

# Slam the Dam 10K



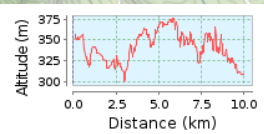
Lake Lure

Lake Lure

Memorial Hwy

Donald Ross Nature Trail Park

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For an interactive copy of this map that includes mileage and waypoints, scan the QR code above or visit [gpsies.com](https://gpsies.com) and search SlamTheDam10K.

6.21 miles (one-way trip)

Total climb: 551 ft, Total descent: 695 ft

Altitude range 253 ft (Altitude from: 980 ft to 1233 ft)

