

LEG 28 -- 7.4 MILES -- HARD -- PARTIAL VAN SUPPORT



LEG 28 -- 7.4 MILES -- HARD

First Encounter Beach
 Samoset Road
 Eastham, MA 02642
 41°49'18.02"N 70° 0'10.81"W

4:15 AM- 1:45 PM

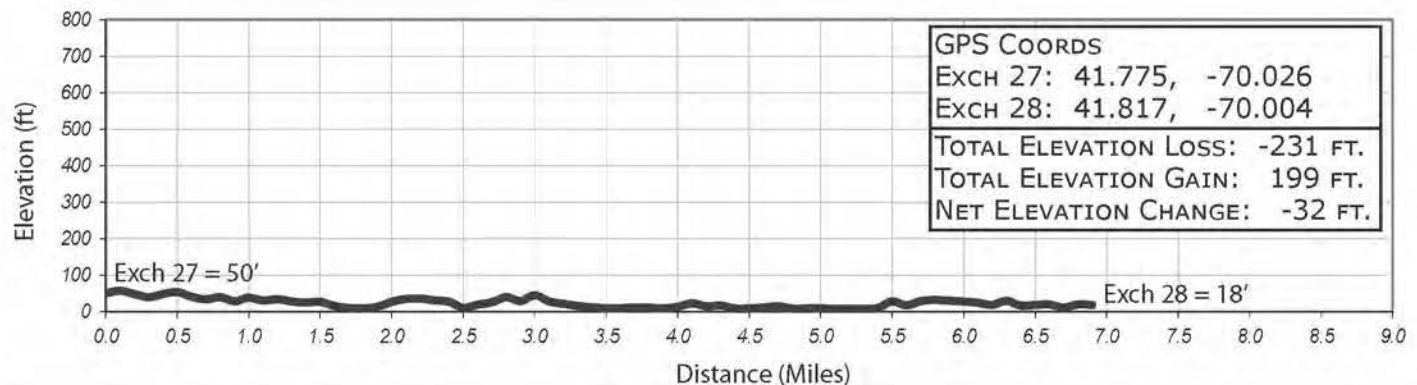
Vans are not allowed on Skaket Beach Road or Rockharbor Road. There will be police monitoring the area. If you would like to support your runner, at the rotary, head toward the court house and take a right onto Bridge and catch up with your runner there.

LEG LEGEND:

- 0.0 Depart exchange LEFT onto Main St
- 0.2 Cross with police assistance at Mitchell Ln
- 0.25 RIGHT Onto Deer Park Rd
- 0.5 RIGHT onto Cape Cod Rail Trail
- 2.3 LEFT off Rail Trail onto West Road
- 2.5 RIGHT onto Skaket Beach Road
- 2.9 LEFT onto Rock Harbor Road.
- 3.45 RIGHT at Youngs Fish Market/wharf to continue on Rock Harbor
- 4.35 LEFT onto Bridge Road.
- 5.1 RIGHT at Bayview to stay on Bridge Road.
- 5.9 LEFT onto Herring Brook Road
- 6.9 LEFT onto Samoset Road running with traffic. (runners on next leg coming at you)
- 7.4 Arrive at Exchange 28

VAN ROUTE:

- 0.1 Exit exchange RIGHT on MA-6A E/Main
- 1.6 Merge onto MA-6A E/Mid Cape Highway
- 3.8 At the traffic circle, take the 3rd exit onto Rock Harbor Road ramp
- 3.9 LEFT onto Rock Harbor Road
- 4.2 RIGHT onto Bridge Rd
- 5.0 RIGHT to Stay on Bridge Rd
- 5.8 LEFT onto Herring Brook Rd
- 6.8 LEFT onto Samoset Rd



LEG 29 -- 4.4 MILES -- MODERATE -- FULL VAN SUPPORT

LEG 29 -- 4.4 MILES -- MODERATE

Cooks Brook Beach
Steele Rd, Eastham, MA 02642
41°51'51.12"N 70° 0'27.87"W

5:00 AM-2:30 PM

Please be respectful in this neighborhood.

Nauset Cullinary will be offering the following items for sale-cash only:
PB-Cacao-Superseed balls – 2pk - \$2 • Large Cranberry-Oatmeal-Choc-Almond Super Cookies \$1 • Andean Breakfast Bars (ancient grains, seeds, etc) \$2 • Slice of The Farm! Thick Slice of Super-Moist Delicious Apple-Carrot-Zucchini Bread \$2 HOT: • Hot Oatmeal-Quinoa Bowls w/FRESH Fruit \$3 • MultiGrain Mini-Pita Pockets w/Egg, Slice of Cheese & Mesclun Greens \$4.50 • Coffee, Teas, Hot Chocolate \$1 • Assorted Mini (muffin cup size) Veggie & Cheese Frittatas \$2 COLD: • Pre-Packaged NF Greek Yogurt- w/hm Dried Berries & Almond Granola \$3.50 • Assorted Bottled Cold Drinks (incl. water, coconut water, watermelon water and more) \$2 - \$4 • Mint-Green Iced Tea w/Honey \$2 • Cucumber-Lime-Agua Fresca \$2

LEG LEGEND:

- 0.0 Depart Exchange 28 on Samoset Road running against traffic (leg 28 runners will be coming at you).
- 0.5 LEFT onto Herring Brook Road.
- 2.0 LEFT onto Western Ave
- 2.5 RIGHT onto Shurtleff Road
- 3.0 RIGHT onto Campground Road
- 3.3 LEFT onto Higgins Road
- 4.0 LEFT onto Steele Road
- 4.4 Arrive at Exchange 29

VAN ROUTE:

- (Follow Runner Directions)
- 0.0 Depart Exchange 28 on Samoset Road running against traffic (leg 28 runners will be coming at you).
 - 0.5 LEFT onto Herring Brook Road
 - 2.0 LEFT onto Western Ave
 - 2.5 RIGHT onto Shurtleff Road
 - 3.0 RIGHT onto Campground Road
 - 3.3 LEFT onto Higgins Road
 - 4.0 LEFT onto Steele Road
 - 4.4 Arrive at Exchange 29

