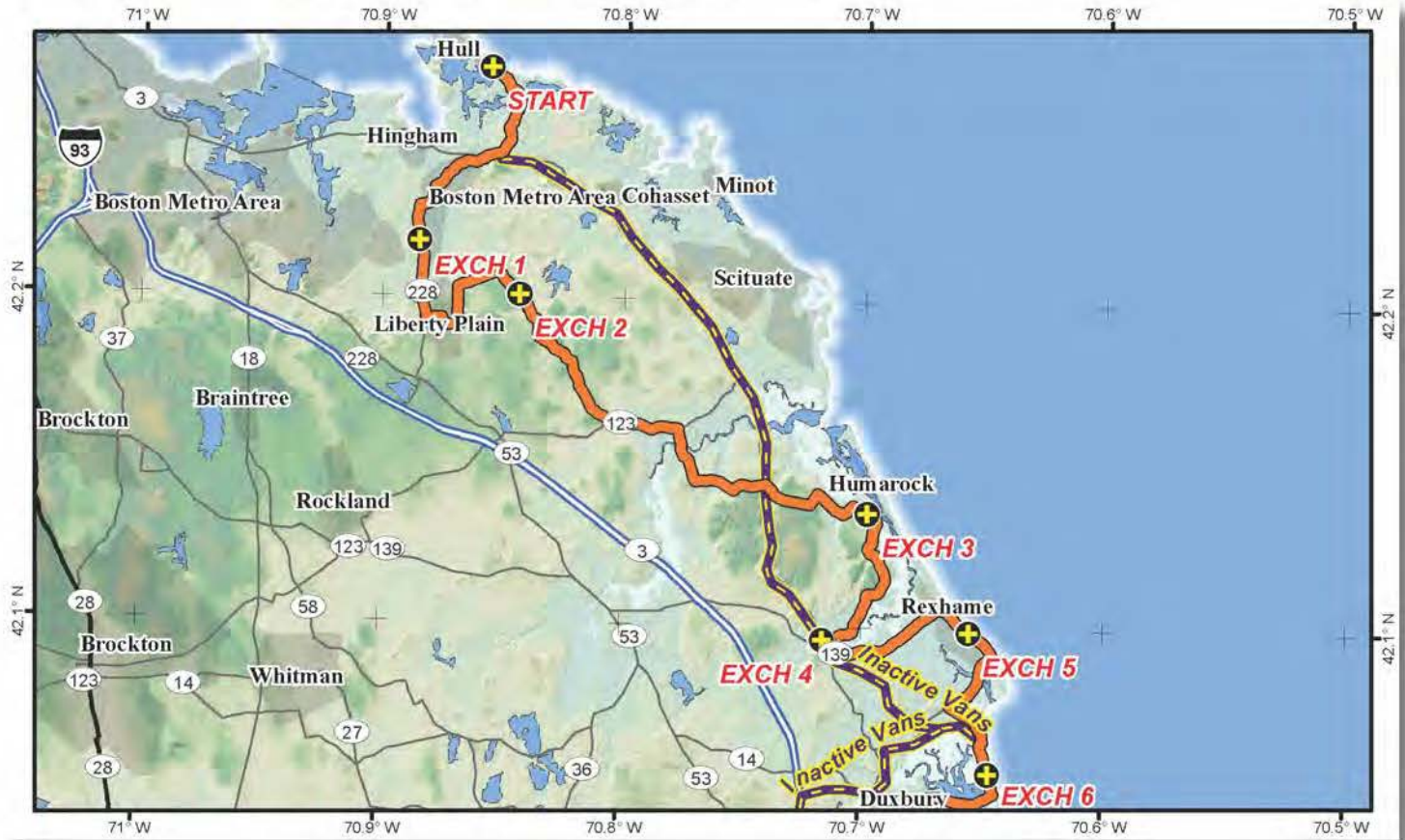


VAN 1 -- LEGS 1-6 -- 33.1 MILES



OVERVIEW:

Van 2 will be picking up the shirts at exchange 6. Please have everyone try them on and exchange here as needed.

Absolutely no Ragnar Vehicles will be allowed to cross the Powder Point Bridge. All team vehicles must access Exchange 6 from the north using Canal Street.

START LINE ADDRESS:

DCR Nantasket Beach
175 Hull Shore Drive
Hull, MA 02045

Open/Close: 7:30AM-8:00 PM

EXCHANGE 6 ADDRESS:

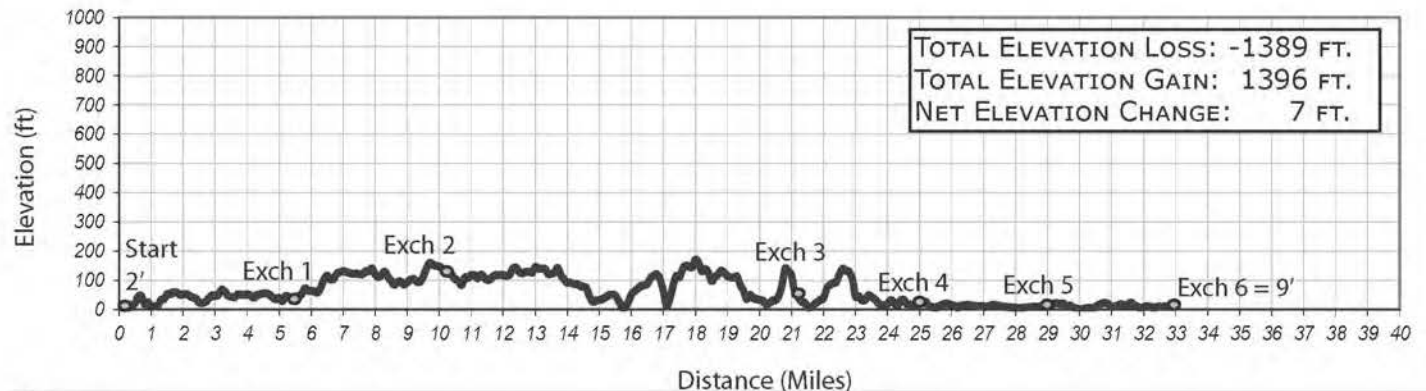
Exchange 6 Address:
Duxbury Beach
150 Gurnet Road
Duxbury, MA 02332
42° 3'20.99"N 70°38'48.29"W

INACTIVE VAN DIRECTIONS TO EXCHANGE 6:

Van 2, the inactive van, should bypass the Start Line and drive straight to Exchange 6 using Highway 3. This van will meet the active van

(legs 1-6) at Exchange 6 in Duxbury.

- | | |
|------|---|
| 0.0 | Depart Start Line heading south on Nantasket Avenue |
| 1.6 | Continue STRAIGHT (S) onto Hull Street |
| 3.2 | LEFT (E) onto Highway 3A |
| 17.6 | LEFT (E) onto Ocean Street |
| 17.9 | RIGHT (S) onto Webster Street |
| 20.2 | LEFT (E) onto Careswell Street |
| 20.7 | RIGHT (S) onto Canal Street |
| 22.4 | Arrive at Exchange 6 |



LEG 1 -- 5.3 MILES -- MODERATE -- FULL VAN SUPPORT



LEG 1 -- 5.3 MILES -- MODERATE

Southshore Baptist Church
 578 Main Street, Hingham, MA 02043
 GPS: 42°13'3.72"N 70°53'5.03"W

5:15 AM – 4:45 PM

Start Line is located at Nantasket Beach. Runners should stay on the sidewalk for this entire leg. There are police to help at some of the larger crossings. At the smaller crossings runners will use the 'walk' lights and cross walks to safely navigate crossings.

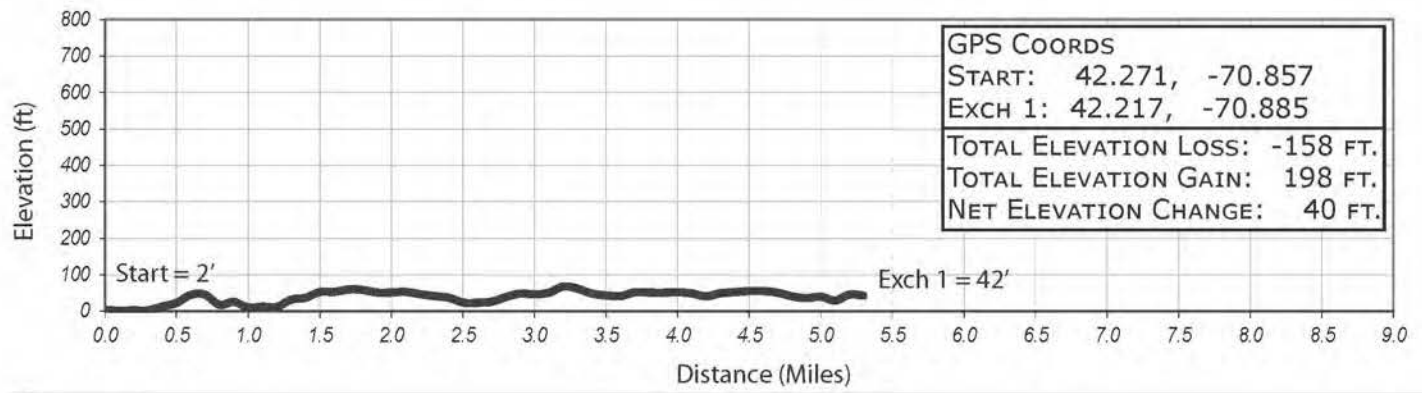
Vans will detour onto Middle to avoid backups at the Main/Free intersection and will enter/exit the exchange on Free Street.

LEG LEGEND:

- 0.0 Depart exchange heading south on Nantasket Avenue
- 1.0 Continue onto Hull Street/Highway 228
- 2.2 Hull St. will become East St.
- 3.7 East will then become Leavitt St.
- 3.9 LEFT onto Short St.
- 4.0 Continue STRAIGHT onto Main Street/Highway 228 at intersection
- 4.3 At the intersection of Pleasant St turn Left to use cross walk to run against traffic on Main St. on sidewalk. Officer detail will assist.
- 4.5 Continue on 228.
- 5.3 Arrive at Exchange 1

VAN ROUTE:

- 0.0 Start heading south on Nantasket Avenue
- 1.0 Continue onto Hull Street/Highway 228
- 2.2 Hull St. will become East St.
- 3.7 East will then become Leavitt St.
- 3.8 Turn Left onto Short St.
- 4.0 Turn Left onto Middle Street
- 4.3 Middle becomes Union(after you cross Pleasant)
- 5.1 Continue straight onto Free Street where Union turns left.
- 6.0 Right turn into Exchange.



LEG 2 -- 5.0 MILES -- MODERATE -- NO VAN SUPPORT

LEG 2 -- 5.0 MILES -- MODERATE

Wompatuck State Park
Transfer Station
(see GPS coordinates)
42°12'4.96"N 70°50'37.45"W

6:00 AM – 5:00 PM

Runners- The first portion of leg 2 continues on 228/Main St and crosses several times to keep on the sidewalk. Please use caution when crossing roads and intersections. Use all cross walks and obey the 'walk' signal lights.

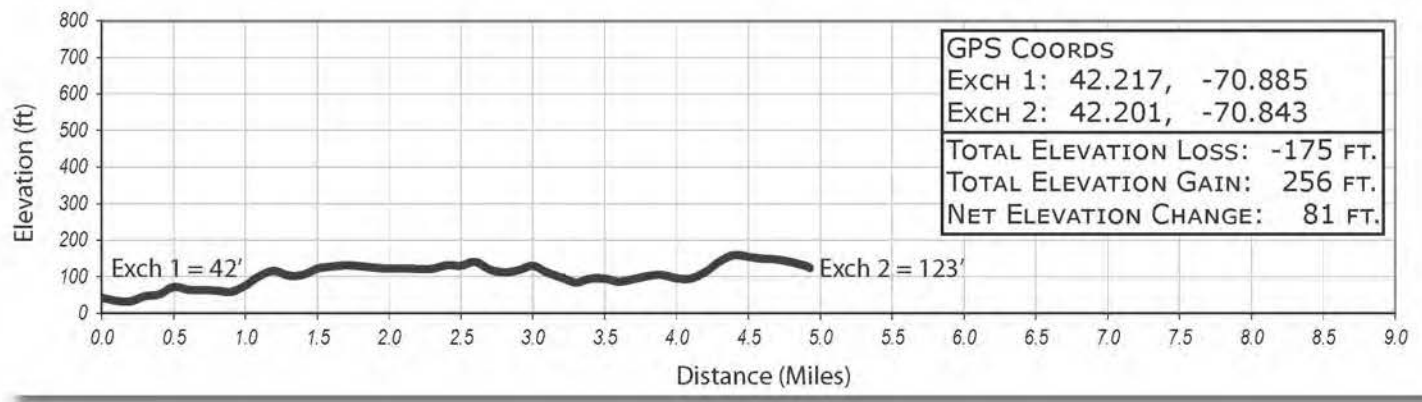
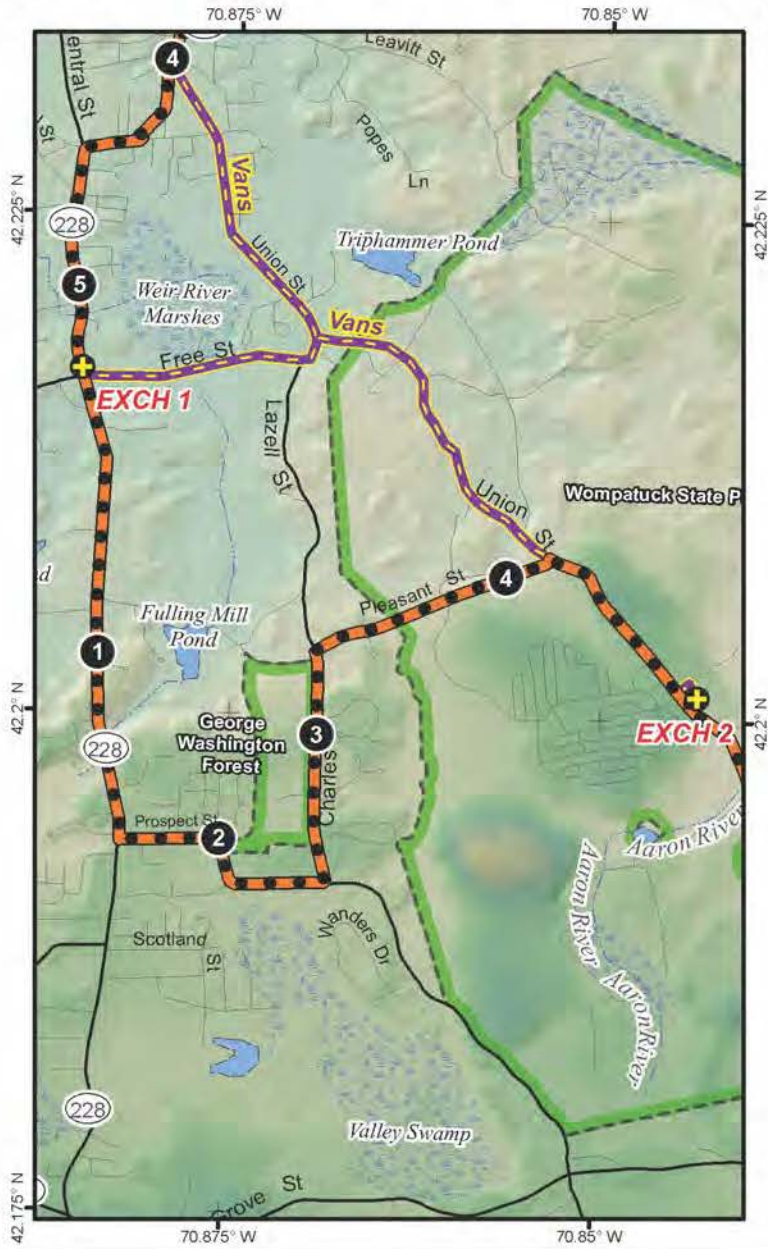
Vans- Please follow Free to Union and head directly to the exchange. You will see runners the last 0.75 miles of this leg. Please remember this is a non-support leg and continue to the exchange.

LEG LEGEND:

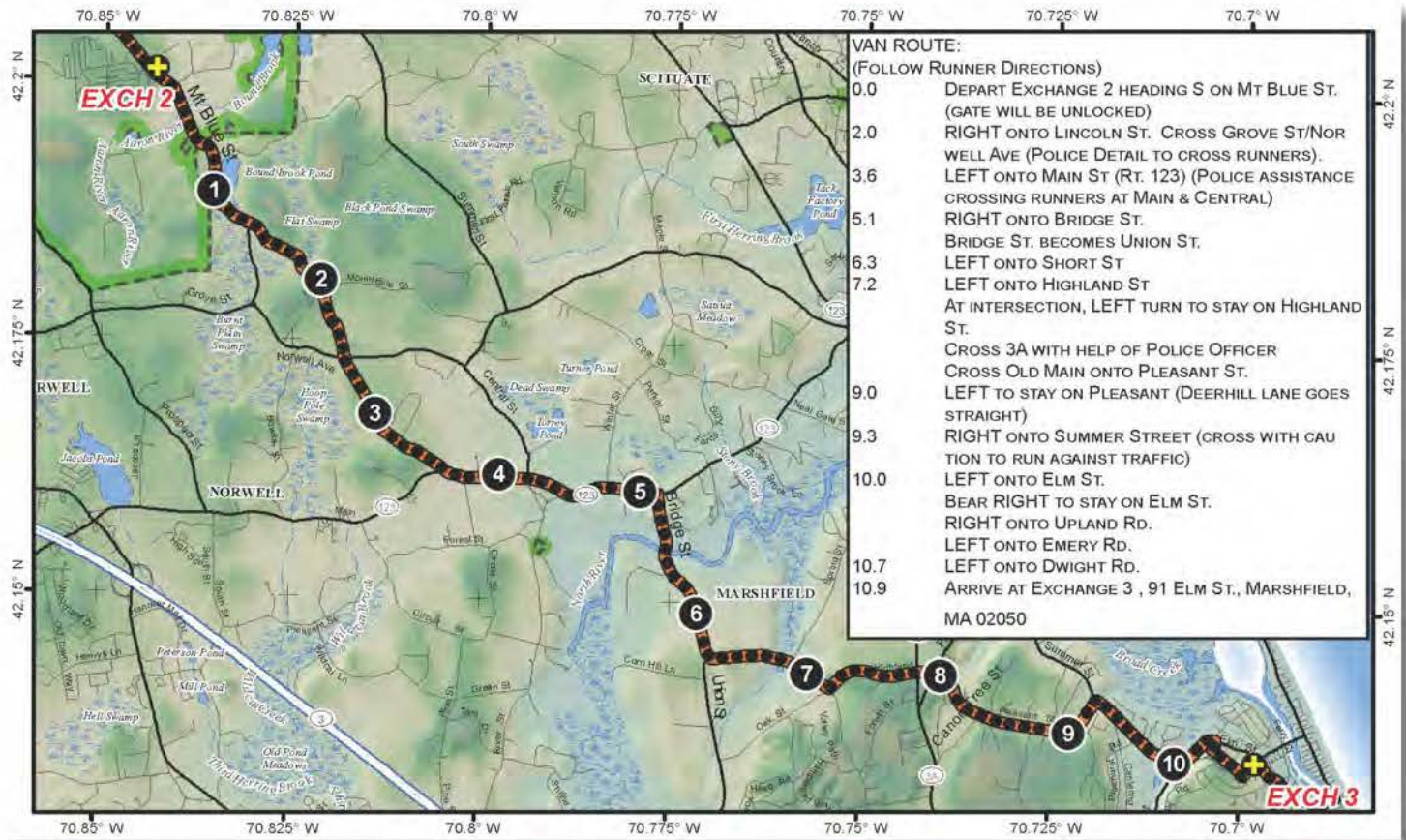
- 0.0 Depart Exchange 1 heading South on 228/Main
- 1.7 LEFT onto Prospect Street
- 2.5 LEFT onto Charles Street
- 3.3 RIGHT onto S. Pleasant., then continue through the gate to enter the park.
- 4.2 RIGHT onto Union Street
- 5.0 LEFT into Exchange 2 (Wompatuck State Park Transfer Station)

VAN ROUTE:

- 0.0 Vans take a LEFT out of the exchange onto Free Street.
- 0.8 Sharp RIGHT turn onto Union Street.
- Follow Union right into Wompatuck State Park.
- 2.7 LEFT onto Beechwood and Right into exchange 2



LEG 3 -- 10.9 MILES -- VERY HARD - 'WICKED HARD LEG' -- FULL VAN SUPPORT



LEG 3 -- 10.9 MILES -- VERY HARD - 'WICKED HARD LEG'

St Theresa's Mission Church
91 Elm St.
Marshfield, MA 02050
42° 8'7.40"N 70°41'52.13"W

7:45 AM-6:45 PM

Ragnar Leg Powered by Reebok!
There are several major crossings where police will be assisting runners and vans. Please use caution.

LEG LEGEND:

0.0 Depart Exchange 2 heading S on Mt Blue

2.0 St. (gate will be unlocked)
RIGHT onto Lincoln St. Cross Grove St/Norwell Ave (Police Detail to cross runners).

3.6 LEFT onto Main St (Rt. 123) (Police assistance crossing runners at Main & Central)

5.1 RIGHT onto Bridge St.
Bridge St. becomes Union St.

6.3 LEFT onto Short St

7.2 LEFT onto Highland St
At intersection, LEFT turn to stay on Highland St.
Cross 3A with help of Police Officer
Cross Old Main onto Pleasant St.

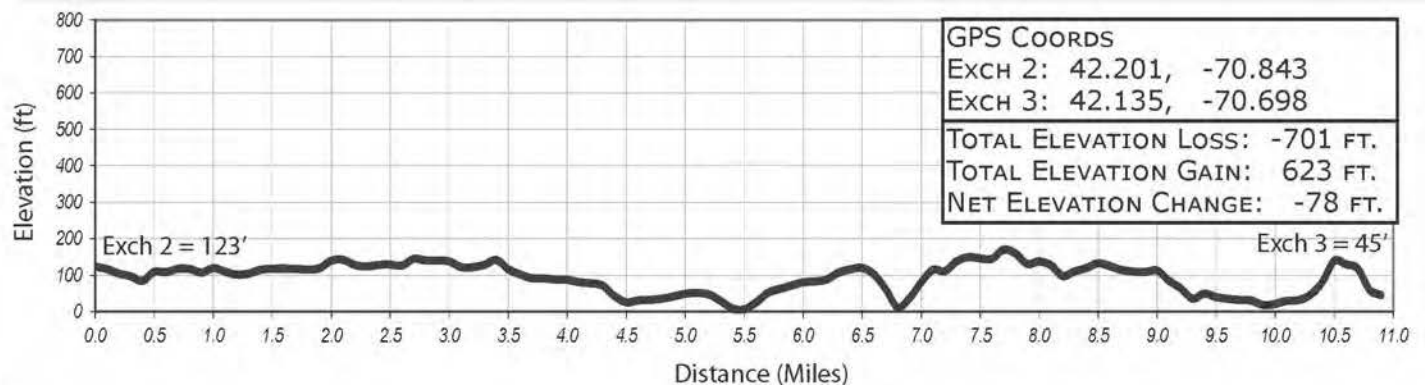
9.0 LEFT to stay on Pleasant (Deerhill lane

9.3 goes straight)
RIGHT onto Summer Street (cross with caution to run against traffic)

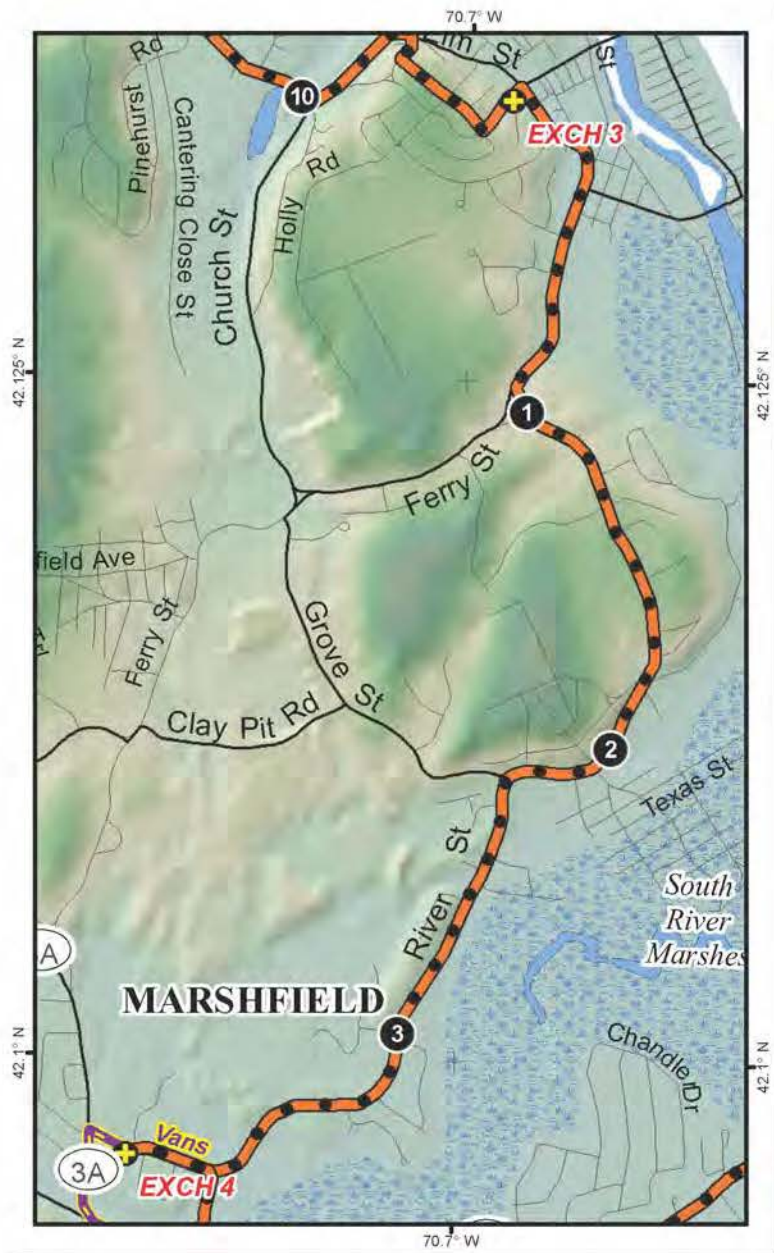
10.0 LEFT onto Elm St.
Bear RIGHT to stay on Elm St.
RIGHT onto Upland Rd.
LEFT onto Emery Rd.

10.7 LEFT onto Dwight Rd.

10.9 Arrive at Exchange 3 , 91 Elm St., Marshfield, MA 02050



LEG 4 -- 3.9 MILES -- EASY -- FULL VAN SUPPORT



LEG 4 -- 3.9 MILES -- EASY

Firestation Field 50 S River St
 Marshfield, MA 02050
 42° 5'47.43"N 70°42'59.19"W

8:15 AM- 7:15 PM

Please be courteous in the neighborhoods as you depart exchange 3.

Exchange 4 is adjacent to the fire station. Please be aware of emergency vehicles coming and going.

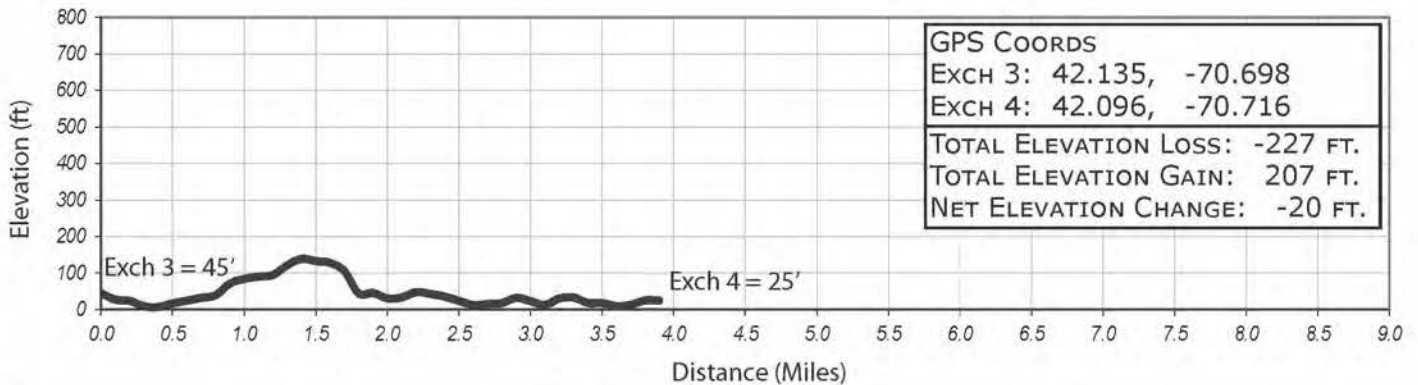
LEG LEGEND:

- 0.0 Depart Exchange 3 heading East on Dwight Rd.
- Immediate RIGHT onto Elm St.
- 0.3 RIGHT onto Ferry St. running against traffic
- 1.0 LEFT onto S River Street.
- 3.7 Continue STRAIGHT on S. River St as you pass Willow on your left.
- 3.9 Arrive at exchange 4

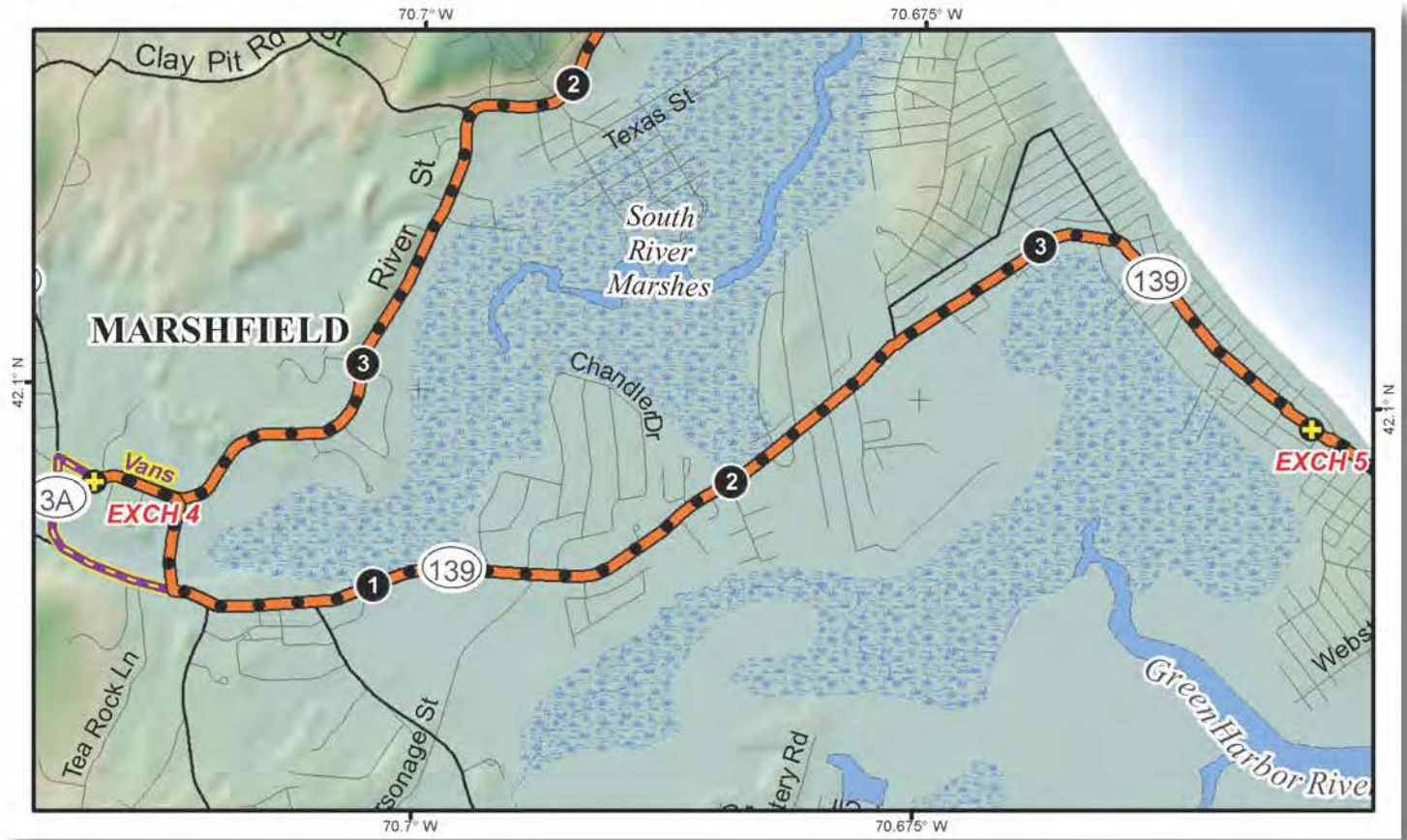
VAN ROUTE:

(Follow Runner Directions)

- 0.0 Depart Exchange 3 heading East on Dwight Rd.
- Immediate RIGHT onto Elm St.
- 0.3 RIGHT onto Ferry St. running against traffic
- 1.0 LEFT onto S River Street.
- 3.7 Continue STRAIGHT on S. River St as you pass Willow on your left.
- 3.9 Arrive at exchange 4



LEG 5 -- 3.9 MILES -- EASY -- FULL VAN SUPPORT



LEG 5 -- 3.9 MILES -- EASY

St. Ann's by the Sea
 591 Ocean St.
 Marshfield, MA 02050
 GPS: 42° 5'57.03"N 70°39'19.32"W

9:00 AM – 8:00 PM

Willow St is a 1-way and runners will be heading against traffic.

Vans take a left out of exchange 4 and take the next available left.

SMILE MA- one of our charity groups, will have chicken salad and pasta salad along with other items available for a donation!

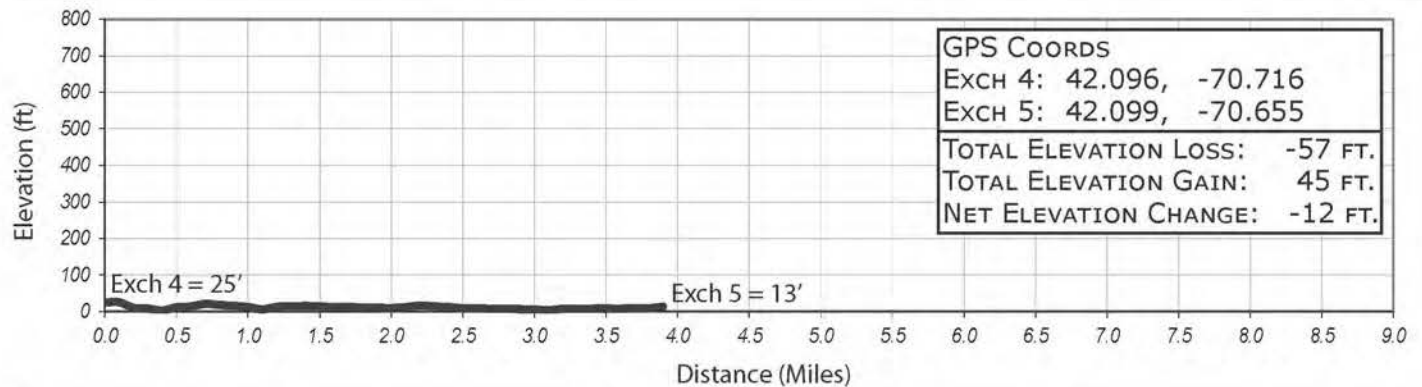
LEG LEGEND:

- 0.0 Depart Exchange 4 taking a Right (heading East) on South River (leg 4 runners will be coming at you.)
- 0.2 RIGHT onto Willow Street (Cross over w caution to run against Traffic on Willow)
- 0.5 LEFT onto 139 (Ocean St). Follow Ocean St to exchange 5, using crosswalk just before exchange to

3.9 cross.
 Arrive at Exchange 5: St. Ann's by the Sea 591 Ocean Str. Marshfield, MA 02050

VAN ROUTE:

- 0.0 LEFT out of the exchange heading on S. River away from Willow
- 0.1 LEFT onto Main St
- 0.4 LEFT onto 139 (Ocean St)
- 0.7 You will pick up the runners shortly as they take a left off of Willow onto 139.



LEG 6 -- 4.1 MILES -- EASY -- FULL VAN SUPPORT

LEG 6 -- 4.1 MILES -- EASY

Duxbury Beach
 260 Gurnet R.
 Duxbury, MA 02332
 42° 3'20.99"N 70°38'48.29"W

7:30 AM – 8:00 PM

LEG NOTES:

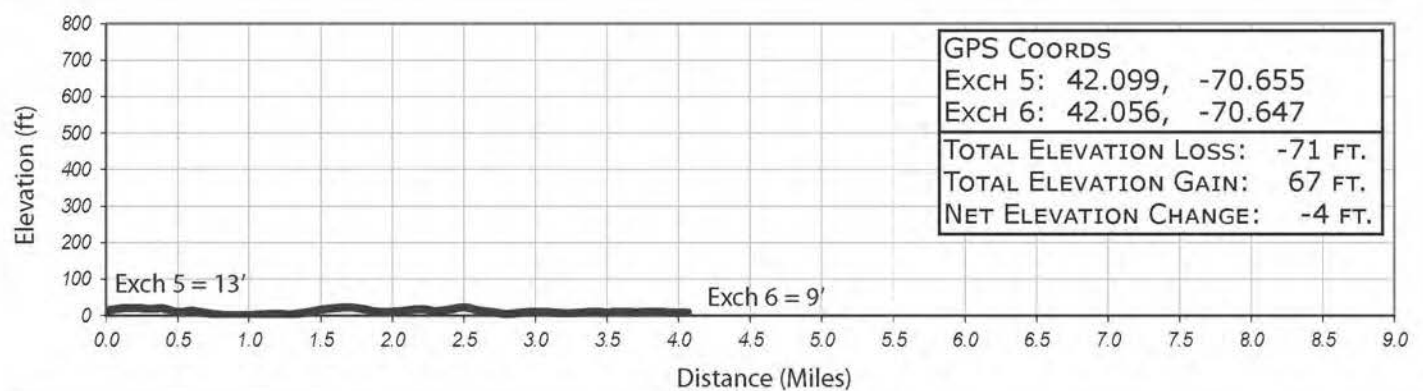
As you depart Exchange 6, please follow the van directions as absolutely no Ragnar vans are allowed on the Powder Point Bridge!

LEG LEGEND:

- 0.0 Depart Exchange 5 heading south on Ocean Street
- 0.75 RIGHT (W) onto Dyke Road/Highway 139. Road becomes Careswell Street.
- 2.2 Turn LEFT (S) onto Canal Street. Road becomes Gurnet Road.
- 4.1 Arrive at Exchange 6: 260 Gurnet R. Duxbury, MA 02332

VAN ROUTE:

Van drivers please use extra caution driving down Canal Street. You will be sharing this narrow road with runners and two-way van traffic.



VAN 2 -- LEGS 7-12 -- 37.5 MILES



EXCHANGE 12b ADDRESS:
 Forestdale School
 151 MA 130
 Forestdate, MA 02644

This is a VIRTUAL EXCHANGE. Let van 1 know when you arrive and their runner will depart virtual exchange 12b. Go straight to exchange 18 after you pick up your runner from exchange 12a. YOU WILL NOT MEET VAN 1 AT THIS EXCHANGE. PLEASE GO STRAIGHT TO EXCHANGE 18 TO MEET VAN ONE AND START YOUR RUNNER FROM THERE.

INACTIVE VAN DIRECTIONS TO EXCHANGE 12b:

- 0.0 Head North on Gurnet Rd toward Pine Point Road
- 1.8 LEFT onto MA-139 E/ Careswell St
- 4.9 Slight RIGHT onto MA-14 W
- 5.7 Merge onto MA-3 S and continue for 26 miles
- 32.1 Take Exit 2 for MA-130 toward Sandwich/Mashpee and continue for 3 miles
- 35.3 RIGHT onto Bill Richards drive

