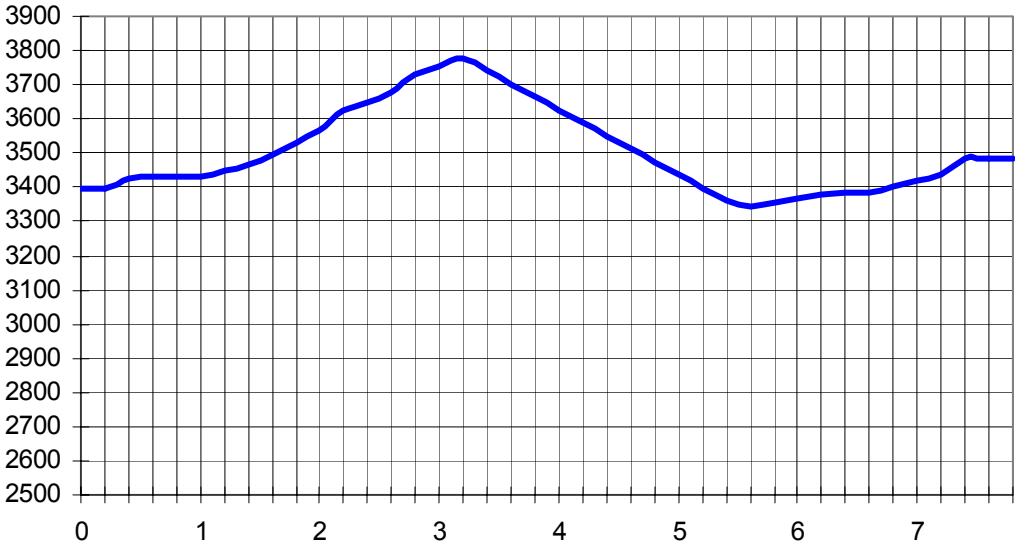
Leg 13 (7.5 miles, Hard)

Leg Description: Great running on the Parkway, but tough leg because of the distance and a good climb.

Leg Notes: Support vehicles are not permitted on the Blue Ridge Parkway. Runners must wear a reflective vest while on the Parkway. Stay alert for traffic on 221.

Leg Legend:

0.0		Exchange #12 (Tanger Outlet)
	R	Business 321/221 (Blowing Rock, run on right)
0.8	R	221 South
1.6	R	Blue Ridge Parkway entrance
0.1	L	Blue Ridge Parkway
3.9	R	Exit Blue Ridge Parkway (sign "To 221"
0.1	L	Halloway Mountain Rd. ("To 221")
1.0	L	Blue Moon Station (left) (Exchange #13)