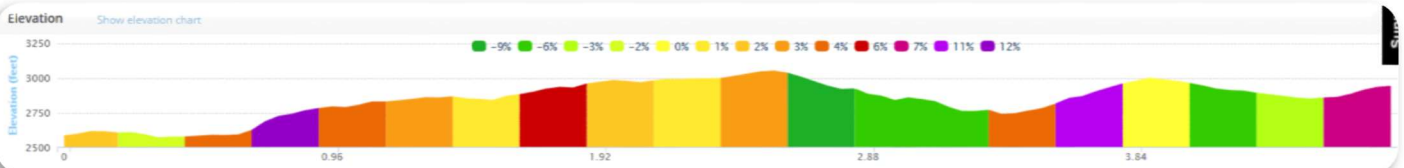
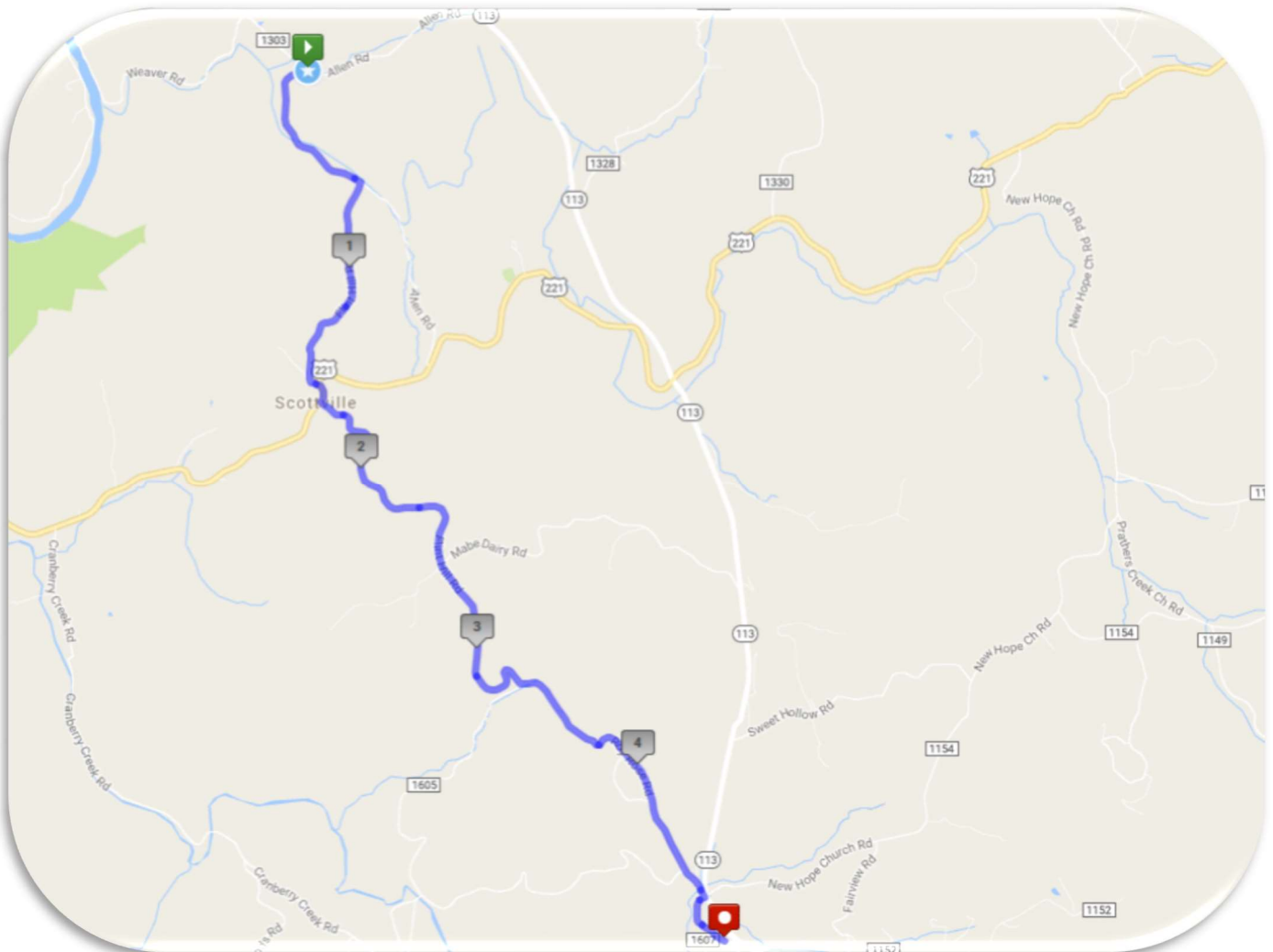
Start	2597'
End	2940'
Gain	+849'
Loss	-496'

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

## Leg Legend:

0.0	Head West on Allen Road
0.61	Right on Flint Hill Road
1.50	Right on US-221 S
1.57	Immediate Left on County Line Road
4.53	Right on George Shepherd road
4.65	Slight Left on Belview Church Road
	Left 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 – 7.3 miles – VERY HARD

## Elevation (feet):

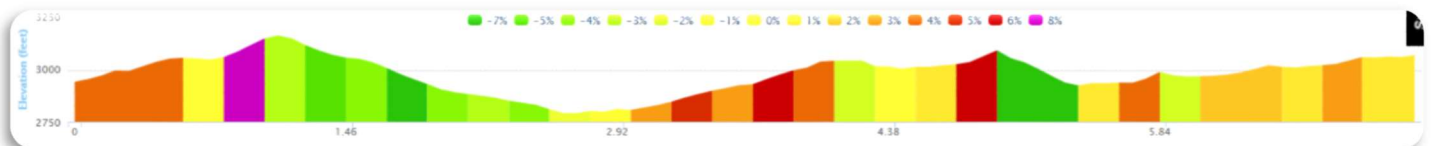
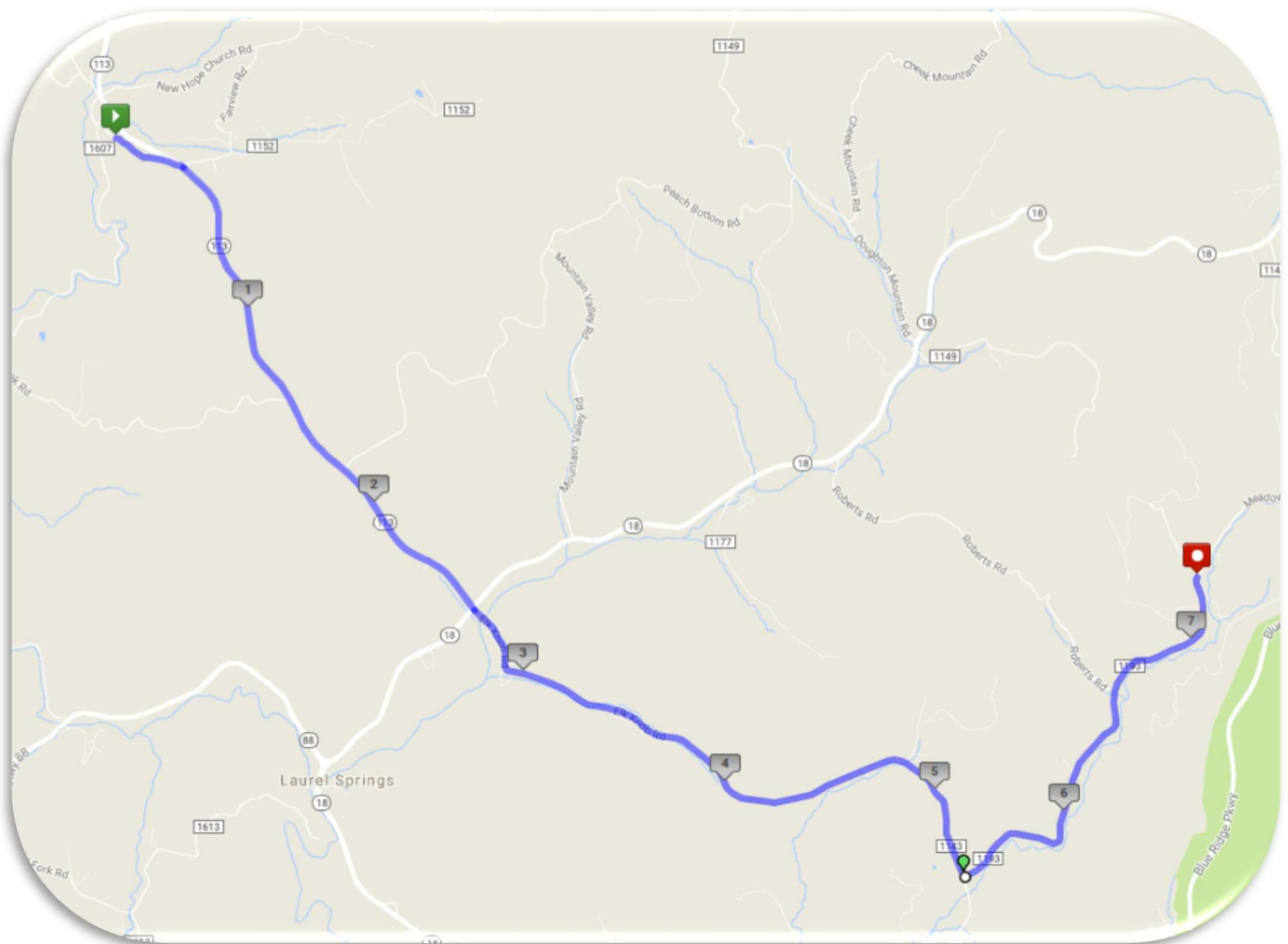
Start	2940'
End	3070'
Gain	+669'
Loss	-555'

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

## Leg Legend:

- 0.0 Head Southeast on Belview Church Road
- 0.31 Right on NC-113 S
- 2.62 Straight on Elk Knob Road
- 5.39 Left on Meadowfork Road
- Left Exchange at 1874 Meadowfork Road (Personal Residence)

**Leg Notes:** Rural paved roads. NC-113 is well traveled with okay shoulder. Be alert crossing NC-18 to Elk Knob Road. Exchange is at a personal residence.



# GOMR LEGS 15/33 – 5.8 miles – VERY HARD

## Elevation (feet):

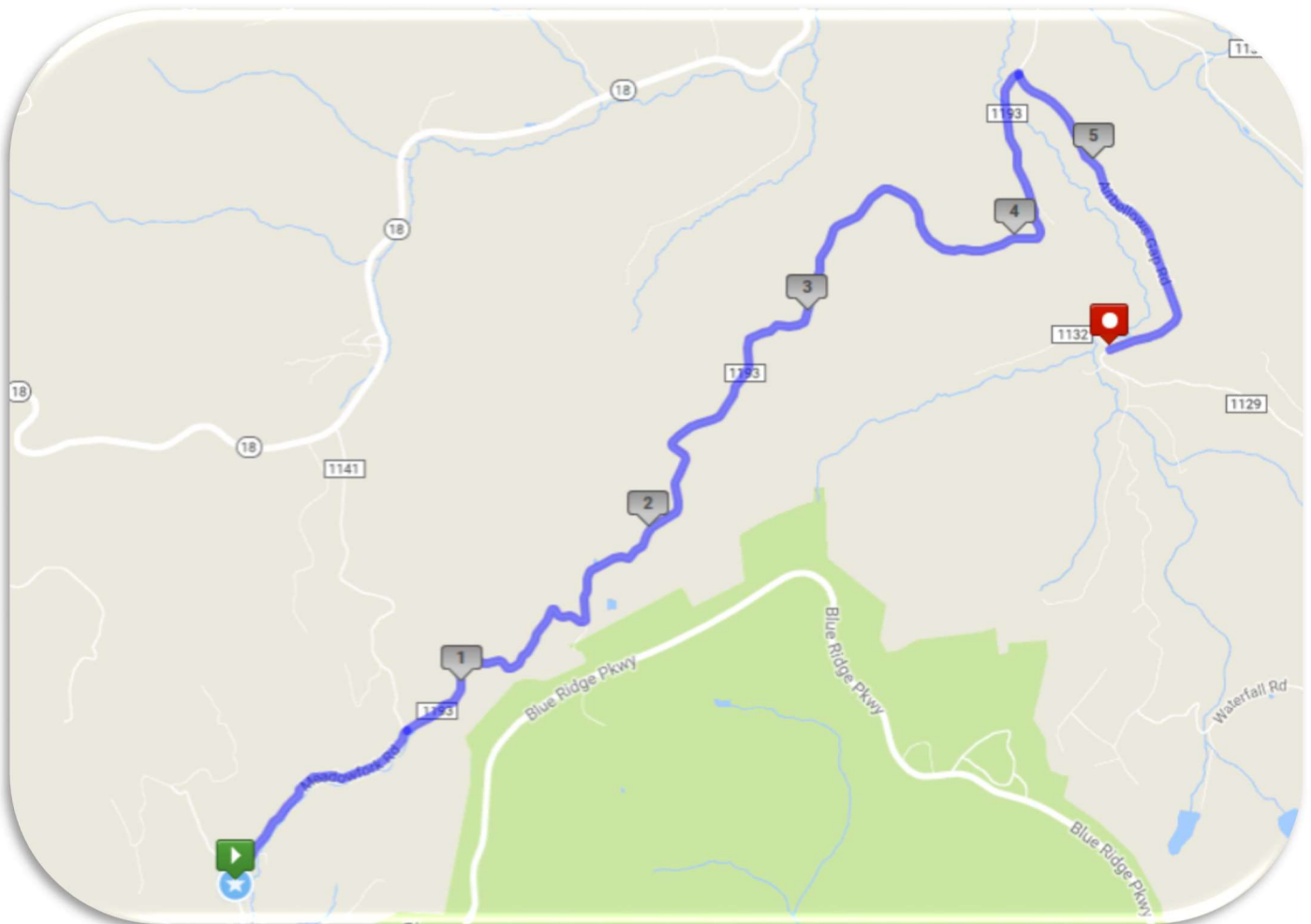
Start	3070'
End	3000'
Gain	+627'
Loss	-700'

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

## Leg Legend:

0.0 Head Northeast on Meadowfork Road  
0.76 Slight Right on Cleary Road  
4.63 Right on Airbellows Gap Road  
Right Exchange at Intersection of Air Bellows Gap Rd and Pruitt Rd

**Leg Notes:** Meadowfork turns to gravel within 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, VERY HARD

## Elevation (feet):

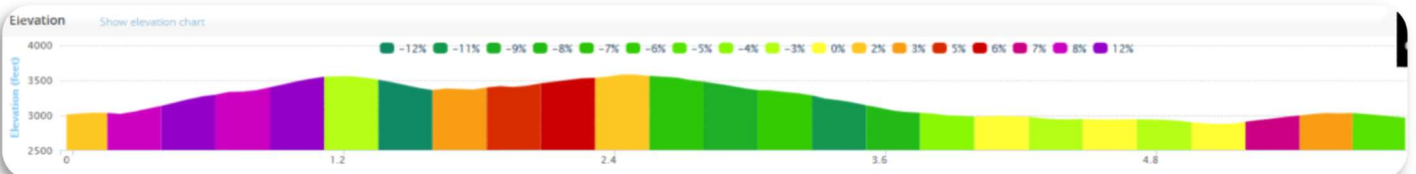
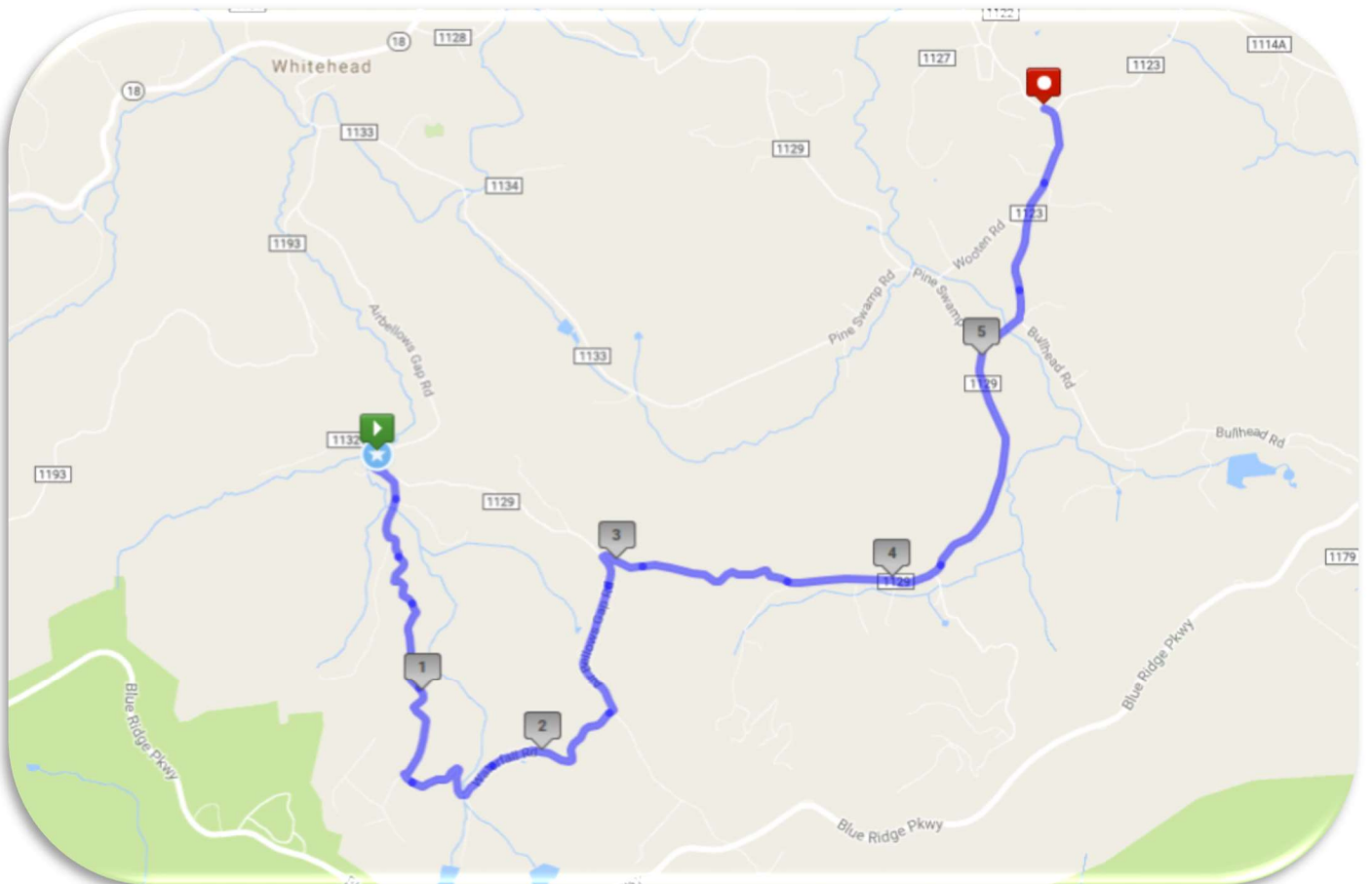
Start	3002'
End	2960'
Gain	+882'
Loss	-932'

**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, very hard run. Stunning views at the top of Air Bellows and coming down Brown.

## Leg Legend:

- 0.0 Head West on Air Bellows Gap Road
- 0.11 Right on Waterfall Road
- 2.36 Left on Air Bellows Gap Road
- 2.95 Right on Brown Road
- 5.06 Right on Pine Swamp Road
- 5.98 Left into Macedonia Free Will Baptist Church
- 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 – 3.48 miles – HARD

## Elevation (feet):

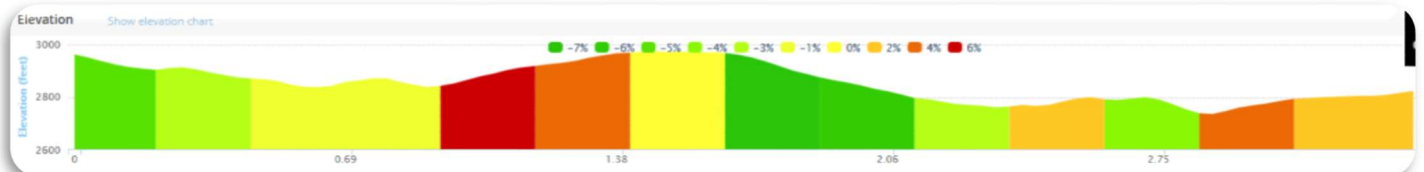
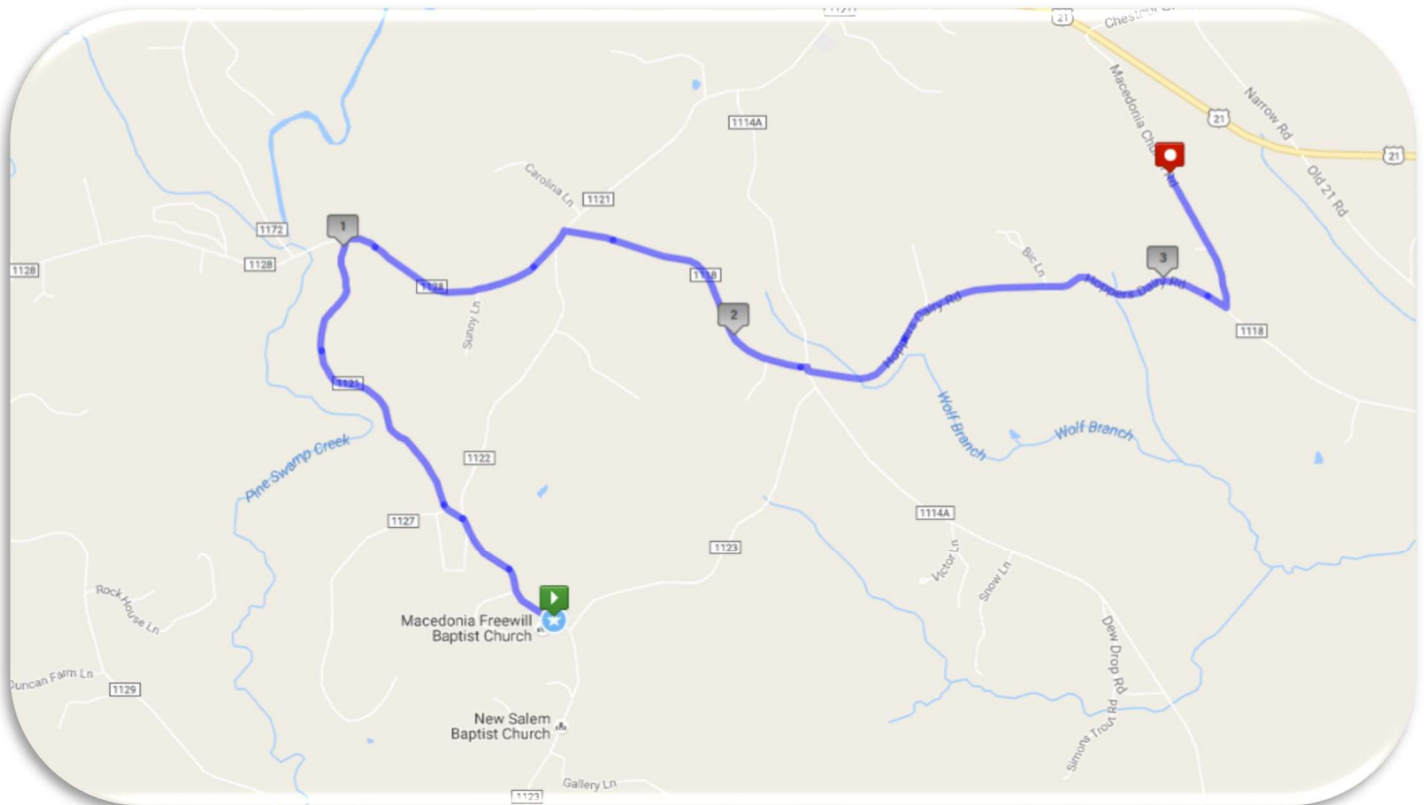
Start	2960'
End	2821'
Gain	+270'
Loss	-396'

**Leg Description:** This is a hard 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:

- 0.0 Leave Macedonia Baptist Church heading West
- 0.05 Left on Pine Swamp Road
- 0.30 Slight Left on Cahn Road
- 0.34 Immediate Right on Wolfe Road
- 1.03 Right on Grandview Drive
- 1.53 Slight Left on Pine Swamp Road
- 1.55 Right on Tedder Road
- 2.17 Straight across to Hopper's Dairy Road
- 3.15 Left on Macedonia Church Road
- Left 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 – 5.65 miles – HARD

## Elevation (feet):

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

**Leg Description:** Your team is either halfway through or you're 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 in 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
- 0.37 Straight across to Chestnut Grove Church Road
- 1.84 Right on Laurel Glen Church Road
- 3.09 Right on Fox Ridge/Little Pine/Quincy Road
- 4.64 Left on Sheriff Road
- 5.08 Left on US-21 S
- 5.29 Left on Glade Valley Road
- 5.53 Slight Left on Glade Valley Church Road
- 5.60 Left on Glade Valley Church Road  
Right 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.

