

2019 Blue Ridge Relay  
 Team Seeding and Start Times  
 Friday, September 6, 2019  
 Sorted by Seed

Seed	Team	Category	City	State	Runners	Seed Time	Start Time
1	Charlotte Running Club	Open	Charlotte	NC	12	0:05:20	1:30 PM
2	Asheville Running Collective	Open	Asheville	NC	12	0:05:20	1:30 PM
4	Bull City Masters	Master	Durham	NC	12	0:05:45	12:00 PM
5	Sole Asylum 2.0	Ultra	Asheville	NC	6	0:05:50	11:30 AM
6	Asheville Running Collective - Mixed	Mixed	Asheville	NC	12	0:05:50	12:00 PM
7	Frank's Old Boys	Open	New York	NY	12	0:05:50	12:00 PM
8	CRC Stachefo	Mixed	Charlotte	NC	12	0:05:53	12:00 PM
9	F3 Free Range	Open	Charlotte	NC	12	0:06:00	12:00 PM
10	Norm's Maggots	Ultra	Asheville	NC	6	0:06:15	11:30 AM
11	The Runs	Open	Charlotte	NC	9	0:06:20	11:30 AM
12	Stache FO	Mixed	Charlotte	NC	12	0:06:25	12:00 PM
13	Bull City Track Club	Mixed	Durham	NC	12	0:06:30	12:00 PM
14	Mary Jane's Last Dance (F3)	Ultra	Greenville	NC	6	0:06:45	10:00 AM
15	DARTy Old Farty	Master Mixed	Davidson	NC	12	0:07:00	11:30 AM
16	Flying Foxes	Open	Charlotte	NC	12	0:07:00	11:30 AM
17	GT Milk & Cookie Boys	Ultra Master	Atlanta	GA	6	0:07:10	10:00 AM
18	Lady Regerts	Women Ultra	Asheville	NC	6	0:07:15	8:30 AM
19	Hey Jack!	Master	Hickory	NC	12	0:07:15	11:30 AM
20	Rock Hill Striders	Open	Rock Hill	SC	12	0:07:15	11:30 AM
21	Crazy Legs All-Stars	Open	Charlotte	NC	12	0:07:20	11:30 AM
22	F3 Return Of The Fish	Ultra	Charlotte	NC	6	0:07:30	10:00 AM
23	F3 Ultra	Ultra	Charlotte	NC	6	0:07:30	10:00 AM
24	Goats Gazelles & 4 Englishmen	Ultra	Raleigh	NC	6	0:07:30	10:00 AM
25	Lion Pride	Ultra	Durham	NC	6	0:07:30	10:00 AM
26	Runners Fit	Ultra	Flowery Branch	GA	6	0:07:30	10:00 AM
27	F3 Dropped	Open	Charlotte	NC	9	0:07:30	11:00 AM
28	It'll Be Fun They Said...	Open	Greenville	SC	9	0:07:30	11:00 AM
29	here for the avocado toast.	Open	Chapel Hill	NC	12	0:07:30	11:30 AM
30	Pineapple Mustache Gang	Open	Huntersville	NC	12	0:07:30	11:30 AM

31	Stache Fo Masters	Master Mixed	Charlotte	NC	12	0:07:30	11:30 AM
32	F3 Big Swinging Six	Ultra	Harrisburg	NC	6	0:07:36	9:00 AM
33	F3 Lex - You Can Run But You Can't Ride	Open	Lexington	SC	12	0:07:41	11:00 AM
34	F3 Summerville Wayward Brothers	Ultra	Summerville	SC	6	0:07:45	9:00 AM
35	They Got Us Working In Shifts	Ultra	Asheville	NC	6	0:07:45	9:00 AM
36	Whiskey Bent and Hill Bound	Ultra Master	Chapel Hill	NC	6	0:07:45	9:00 AM
37	Sleeper Car	Open	Raleigh	NC	9	0:07:45	11:00 AM
38	B.A.R.F.	Open	Boone	NC	12	0:07:45	11:00 AM
39	B.A.R.F.'in 2: Electric Bugaloo	Open	Boone	NC	12	0:07:45	11:00 AM
40	Pump It Up	Open	Winston-Salem	NC	12	0:07:46	10:30 AM
41	Legs Miserables	Women Ultra	Asheville	NC	6	0:07:50	8:30 AM
42	Team Shay Nay Nay	Ultra Mixed	Dacula	GA	6	0:07:50	8:30 AM
43	Undertrained & Overconfident	Ultra Mixed	Greenville	SC	6	0:07:50	8:30 AM
44	Buttermilque Toast - Extra Crispy	Master	Richmond	VA	11	0:07:50	11:00 AM
45	Buttermilque Toast - Original Recipe	Open	Richmond	VA	12	0:07:50	11:00 AM
46	Buttermilque Toast - Zesty	Master	Richmond	VA	12	0:07:50	11:00 AM
47	AWESOMENAI	Ultra Master	Charlotte	NC	6	0:08:00	9:00 AM
48	Chi-Tah's	Ultra Mixed	Asheville	NC	6	0:08:00	8:30 AM
49	F3 Picking Up The 6 Pax	Ultra	Holly Springs	NC	6	0:08:00	9:00 AM
50	Liar Liar Legs on Fire	Ultra	Greenville	NC	6	0:08:00	9:00 AM
51	Shhhh...Just Let it Happen!	Ultra	Oakwood	GA	6	0:08:00	9:00 AM
52	Oak City Sweat Machine	Open	Raleigh	NC	9	0:08:00	10:00 AM
53	Run On Sentences	Open	Washington	DC	9	0:08:00	10:00 AM
54	Sons Of Our Dear Mothers	Open	Charlotte	NC	9	0:08:00	10:00 AM
55	Blue Jacket Run Loves	Open	Washington	DC	12	0:08:00	10:30 AM
56	Channel the Goat - NC	Open	Holly Springs	NC	12	0:08:00	10:30 AM
57	F3 Denver of the East	Open	Denver	NC	12	0:08:00	10:30 AM
58	PBO Pub Crawlers	Open	Pittsboro	NC	12	0:08:00	10:30 AM
59	F3 Carterico - Pedro's Passengers	Open	Morehead City	NC	12	0:08:05	10:30 AM
60	Greensboro Sole Sistas	Women	Greensboro	NC	12	0:08:05	10:30 AM
61	F3 Board of Directors	Ultra Master	Richmond	VA	6	0:08:07	9:00 AM
62	F3 Government Cheese	Master	Raleigh	NC	9	0:08:10	9:30 AM
63	F3 Super Big Time Operators	Open	Charlotte	NC	9	0:08:10	9:30 AM
64	One Day I Felt Like Runnin...	Open	Knoxville	TN	12	0:08:10	10:00 AM
65	One Day I Felt Like Runnin... Too	Open	Knoxville	TN	12	0:08:10	10:00 AM

66	Dashing rates	Ultra Mixed	Statesville	NC	6	0:08:15	8:30 AM
67	F3 Carpex Beige Bros	Ultra	Cary/Apex	NC	6	0:08:15	9:00 AM
68	Oak City Ultra Murderinos	Ultra Mixed	Raleigh	NC	6	0:08:15	8:30 AM
69	Ultra Mountain Lions	Ultra Master	Salisbury	NC	6	0:08:15	9:00 AM
70	Yonahlossee Resort	Open	Charlotte	NC	7	0:08:15	9:00 AM
71	F3 Carpex HIDAS	Open	Cary	NC	9	0:08:15	9:30 AM
72	F3 Florence: Hill to the Nah	Open	Florence	SC	12	0:08:15	10:00 AM
73	Ultra Six Pack	Women Ultra	Charlotte	NC	6	0:08:16	7:30 AM
74	Cool Down Specialists	Open	Roanoke	VA	9	0:08:20	9:30 AM
75	Hickory Knuts	Open	Hickory	NC	12	0:08:20	10:00 AM
76	F3 JOCO MoonRunners	Open	Clayton/Benson	NC	8	0:08:30	8:30 AM
77	ORIGINADS	Master	Charlotte	NC	9	0:08:30	8:30 AM
78	Providence Harriers	Master	Charlotte	NC	9	0:08:30	8:30 AM
79	No Sleep Till Biltmore	Mixed	Everywhere	USA	10	0:08:30	7:00 AM
80	Namaslay This Relay	Women	Roanoke	VA	11	0:08:30	9:30 AM
81	11 Millenials and an Old Guy	Mixed	Sylva	NC	12	0:08:30	9:30 AM
82	24 Hour Sobriety Challenge	Open	Raleigh	NC	12	0:08:30	9:30 AM
83	F3 Alpha	Open	Alpharetta	GA	12	0:08:30	9:30 AM
84	F3 G.O.T.C.H.A.	Open	Huntersville	NC	12	0:08:30	9:30 AM
85	F3 Run For Holland	Open	Spruce Pine	NC	12	0:08:30	9:30 AM
86	Hogwallow Skunk Works	Open	Roswell	GA	12	0:08:30	9:30 AM
87	The Frozen Chosen	Open	Asheville	NC	12	0:08:30	9:30 AM
88	STANGE BLUE	Open	Falls Church	VA	12	0:08:35	9:30 AM
89	Snails and Darters	Mixed	Chapel Hill	NC	12	0:08:37	8:30 AM
90	We Are (Still) Not That Good	Open	Charlotte	NC	12	0:08:38	8:30 AM
91	WTF3	Open	Charlotte	NC	9	0:08:40	7:30 AM
92	Shenanigans!	Mixed	Baltimore	MD	10	0:08:40	8:30 AM
93	F3 Squirrel Gravy	Open	Waynesville	NC	12	0:08:40	8:30 AM
94	Kamwe Kuacha - SC	Ultra	Fort Mill	SC	6	0:08:45	7:30 AM
95	TRAIN IN VAIN	Ultra	Glendale Springs	NC	6	0:08:45	7:30 AM
96	F3 Lost Colony	Open	Raleigh	NC	9	0:08:45	7:30 AM
97	The Justice Brethren	Open	Charlotte	NC	9	0:08:45	7:30 AM
98	# Fake Runners	Mixed	Durham	NC	12	0:08:45	8:00 AM
99	Asheville Fire Department	Open	Asheville	NC	12	0:08:45	7:30 AM
100	Carolina Godiva Women's Masters	Women Master	Durham	NC	12	0:08:45	8:00 AM

101	Chasing Vermeer	Women Master	Chapel Hill	NC	12	0:08:45	8:00 AM
102	F3 Haul 'N Arse	Master	Charlotte	NC	12	0:08:45	8:00 AM
103	Sisterhood of the Traveling Bracelet	Women Master	Chapel Hill	NC	12	0:08:45	8:00 AM
104	F3 Corporate	Open	Richmond	VA	12	0:08:47	8:00 AM
105	Scut Monkey	Mixed	Durham	NC	12	0:08:50	8:00 AM
106	The Blue Ridge Streakers	Open	Charlotte	NC	12	0:08:50	8:00 AM
107	F3 Raleigh Perseverance Goat	Ultra	Raleigh	NC	6	0:09:00	7:30 AM
108	Donkey Kickin	Open	Holly Springs	NC	9	0:09:00	6:30 AM
109	Early Morning Woodbridge	Open	Charlotte	NC	9	0:09:00	6:30 AM
110	F3 Moutain Goat 9	Open	Charlotte	NC	9	0:09:00	7:30 AM
111	F3 Shelby: Foggy Mountain Breakdown	Open	Shelby	NC	9	0:09:00	6:30 AM
112	F3 South Wake - PPMH	Open	Holly Springs	NC	9	0:09:00	7:30 AM
113	F3 Up 'n Over	Open	Charlotte	NC	9	0:09:00	7:30 AM
114	Long Distance Relaytianship	Open	Charlotte	NC	9	0:09:00	7:30 AM
115	Space Goats	Open	Charlotte	NC	9	0:09:00	7:30 AM
116	Squatch Out 9	Open	Monroe	NC	9	0:09:00	6:30 AM
117	Team Bataan	Open	Charlotte	NC	9	0:09:00	7:30 AM
118	F3 Double Dawg Dare	Open	Concord	NC	10	0:09:00	6:30 AM
119	12 PACK	Open	Raleigh	NC	12	0:09:00	8:00 AM
120	Agony of DeFeet	Open	Augusta	GA	12	0:09:00	5:30 AM
121	Ashe Crossfit	Open	West Jefferson	NC	12	0:09:00	5:30 AM
122	Between Two Vans	Open	Philadelphia	PA	12	0:09:00	7:00 AM
123	Bull City All-Stars	Master Mixed	Durham	NC	12	0:09:00	7:00 AM
124	F3 Crossroads	Open	Statesville	NC	12	0:09:00	8:00 AM
125	F3 HorseLot Hustlers	Open	Charleston	SC	12	0:09:00	7:00 AM
126	F3 Lexington - Mountain of Respect	Master	Lexington	SC	12	0:09:00	5:30 AM
127	Flying Foxes - Run & Fun	Open	Matthews	NC	12	0:09:00	8:00 AM
128	GOFAR 2019	Open	Greensboro	NC	12	0:09:00	7:00 AM
129	Muddy Undies	Master	Charlotte	NC	12	0:09:00	5:30 AM
130	Sole Power	Women	Asheville	NC	12	0:09:00	7:00 AM
131	Squatch Out 12	Open	Monroe	NC	12	0:09:00	6:30 AM
132	Team Mediocre	Open	Lexington	SC	12	0:09:00	8:00 AM
133	Tramps Like Us	Open	Charlotte	NC	12	0:09:00	8:00 AM
134	What Happens In The Van Stays In The Van	Mixed	Farmington	CT	12	0:09:00	8:00 AM
135	F3 Carterico - Crabby	Open	Moorehead City	NC	12	0:09:10	5:30 AM

136	James River Runners	Open	Ashland	VA	12	0:09:10	7:00 AM
137	F3 Charleston - Sea Level Six	Ultra	Charleston	SC	6	0:09:15	6:00 AM
138	Delusional Dozen	Open	Greensboro	NC	8	0:09:15	6:00 AM
139	I Think I'll Go Home Now	Open	Greenville	NC	9	0:09:15	6:30 AM
140	Lactic Asses - Yellow	Open	Charlotte	NC	9	0:09:15	6:30 AM
141	Beer Run at Oak City Brewing	Mixed	Knightdale	NC	12	0:09:15	7:00 AM
142	F3 #SOCSAUPITHURTS	Open	Cornelius	NC	12	0:09:15	5:30 AM
143	F3 Carpex Mustache Mountaineers	Open	Cary	NC	12	0:09:15	7:00 AM
144	F3 Carpex Other Team	Open	Cary	NC	12	0:09:15	7:00 AM
145	F3 South Wake - Dirté Dozen	Open	Holly Springs	NC	12	0:09:15	5:30 AM
146	Howard's Misty Mountaineers	Grand Master	Blowing Rock	NC	12	0:09:15	5:30 AM
147	Lactic Asses	Mixed	Fort Mill	SC	12	0:09:15	7:00 AM
148	Lactic Asses - It's Complicated	Open	Fort Mill	SC	12	0:09:15	7:00 AM
149	Sweaty Bulls	Mixed	Durham	NC	12	0:09:15	7:00 AM
150	Red Hot Mamas - Team 1	Women	Salisbury	NC	9	0:09:20	5:30 AM
151	Red Hot Mamas - Team 2	Women	Salisbury	NC	9	0:09:20	5:30 AM
152	Red Hot Mamas - Team 3	Women	Salisbury	NC	9	0:09:20	5:30 AM
153	F3 Mountain Goat 12	Open	Charlotte	NC	11	0:09:20	6:30 AM
154	Runegades Resurrected	Mixed	Chapel Hill	NC	12	0:09:20	6:30 AM
155	Will Run For Beer	Ultra Master	York	PA	6	0:09:30	6:00 AM
156	F3 Sandhills	Open	Southern Pines	NC	9	0:09:30	6:00 AM
157	Aces Back To Back	Open	Charlotte	NC	10	0:09:30	6:00 AM
158	F3 Sandhills Team Omega	Open	Pinehurst	NC	10	0:09:30	6:00 AM
159	TEKOA	Open	Hendersonville	NC	10	0:09:30	6:00 AM
160	Booties and the Beast	Mixed	Asheville	NC	12	0:09:30	6:30 AM
161	DHG I Life Beyond Numbness	Open	Asheville	NC	12	0:09:30	6:00 AM
162	DHG II Life Beyond Numbness	Open	Asheville	NC	12	0:09:30	6:00 AM
163	F3 Hickory - Mayonnaise Fast	Open	Hickory	NC	12	0:09:30	6:00 AM
164	Movin Microbes	Open	RTP	NC	12	0:09:30	6:00 AM
165	Orrick Runners United	Open	Portland	OR	12	0:09:30	6:30 AM
166	Repeat Offenders	Mixed	Raleigh	NC	12	0:09:30	6:00 AM
167	Team Orrick	Open	Portland	OR	12	0:09:30	6:30 AM
168	Wookies With Attitude	Open	Charlotte	NC	12	0:09:30	6:30 AM
169	Not Fast Just Furious VI	Open	Weddington	NC	12	0:09:31	6:00 AM
170	12-NITRO	Open	West Jefferson	NC	12	0:09:43	6:00 AM

171	Coopstrong	Open	Greenville	NC	9	0:09:45	5:00 AM
172	#VayaStrong	Mixed	Asheville	NC	12	0:09:45	5:00 AM
173	F3 Deez Lug Nutz	Open	Mooreville	NC	12	0:09:45	5:00 AM
174	Hill Yeah - We're Crazy	Women	Lexington	SC	12	0:09:45	5:00 AM
175	LKNsanity!	Mixed	Davidson	NC	12	0:09:45	5:30 AM
176	Waypoint Warriors	Open	Durham	NC	12	0:09:47	5:30 AM
177	Red Hot MaMas	Women Ultra	Burlington	NC	6	0:10:00	5:00 AM
178	Better Than Two 20-Year Olds	Open	Alexandria	VA	8	0:10:00	5:00 AM
179	Glitter Gang	Open	New York	NY	9	0:10:00	5:00 AM
180	Squirrely Mountain Savages	Open	Charlotte	NC	9	0:10:00	5:00 AM
181	The Lost Magellans	Open	Durham	NC	9	0:10:00	5:00 AM
182	GET OFF MY LAWN!!	Grand Master	Raleigh	NC	12	0:10:00	5:00 AM
183	Low Tide Loafers	Open	Washington	NC	12	0:10:00	5:00 AM
184	PTSD	Open	Greenville	NC	12	0:10:00	5:00 AM
185	Why Is My Seat Moist?	Mixed	Asheville	NC	12	0:10:00	5:00 AM
186	Running Up A Tab	Women Master	Advance	NC	12	0:11:17	5:00 AM