

Blue Ridge Relay 2008 Team Handbook

Thank you for your team's registration for the fourth running of the Blue Ridge Relay. As your race director, and fellow runner, my desire in organizing this event is to share the mountains of North Carolina and Virginia, through a perspective that very few experience.

The Blue Ridge Relay continues to grow...we're at 80 teams this year (10 teams year 1, 35 teams year 2, 48 teams year 3). The greatest compliment is the return of teams/runners from previous years...thank you.

Some highlights of the attached pages include:

1. 2 Leg changes: Leg 12 is temporary and is related to bridge construction on the Blue Ridge Parkway and Leg 13 may be permanent and is related to time-of-day constraints required by the Blue Ridge Parkway. The website has not been updated with these changes. However, cue sheets are attached in this document.
2. 2008 will continue with the late night/early morning support from two extremely supportive community organizations.
 - a. Green Valley Fire Department: This group of volunteer firefighters will not only host Exchange Zone19 at their Firehouse, but they will also host the Transition/Exchange Zone18 at Plumtree Presbyterian Church. As part of their effort at Plumtree, they are offering a "sub-stop"...subs/hoagies/grinders..., which will be for sale serving as a great fundraiser for this community fire department.
 - b. Pensacola Community Group: This group of men hosts monthly pancake breakfasts as a community event and fundraiser for local charities, and have added one more breakfast to their schedule...to support the Relay. Pancakes, coffee, orange juice, fruit cocktail, and bacon, will be available at our last Transition Zone (Exchange Zone 30 in Pensacola).
3. A Prerace Dinner will be held at the Riverside General Store in Fleetwood on the New River (between Boone and West Jefferson). Riverside is also Exchange Zone #8.
4. Night running: Companion runners are permitted during the night legs (7:30pm – 7:30am). Full details are noted in this document.
5. Quiet Zones will be in effect this year during the night hours.
6. Avon Foundation's Need for Speed Against Domestic Violence fundraiser supporting two tremendous, local organizations OASIS in Boone and ASHE (A Safe Home for Everyone) in Jefferson. They offer shelter, comfort, and care to women and children victims of domestic violence.

For those who are new this year, we know that runners thrive on stats...our starting line at Grayson Highlands State Park has an elevation of 4907' and the finish at HomeTrust Bank in Asheville, 2174'. In total, the course has an approximate loss of 14,814' versus a gain of 12,142'. Even though the elevation will change, sometimes quickly, remember to enjoy the mountain countryside, the creeks, the mountain hollows, and the big views.

Our excitement for the Relay is surpassed by concern for everyone's safety. The following pages highlight some information that is posted on the website and some that is new. Please be diligent to review information on the website, emphasizing Rules and Regulations, and the Captain's Corner. If you have not run an event like this, be prepared, because you will be challenged.

Please remember that the Blue Ridge Relay wouldn't exist without the support of our local mountain communities, the people, and authorities. Please respect, at all times, their mountain home.

Once again, WELCOME! to the Blue Ridge Relay. If we could assist in any way, please contact us (336-877-8888 or info@blueridgerelay.com.)

Kind regards,

Ken and Kristin Sevensky
Co-Directors, Blue Ridge Relay

**Blue Ridge Relay
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Course Changes**

Leg 12, 9.1 miles, very hard

- Exchange #11 (Mount Vernon Baptist Church)
- 0.7 R Bamboo Rd.
- 0.7 S Bamboo Rd. continues, gravel road
- 0.7 L George Hayes Rd. (under tall Blue Ridge Parkway bridge)
- 3.1 R Sampson Rd.
- 0.1 L Blue Ridge Parkway
- 3.8 L Exit Blue Ridge Parkway (321/221 to Blowing Rock)
- 0.1 R 321/221 (run on right shoulder)
- 0.6 R Tanger Outlet (Exchange #12)

Leg 12 Notes: The profile for this alternate route is comparable to the profile posted on the website. George Hayes Rd. almost parallels the Blue Ridge Parkway.

Leg 13, 7.1 miles, hard

- Exchange #12 (Tanger Outlet)
- 0.8 R Business 321/221(to Blowing Rock, remain on Right on the sidewalk)
- 0.8 R 221 South
- 6.3 Blue Moon Station (formerly Grandfather Mountain Market on Left, Exchange #13)

Leg 13 Notes: The profile for this leg is rolling with some good climbs and descents Total gain approximately 200 ft. Several tight/blind turns on 221 South, stay alert for traffic. Caution signs will be frequently posted.

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The notes of this Handbook apply to all competitors, team support staff, spectators, and event staff and volunteers. This was designed to make your experience safe, smooth, enjoyable, and rewarding.

Grayson Highlands State Park

The Commonwealth of Virginia, Department of Conservation and Recreation, and Grayson Highlands State Park have issued a Special Use Permit to the Blue Ridge Relay. In addition to the established rules and regulations of these organizations, the following will apply to the Blue Ridge Relay:

1. Grayson Highlands State Park is 30-45:00 from Jefferson/West Jefferson, 1:15-1:30 from Boone. Please allow extra time for the drive. The roads, which access the Park, are secondary.
2. Upon entering Grayson Highlands, a parking fee for all vehicles will apply. The fee is \$2.00 per vehicle.
3. All Park rules apply.
4. Team Sign-in at the starting line will take place 15:00 prior to the start of your team's wave, at the Visitor's Center, located 4 miles after passing through the Park entrance gate.
5. Park Rangers will be monitoring the Park roadways. Please respect their requests and directions.
6. Restroom facilities will be available in the Visitors Center at the Start Line and in the Rangers Station at Exchange #1. Because this is a State Park and has lots of forest, it is acceptable for animals to use the forest as a restroom. However, the supervising Ranger requests that all humans use the restrooms in the Visitors Center and Rangers Station. Use of the forest as a restroom will result in team disqualification.

Blue Ridge Parkway

The United States Department of the Interior, National Park Service, and Blue Ridge Parkway have issued a Special Use Permit to the Blue Ridge Relay to access the Blue Ridge Parkway. In addition to the established rules and regulations of these organizations, the following will apply to the Blue Ridge Relay:

1. "All runners must wear reflective vests at all times while on the Blue Ridge Parkway." To meet this requirement, the Blue Ridge Relay will require runners, who are running legs 11, 12, and 35 to wear reflective vests for their entire leg, regardless of time-of-day.
2. "Support vehicles are not permitted on the Blue Ridge Parkway with the exception: support vehicles can travel between milepost 373 and milepost 375, but cannot stop on the Parkway." Therefore, support vehicles will follow a route alternate to the course for legs 11 and 12. Support vehicles may use the Parkway for leg 35. Alternate vehicle routes are noted below.

Counties and Municipalities

The Blue Ridge Relay has received permission from the following counties: Grayson, Ashe, Watauga, Avery, Mitchell, Yancey, and Buncombe. Permission has also been received from the towns of Jefferson, West Jefferson, Blowing Rock, Newland, Spruce Pine, Burnsville, and Asheville. Please respect these communities, which graciously are allowing our event access to their roadways.

Gravel Roads

The course was intentionally designed to use secondary roads, when possible. Many of our gravel/dirt mountain roads are narrow and are single lane in places.

1. Please drive slowly to keep dust at a minimum.
2. Respect local traffic.
3. In places, the roads are narrow. Approaching vehicles may not be able to pass your support vehicle. Please be patient and courteous.

Safety Concerns

We believe runners should always run defensively. Please be advised that you will be running on a course that is open to normal traffic. Roads will be posted with caution signs to approaching traffic. All runners should be alert to traffic, blind turns, and road conditions.

Course Markings

The course will be marked with yellow directional signs (18" x 24"). Signs during the night legs will be highlighted with reflective tape. However, as noted in the Rules, it is the responsibility of the runner to navigate the course. In addition, approximately ¼ mile before an exchange zone, an "EXCHANGE ZONE" sign will be posted. This is not the beginning of the exchange zone, but an alert sign for runners and drivers that the exchange zone is approaching. Please note that signs may read "BRR" or "Relay".

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Rules and Penalties

Please refer to the website for a complete list. Rules and Penalties will be enforced.

Night Running: Companion Runners

Companion runners are permitted (first used in 2007) during the night legs (7:30pm – 7:30am). Please forgive my oversight. I failed to update the Rules section with this addition. Runners, who prefer running with a companion, may do so during the night legs only. The companion runner must be a team member, must wear their bib number, and must complete all other assigned legs. The team must maintain the sequence of runners from start to finish. The companion runner must not assist the active runner in any way (provide fluids, carry active runner's flashlight, etc...). In addition, the companion runner must comply with all Relay Rules and must complete the leg in full.

iPods

iPods, mp3 players, and anything that looks like a musical device will not be allowed. Please don't put our Relay Officials in a position to enforce this rule. Headphones will not be permitted in the exchange area. A 60 minute penalty will be applied for the first team violation. Disqualification will result for the second team penalty.

False time estimates

If your team's position on the course is significantly ahead such that your team is out running our support infrastructure because you severely misrepresented or overestimated your 10K pace (i.e. projected a slower pace than you are actually capable of running), then we may, at our discretion hold your team at any designated Exchange Area until such time that our support network is in place. In addition, we will assess your team a minimum time penalty of 6 hours. In other words – please don't sandbag.

If your team's position on the course is significantly behind such that your team is falling behind our support infrastructure because you severely misrepresented or underestimated your 10K pace, your team requested a later start time due to travel logistics, and/or one or more of your team members become injured during the event, then we may at our discretion, ask your team to jump ahead to a Exchange Area of our designation. Your team's finishing time will be prorated based on your on-course performance to that point in time. An additional time penalty may also be assessed.

Self-Policing

All teams are encouraged to watch for rule infractions by other teams. Self-policing of this event is the key to its success. Race officials will be located at locations throughout the course, recording teams that pass, in addition to infractions. Please report all rules violations to the Exchange Zone Official at the next Exchange Zone.

Protests

Teams wishing to file protests must do so in writing with the Relay Official at the Exchange Zone or within 30 minutes of their finish in Asheville. To file a protest, submit the written allegation, on a Protest Form, with the Exchange Zone Official or at the finish line Officials Desk. Be specific and detailed. The Protest Committee will evaluate all incidents and their decision will be final.

Seeding

The race course and finish line will close September 6th (Saturday) evening at 5:30 PM. Teams on the course who fall behind this closure time schedule will be asked to leave off their team members at the start of the last legs simultaneously.

Exchange Areas

Each relay team member will pass their wrist strap at the end of a given stage in an exchange area. These will be clearly marked. Exchange Zones during the night legs will be identified with a flashing light. EXCHANGE ZONE signs will be posted ¼ mile before the Exchange Zone.

Quiet Zones

All Legs and Exchange Zones during the night hours will be designated as Quiet Zones. From 7:30pm until 7:30am, please respect our local families with no audible music outside the support vehicles and hushed, very hushed, conversations. At minimum a 60 minute penalty will be assessed for the first team violation. Disqualification may result for the first team violation and will apply for a second violation.

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Team Handbook

If you require a hard-copy: please notify us. It is the captain's responsibility to make sure each team member gets a copy.

Team Sign-in

Teams have two options for packet pick-up: 1) Pre-race dinner or 2) Start Line. Race bracelets will be distributed at Start Line only. Race bracelets will be retrieved at the finish line.

Pre-race Dinner

Team packets may be picked-up at the Pre-race Dinner at Riverside General Store, located on Railroad Grade Rd, Fleetwood, which is also the location for Exchange Zone #8. This all-you-can-eat, buffet style pasta dinner will be served from 4:00pm – 9:00pm, Thursday, September 4. We are planning 3 main dishes, one which will be vegetarian, salads, dessert, and drinks (sweet and unsweetened tea, soft drinks, lemonade) for \$9.00 (\$8.00 if drinking water only). Reservations and full payment must be received by Monday, August 25. Payments should be mailed to Blue Ridge Relay, 2385 Big Flatts Church Rd., Fleetwood, NC 28626.

Start Line

Teams should be at the Start Line 30 minutes prior to their start if they need to pickup their race packets. Teams, which have already picked up their race packets are expected to sign-in/report at the Starter's Table at the Starting Line 15 minutes prior to the team's start time. The lead vehicle and lead runners only need to be at the Start (if two vehicles are used). Several items will be addressed at this time:

1. Team packet pick-up (if not completed on Thursday)
2. Team Sign-in.
3. Race bracelet issue (one per team, passed from one runner to the next at each exchange)
4. Vehicle inspection (if not addressed Thursday)
5. Inspection of reflective vests, flashlights and blinking lights (if not addressed Thursday).

Restroom Facilities

Restroom facilities and/or port-a-johns will be available at most Exchange Zones, The Start Line, and Finish Line. Restroom facilities/port-a-johns will not be available at one Exchange Zone:

- 1) Exchange at Snow Hill Plaza (between legs 23 and 24)

Food and Beverages

Be prepared. The stores and gas stations in the rural towns of North Carolina's High Country may not be open around the clock. However, two community groups will be selling subs (Exchange Zone 18, Plumtree) and hosting a pancake breakfast (Exchange Zone 30, Pensacola).

1. Green Valley Fire Department: This group of volunteer firefighters will not only host Exchange Zone 19 at their Firehouse, but they will also host the Transition/Exchange Zone 18 at Plumtree Presbyterian Church. As part of their effort at Plumtree, they are offering a "sub-stop"...subs/hoagies/grinders...call them what you may. The subs will be custom-made on-location. These subs will be for sale. This is a great service to the Relay, and a great fundraiser for this fire department.
2. Pensacola Community Group: This group of men hosts monthly pancake breakfasts as a community event and have added one more breakfast to their schedule...to support the Relay. Pancakes, coffee, orange juice, fruit cocktail, and bacon, will be available at our last Transition Zone (Exchange Zone 30 in Pensacola). What a great way to fuel-up before the last six legs, and for those runners who have completed their running duties. Once again, what a great service to the Relay, and a great fundraiser for the Pensacola community. The cost of breakfast is \$5.00. Prepayment is not required, but a headcount is needed. Please email a headcount of runners who expect to eat by August 25.

Weather Conditions

Please be prepared for a variety of weather conditions. If you are not familiar with the weather of the Virginia and North Carolina Mountains, here is some valuable insight. For every 1000' increase in elevation, expect the temperature to drop 2.2 – 5.3 degrees. The climate and weather is comparable to Canada! The average daily high temperature has a range of 50s-70s degrees and low temperature 30-59 degrees. In fact the coldest August day recorded on Grandfather Mountain is 36 degrees (1986) and its highest recorded temperature is 83 degrees (1983). Also, be prepared for rain, higher winds, and quickly changing weather at these higher elevations.

To summarize, **be prepared for extremes**, as has been said, "If you don't like the weather, just wait 5 minutes."

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First Aid

Each support vehicle should carry a well-stocked first aid kit and ice. Be prepared to know how to use it.

Communication

Teams are encouraged to have a means of communication between support vehicles and a means of communication to contact local authorities/emergency personnel. Dial 911 in the case of an emergency. Blue Ridge Relay officials at each exchange zone will have access to emergency contact information. You are encouraged to have at least one cell phone in each vehicle.

Finish Line

Awards ceremony and post-Relay drawing to be held between 5:30 and 6:00pm (depending on the finish time of all teams).

Avon Foundation Fundraiser

We are raising funds, through the Avon Foundation, which will be directed to OASIS (Boone, NC) and ASHE (Jefferson, NC), which are shelters for women and children, who are victims of domestic abuse. To encourage fundraising, the Avon Foundation has established individual fundraising goals and prizes. As an example, a \$50 fundraising effort is matched with a Fuel-belt for the prize. Complete information can be viewed through Avon's Need for Speed logo on our homepage.

The Blue Ridge Relay will cover the registration fee for 2009 for the top fundraising team (must raise a minimum \$2500).

Finish Line Showers

The Asheville YMCA has graciously offered the Blue Ridge Relay its shower facilities for after the relay. The YMCA is located 1 block from the finish line at 30 Woodfin St. (hours 8am – 7pm Saturday). No charge for this fantastic service.

Course Records

Open and Course Record:

Jus Running - Norm's Maggots, Asheville, NC; 2006; 22:44:12 total time; 6:34 per mile pace

Women's Record:

seejanerun, Chapel Hill, NC; 2007; 30:11:52 total time; 8:43 per mile pace

Mixed Record:

More Cowbell, Atlanta, GA; 2007; 25:12:11 total time; 7:16 per mile pace

Master's Record:

Rock Hill Striders, Rock Hill, SC; 2006; 25:37:16 total time; 7:23 pace

Ultra Record:

Team Summit, Concord, NC; 2007; 27:33:42 total time; 7:57 per mile pace

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Sponsors**

Gum Ridge Mill & Flying Pig Furniture: www.gumridgemill.com . Gum Ridge Mill has been the major sponsor since 2005 (year 1). Gum Ridge Mill crafts custom furniture, flooring, doors, etc... with antique wood reclaimed from barns, houses, cotton mills, tobacco warehouses, etc... Gum Ridge Mill, located in Fleetwood, NC (near legs 7 and 8, is family owned since 2000.

Avon Foundation, Need for Speed Campaign: www.needforspeedrelay.org/blueridge . The Avon Foundation is in its second year of sponsorship with the Blue Ridge Relay. The 2007 teams raised \$6,693.00, which directly funded HelpMate, Asheville's center for domestic violence support and prevention. In 2008, two local organizations will benefit from your effort and support: OASIS (Boone) and ASHE (A Safe Home for Everyone), Jefferson, NC. These organizations offer tremendous care, shelter, and support for women and children who are victims of domestic violence.

Grayson Highlands State Park, VA: The spectacular setting of Grayson Highlands State Park and the very gracious staff of Park Rangers has served as host of the Blue Ridge Relay Start Line since 2005 (year 1). If this is your first or tenth visit to the park, you are in for a treat. Mountain balds, cool temperatures, wild ponies, and big views are the norm. Previous sightings included bucks in velvet, black bear cubs, and so much more.

HomeTrust Bank: www.HomeTrustBanking.com . HomeTrust Bank is the Finish Line Sponsor for the third straight year. In busy downtown Asheville, where space is a premium, the Blue Ridge Relay is tremendously grateful for use of the grounds of HomeTrust Bank.

Mizuno USA: www.mizunousa.com . This is the first year that the Blue Ridge Relay has the pleasure of affiliating with a major running shoe company, Mizuno USA. Mizuno is graciously offering running shoes as prizes for the members of the winning teams in each Team Category and every registered runner will receive a Mizuno Track Bag. In addition, Mizuno running shoes and Mizuno Daypacks will be to be offered during the post-Relay drawing.

Mellow Mushroom, Pizza Bakers, Asheville. Mellow Mushroom (Asheville) continues to remain as a tremendous sponsor of the Blue Ridge Relay. As a third year sponsor, Mellow Mushroom will be offering gift certificates for some fantastic post-Relay dining at their Asheville location. In addition, all runners who present their bib numbers on Saturday, September 6, will receive a 15% discount while dining at Mellow Mushroom. You will need your bib number to receive the discount, which applies to food only.

SweeTea: www.sweeteashirts.com . SweeTea, a North Carolina based company is spreading its novelty Southern slang apparel throughout the Southeast. They're back for the second year with their line of baseball caps, which will be offered during the post-Relay drawing.

Stickboy Bread Company (Boone and Fuquay-Varina, NC): www.stickboybread.com . Stickboy Bread Company has been a tremendous sponsor of The Black and Blue, Double Century Relay (www.blackandbluerelay.com). For the first time, their fresh, made from scratch cookies will have a presence at the Relay. For those teams looking for fresh baked muffins and fresh coffee Friday morning, stop by their bakery/store (345 Hardin St., Boone, 828-268-9900). Or if lunch is in line, their lunch menu is delicious.

Appalachian State University, Health and Exercise Science Club (Boone): www.appstate.edu. Appalachian State University is known for its excellent academic programs and, of course, its THREE time National Championship football team. The student body is also very active in the Boone community. Since 2005 (year 1), the students of the Health and Exercise Science Club have served as Relay Officials at some of the most challenging/late night Exchange Zones. Their continued support is greatly appreciated.

Furman Institute of Running and Scientific Training (FIRST), Furman University (Greenville, SC): The FIRST program has been scientifically studied and practically practiced with remarkable results. Copies of the Runner's World, Run Less Run Faster will be offered during the post-Relay drawing.

RoadID: RoadID has been our bib sponsors since 2005 (year 1). Just in case an accident does happen while you are running, cycling, or away from home, RoadID, can save your life. RoadID gift certificates will be offered during the post-Relay drawing.

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Alternate Routes for Support Vehicles**

The town of West Jefferson and the Blue Ridge Parkway have requested and required, respectively, that support vehicles use an alternate route. The following directions are the most viable alternate routes.

Leg 5 Support Vehicles

The town of West Jefferson has requested, for your ease of transitioning to the 5th Exchange Zone at Friendly Grove Baptist Church, that you bypass Downtown West Jefferson. Follow the following route from Ashe County Park.

- a. Right: Old 16 South
- b. Straight through first traffic light (East Main and West Main, Town of Jefferson)
- c. 0.1-0.2 miles, left on Long Street just after Shell Gas Station
- d. Right on 221 South at traffic light
- e. Right at second traffic light (intersection with 163) to West Jefferson
- f. Left at first light (Beaver Creek School Road) just before McDonald's
- g. Right on Ray Taylor Road
- h. Left on Friendly Grove Church Road
- i. Friendly Grove Baptist Church on the Right.

Leg 11 Support Vehicles

As per the notes above, the Blue Ridge Parkway has required that support vehicles not use the Parkway. Follow the following route:

- a. From the former Laurel Springs Baptist Church
- b. Right on Old Highway 421 North
- c. Left at light, intersection with New Highway 421 North
- d. Left on Bamboo Rd (2nd traffic light) at Exxon Gas Station
- e. Remain on Bamboo to Mt. Vernon Baptist Church on Right
- f. Proceed past the Church to the rear parking lot.

Leg 12 Support Vehicles

As per the notes above, the Blue Ridge Parkway has required that support vehicles not use the Parkway. Follow the following route:

- a. From Mount Vernon Baptist Church
- b. Right on Bamboo Rd to Right on Deerfield
- c. Left at light (just past Watauga Medical Center), intersection with 321/221
- d. Right into Tanger Outlet parking lot (Town of Blowing Rock)

**Blue Ridge Relay
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Transition Zones**

Transition Zones are defined as the exchange zones where teams with 12 runners, will experience an overlap in support vehicles (e.g. runner 6 from support vehicle 1 will finish and runner 7 from support vehicle 2 will begin...and runner 12 will finish and runner 1 will begin). The Transition Zones will have greater van traffic and a greater volume of team members. Please note that the non-running support vehicle may pass the Relay staff and arrive at a Transition Zone ahead of staff. Please be patient, we'll be there. The following are the Transition Zones and related notes. Please note that parking will be directed at most of these locations.

Transition 1, Exchange Zone 6 (between legs 6 and 7): Bald Mountain Baptist Church.
Ample parking. Please park in the gravel parking lot first. Use paved parking for overflow.

Transition 2, Exchange Zone 12 (between legs 12 and 13): Tanger Outlet
Ample Parking. Please park furthest from the Outlet Stores, nearest the entrance from Route 321, which will give the Relay more space and allow Outlet customers more convenient access to the stores. OASIS staff and volunteers will be hosting this Exchange Zone and will be serving as Relay Officials.

Transition 3, Exchange Zone 18 (between legs 18 and 19): Plumtree Presbyterian Church
Parking in the gravel lot adjacent to the Church. Parking also available at The Toe River Lodge, which is located on the right, just past the Church. Space may be tight, park your vans in a manner to conserve space. Even though the parking is spread out, the Exchange Zone will take place at Plumtree Presbyterian Church.

Transition 4, Exchange Zone 24 (between legs 24 and 25): Heaven Bound Church/Buckanon Park
The entrance to Heaven Bound Church will serve as the Exchange Zone. Parking is available at the church and Mine Creek Baptist Church (take the first right after Mine Creek Tack). Please park your vans in a manner to conserve space.

Transition 5, Exchange Zone 30 (between legs 30 and 31): Pensacola Sales and Service
The parking lot of Pensacola Sales and Service will serve as the Exchange Zone and will have some limited parking. Parking is also available at Laurel Branch Baptist Church (across the street) and Pensacola United Methodist Church (down the street).

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Support Vehicle (inactive) Driving Directions**

If your team has two support vehicles: one support vehicle for runners 1-6 (SV1) and a second for runners 7-12 (SV2). The Blue Ridge Relay recommends the following routes for the inactive support vehicle.

Transition 1 (Exchange of Legs 6-7, Bald Mountain Baptist Church)

SV1 to follow the following route

1. Right from Bald Mountain Baptist Church
2. Right on Beaver Creek School Rd.
3. Left on 194
4. Right on 221 South
5. Right on 421 North/221 South to Boone
6. Left on 221 Extension
7. Left on 321 South/221 South to Blowing Rock
8. Right Tanger Outlet (Transition 2)

Transition 2 (Exchange of Legs 12-13, Tanger Outlet, Blowing Rock)

SV2 to follow the following route

1. Left on 321 North/221 North from Tanger Outlet to Boone
2. Left on 105 South (Wendy's restaurant is on the Left corner) to Linville
3. Right on 181 North to Newland
4. Left on 194 South
5. Right on Spanish Oak Rd.
6. Continue Straight until intersection with 19E
7. Left on 19E to Plumtree Presbyterian Church on Left (Transition 3)

Transition 3 (Exchange of Legs 18-19, Plumtree Presbyterian Church)

SV1 to follow the following route

1. Left (South) on 19E from Plumtree Presbyterian Church to Spruce Pine
2. Right on 226 North
3. Left on 226A (Mine Creek Road)
4. Left into Heaven Bound Church/Buckannon Park (Transition 4)

Transition 4 (Exchange of Legs 24-25, Buckannon Park)

SV2 to follow the following route

1. Left from Buckannon Park on 226A/80 to Loafer's Glory
2. Left on 226 North to Red Hill
3. Left on 197 South to intersection with 19E (be alert for railroad tracks and single lane bridge)
4. Right on 197 South/19E
5. Left on 197 South (Pensacola Rd.) to Pensacola (Transition 5)

Transition 5 (Exchange of Legs 30-31, Pensacola Sales and Service)

SV1 to follow the recommended route

1. 197 North from Pensacola to Burnsville
2. Left on 19 to 19/23 South to Asheville
3. 240 Beltway East (Expressway)
4. Exit #5 (Merrimon Ave)
5. Make a right at the exit ramp light and turn right into the bank (use second driveway, limited parking in back). Parking is also available at Sheraton 4 Seasons back parking lot, which is located across the street from HomeTrust Bank, and there are numerous public parking options within the city.