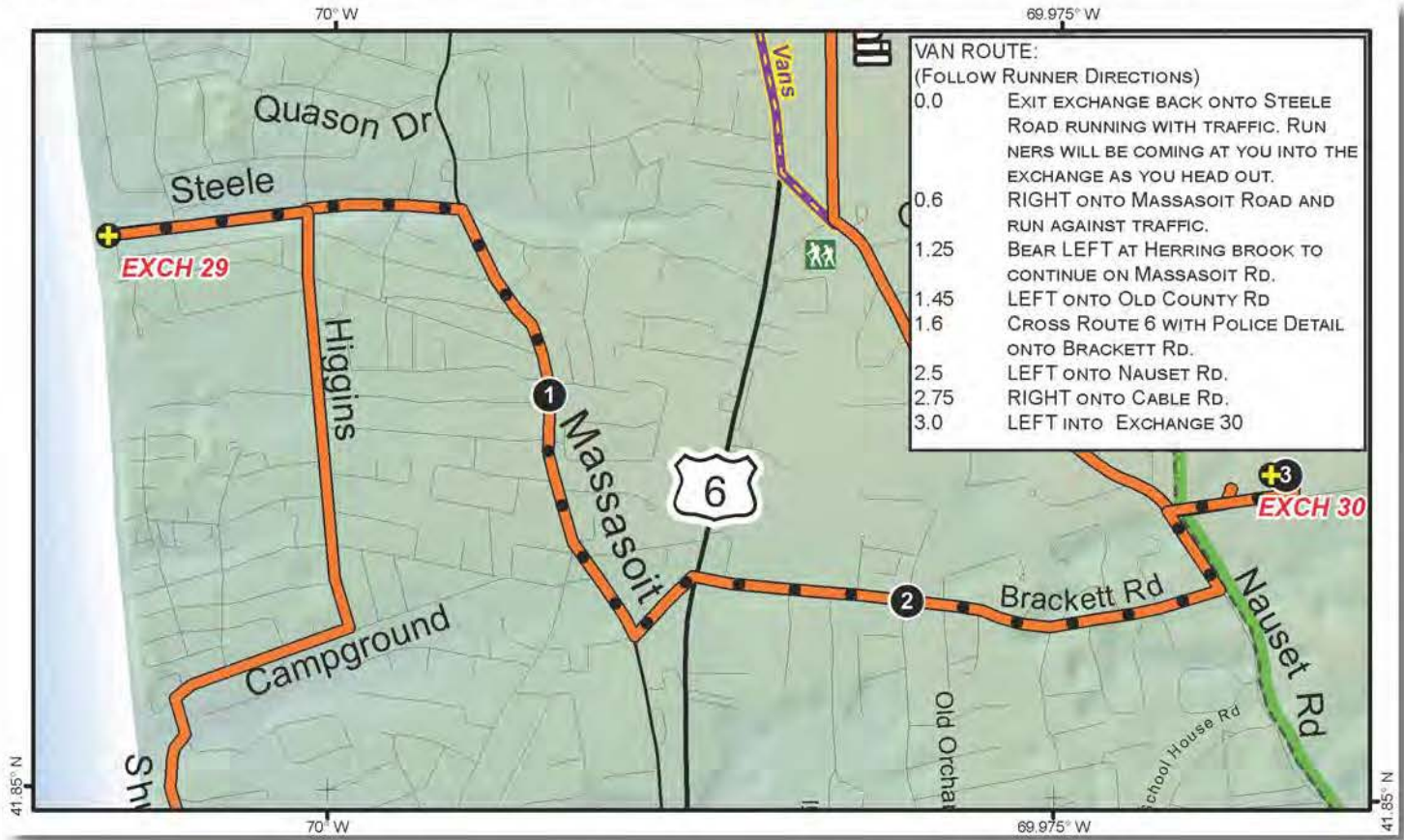


LEG 30 -- 3.0 MILES -- EASY -- FULL VAN SUPPORT



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,

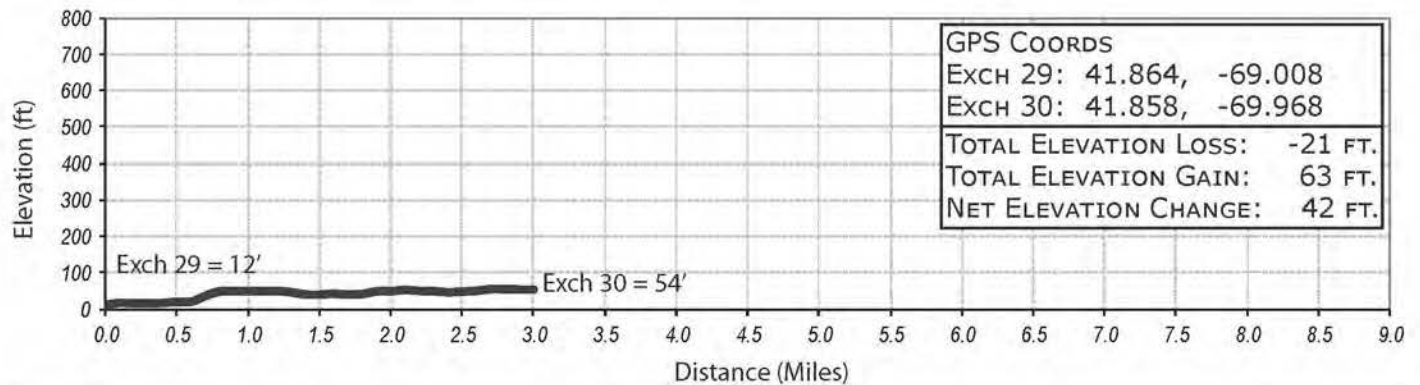
Smilemass, The Avielle Foundation, and Stupid Cancer: Games, music and fun!

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

VAN 2 -- LEGS 31-36 -- 27.8 MILES



EXCHANGE NOTES:

There will be several free shuttles running from the Herring Cove Lot to the finish line area. There will be a dumpster as well as porto-johns in the shuttle lot. If you wish to pay for parking closer to the finish, take a LEFT onto Shank Painter Road (well signed on Rte 6) and your 2nd left onto Captain Bertie's Way. Paid parking enforced by Town.

Bring your bib tags and ID for beer!

FINISH LINE ADDRESS:

Pilgrim Monument
1 High Hill Pole Road
Provincetown, MA 02657
9:00 AM-8:30PM

FINISH LINE PARKING:

Herring Cove Beach
Province Lands Road
Provincetown, MA 02657
42° 3'10.77"N 70°11'21.20"W
8:30 AM- 8:30 PM

Van 1 is highly encouraged to park at the Herring Cove Beach parking lot and take the

free shuttle to the finish line.

INACTIVE VAN DIRECTIONS:

- 0.0 Depart Exchange 30 heading west on Cable Road
- 0.4 RIGHT (N) onto Nauset Road
- 1.3 RIGHT (N) onto Highway 6
- 23.3 RIGHT (N) onto Province Lands Road
- 23.4 Arrive at Herring Cove Beach shuttle parking

