

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

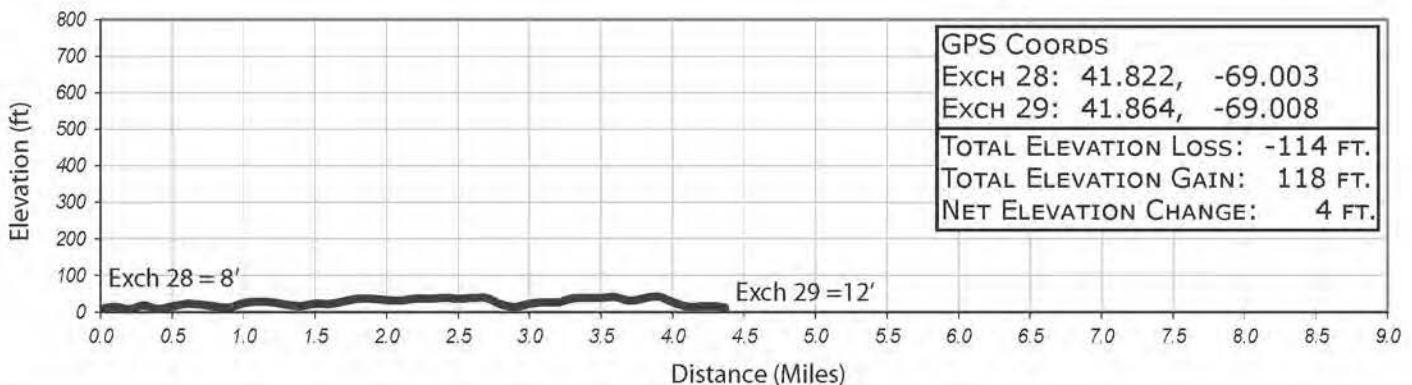
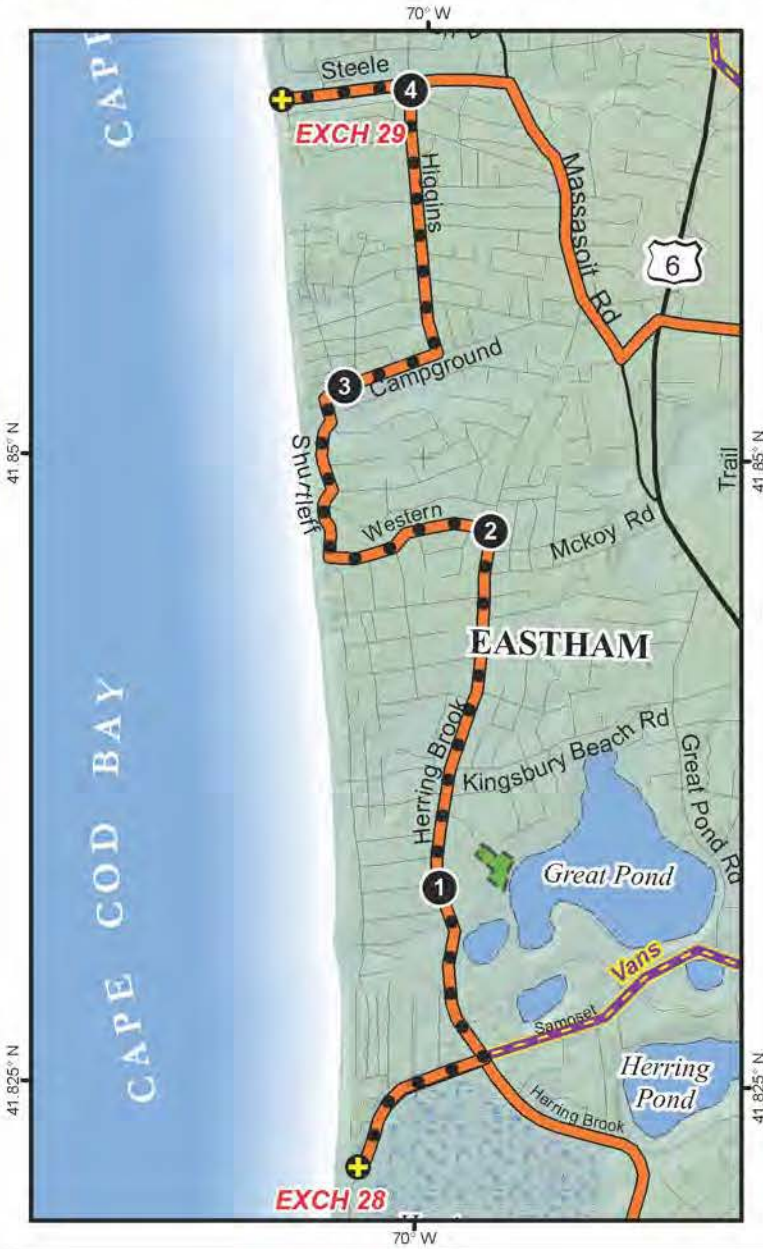
LEG LEGEND:

- 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

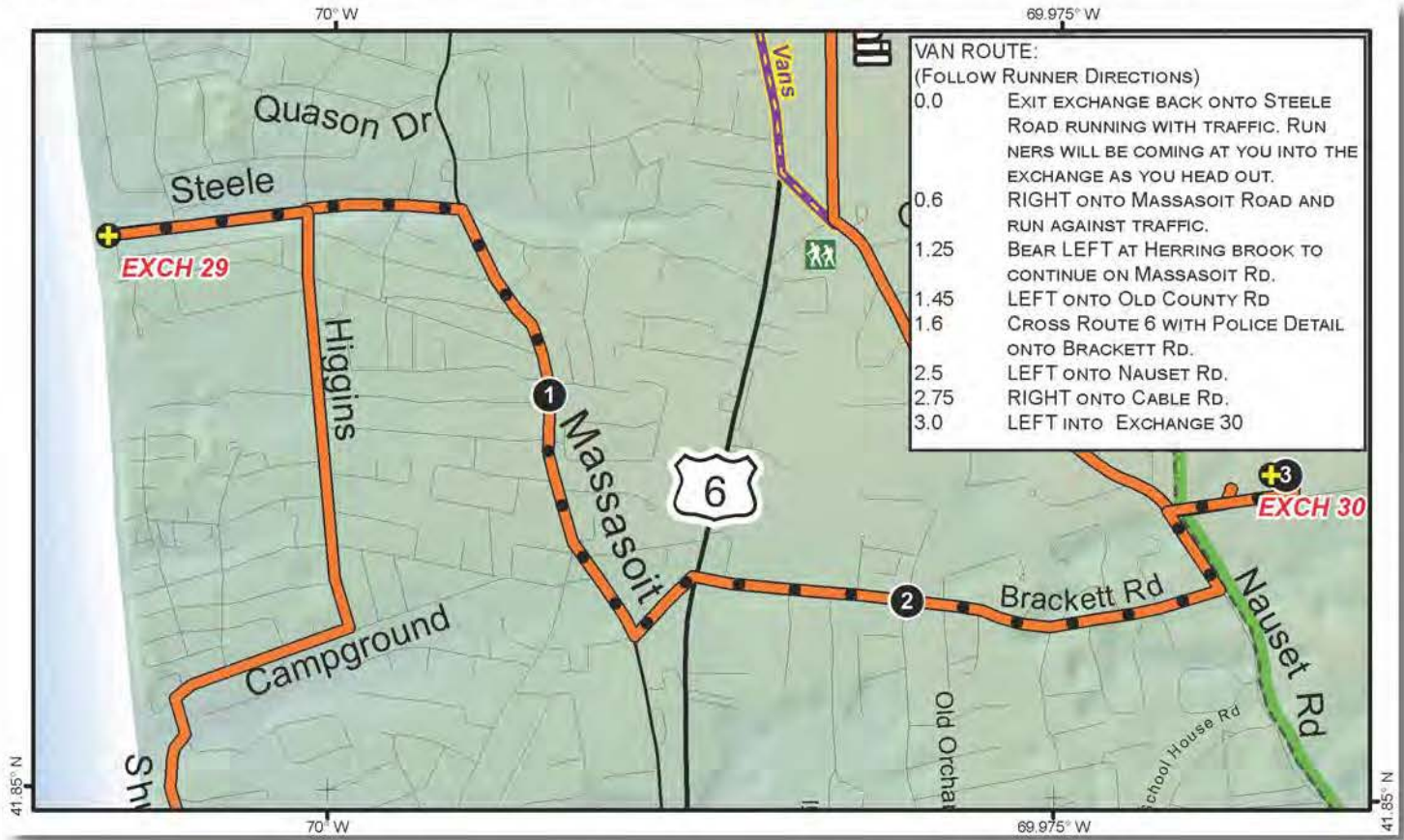
VAN ROUTE:

(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



LEG 30 -- 3.0 MILES -- EASY -- FULL VAN SUPPORT



VAN ROUTE:
 (FOLLOW RUNNER DIRECTIONS)

- 0.0 EXIT EXCHANGE BACK ONTO STEELE ROAD RUNNING WITH TRAFFIC. RUNNERS WILL BE COMING AT YOU INTO THE EXCHANGE AS YOU HEAD OUT.
- 0.6 RIGHT ONTO MASSASOIT ROAD AND RUN AGAINST TRAFFIC.
- 1.25 BEAR LEFT AT HERRING BROOK TO CONTINUE ON MASSASOIT RD.
- 1.45 LEFT ONTO OLD COUNTY RD
- 1.6 CROSS ROUTE 6 WITH POLICE DETAIL ONTO BRACKETT RD.
- 2.5 LEFT ONTO NAUSET RD.
- 2.75 RIGHT ONTO CABLE RD.
- 3.0 LEFT INTO EXCHANGE 30

LEG 30 -- 3.0 MILES -- EASY

Nauset Regional High School
 100 Cable Road
 Eastham, MA 02642
 41°51'30.37"N 69°58'2.57"W

1:30 AM-3:00 PM

Cross with caution at route 6. Police will be there to assist. Please wait for their direction. Extra Mile Charity Village featuring The Hole in the Wall Gang Camp, Dylan's Wings of Change, Ben's Light House, REACH Newtown,

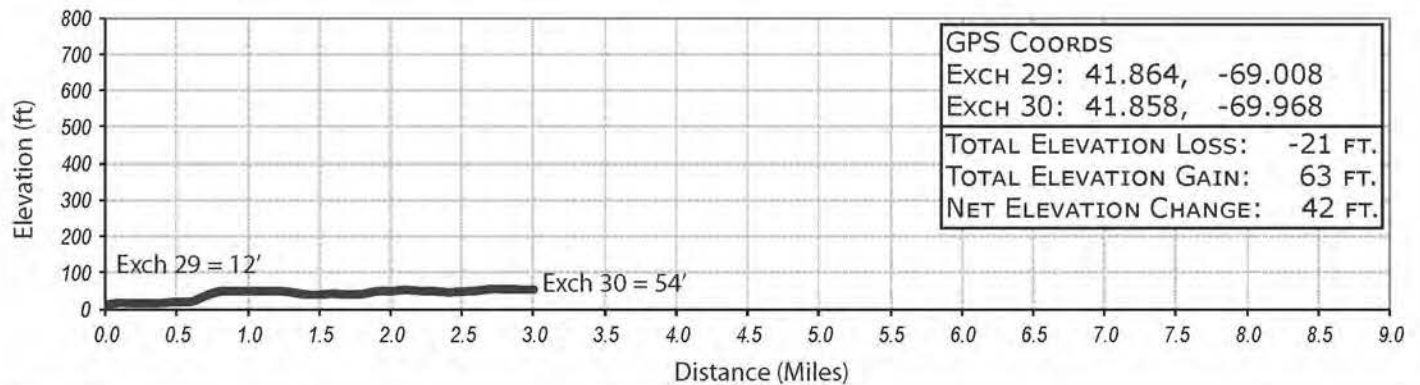
Smilemass, The Avielle Foundation, and Stupid Cancer: Games, music and fun!

The Nauset High School Cafeteria will be selling food items starting at 5:30am. See the Sweet Happenings for a full list. Cash only.

LEG LEGEND:

- 0.0 Exit exchange back onto Steele Road running with traffic. Runners will be coming at you into the exchange as you head out.
- 0.6 RIGHT onto Massasoit Road and run against traffic.

- 1.25 Bear LEFT at Herring brook to continue on Massasoit Rd.
- 1.45 LEFT onto Old County Rd
- 1.6 Cross Route 6 with Police Detail onto Brackett Rd.
- 2.5 LEFT onto Nauset Rd.
- 2.75 RIGHT onto Cable Rd.
- 3.0 LEFT into Exchange 30



LEG 30