

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

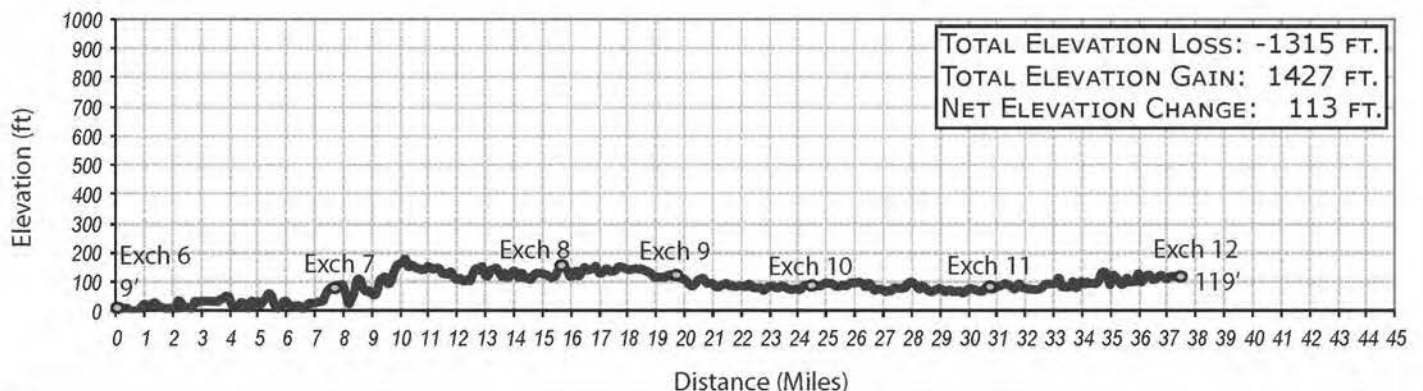


EXCHANGE 12b ADDRESS:
 Forestdale School
 151 MA 130
 Forestdate, MA 02644

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



LEG 7 -- 7.8 MILES -- VERY HARD -- NO VAN SUPPORT



LEG 7 -- 7.8 MILES -- VERY HARD

Mayflower Church
207 Main Street
Kingston, MA 02364
41°59'36.35"N, 70°43'48.03"W

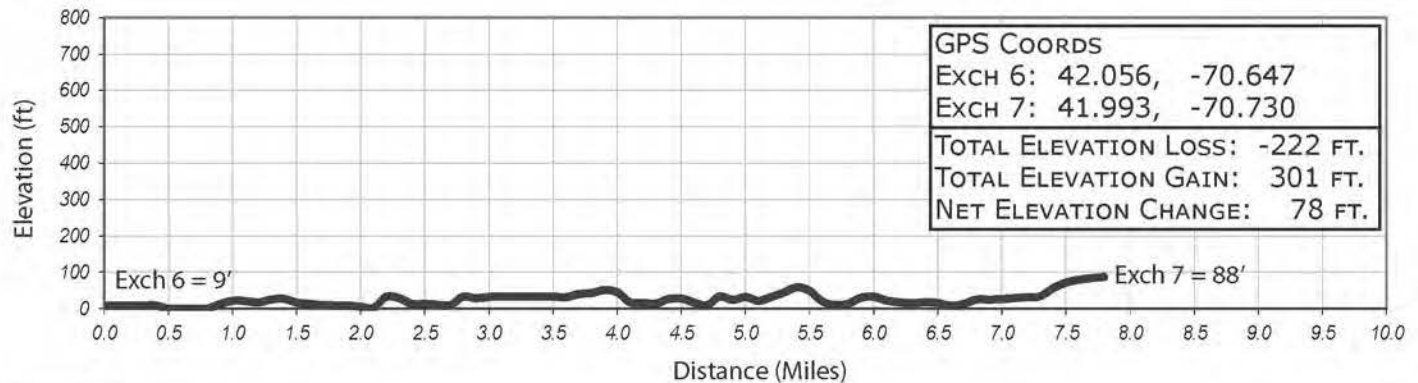
11 AM- 9:30 PM

Vans are not allowed on Powder Point bridge!

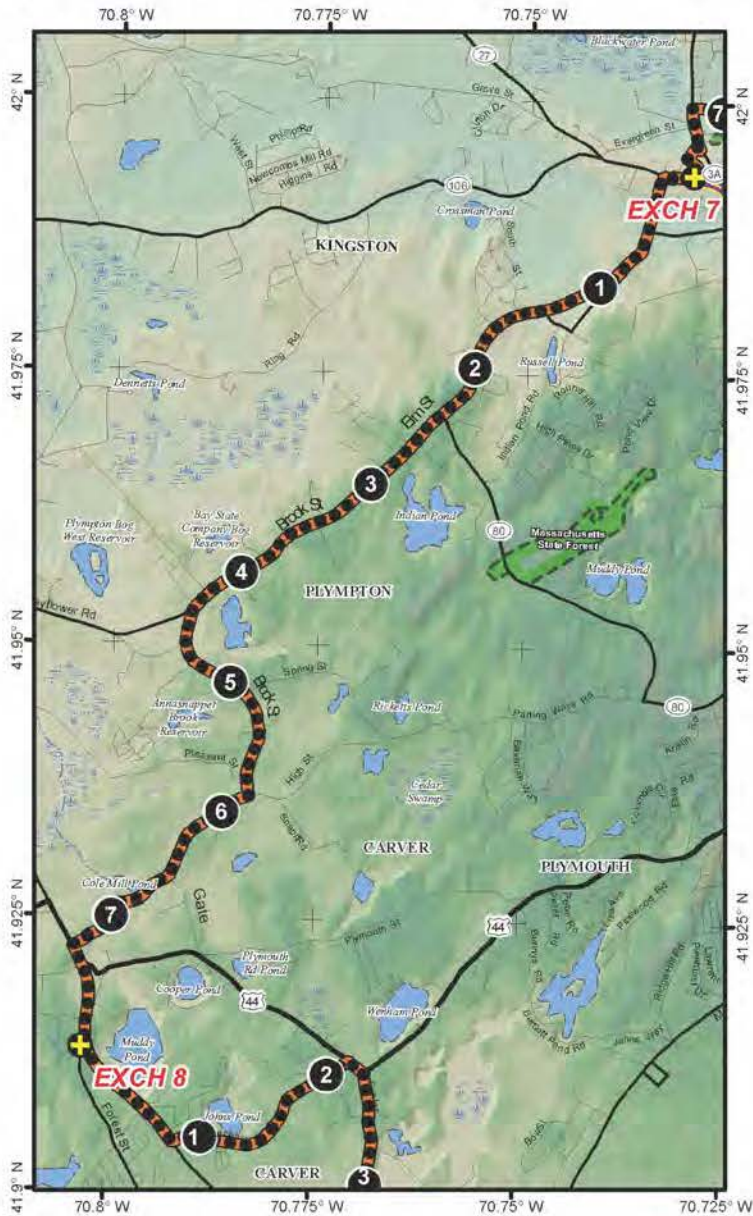
SMILE MA- one of our charity groups, will have chicken salad and pasta salad along with other items available for a donation!

LEG LEGEND:

- | | | | |
|-----|--|-----|---|
| 0.0 | Depart Exchange 6 heading south on Gurnet Road | 7.6 | LEFT onto Cross Street |
| 0.5 | RIGHT (W) to cross Powder Point Bridge | 7.7 | RIGHT onto Center |
| 0.8 | RIGHT (W) to stay on Powder Point Avenue | 7.8 | LEFT into the church exchange. Police detail to assist. |
| 1.9 | LEFT (S) onto Washington Street. Road becomes Bay Road. | | |
| 6.0 | LEFT (S) onto Bay Street which becomes Landing Street | | |
| 6.8 | RIGHT (NW) onto Maple Street | | |
| 7.2 | LEFT (S) onto Summer Street/3A | | |
| 7.5 | RIGHT onto Green St (use cross walk just past Green to cross 3A and run back to Green. A Police detail will be there to help). | | |



LEG 8 -- 7.9 MILES -- VERY HARD -- FULL VAN SUPPORT



LEG 8 -- 7.9 MILES -- VERY HARD

58 North Main Street, Carver MA 02366
41°55'15.45"N, 70°47'15.95"W

12:30 PM -11 PM

Please run with caution. Support vehicles please obey all traffic laws and be cautious supporting your runner along this leg.

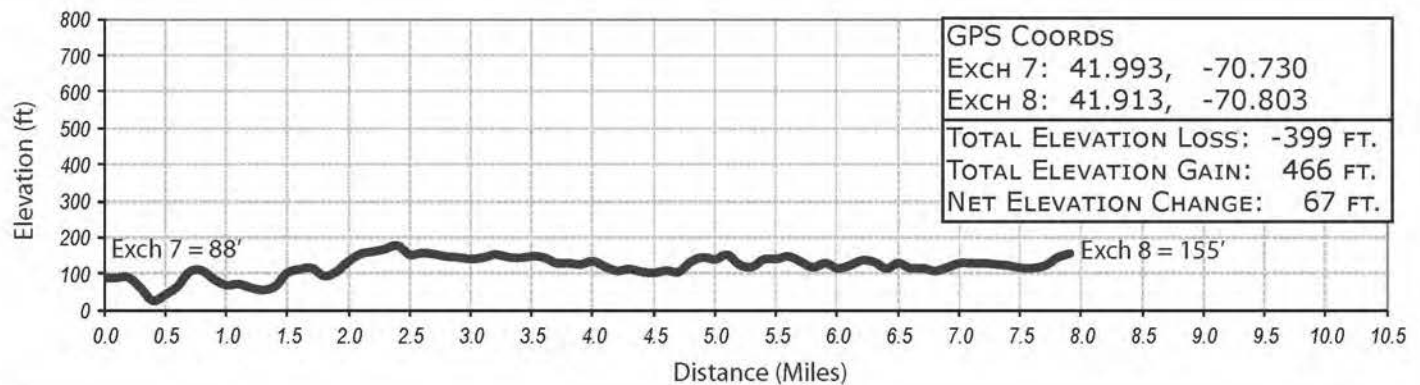
LEG LEGEND:

- 0.0 Depart exchange 7 RIGHT on Main
- 850 ft LEFT at Elm, running with traffic. Cross the road when the sidewalk ends and continue on Elm against traffic
- 0.8 RIGHT on Elm/Hwy 80 5at fork.
- 2.8 Elm Becomes Brook
- 5.0 Keep RIGHT on Brook Street
- 5.8 RIGHT on High St
- 7.3 LEFT onto Main
- 7.9 Arrive at exchange 8

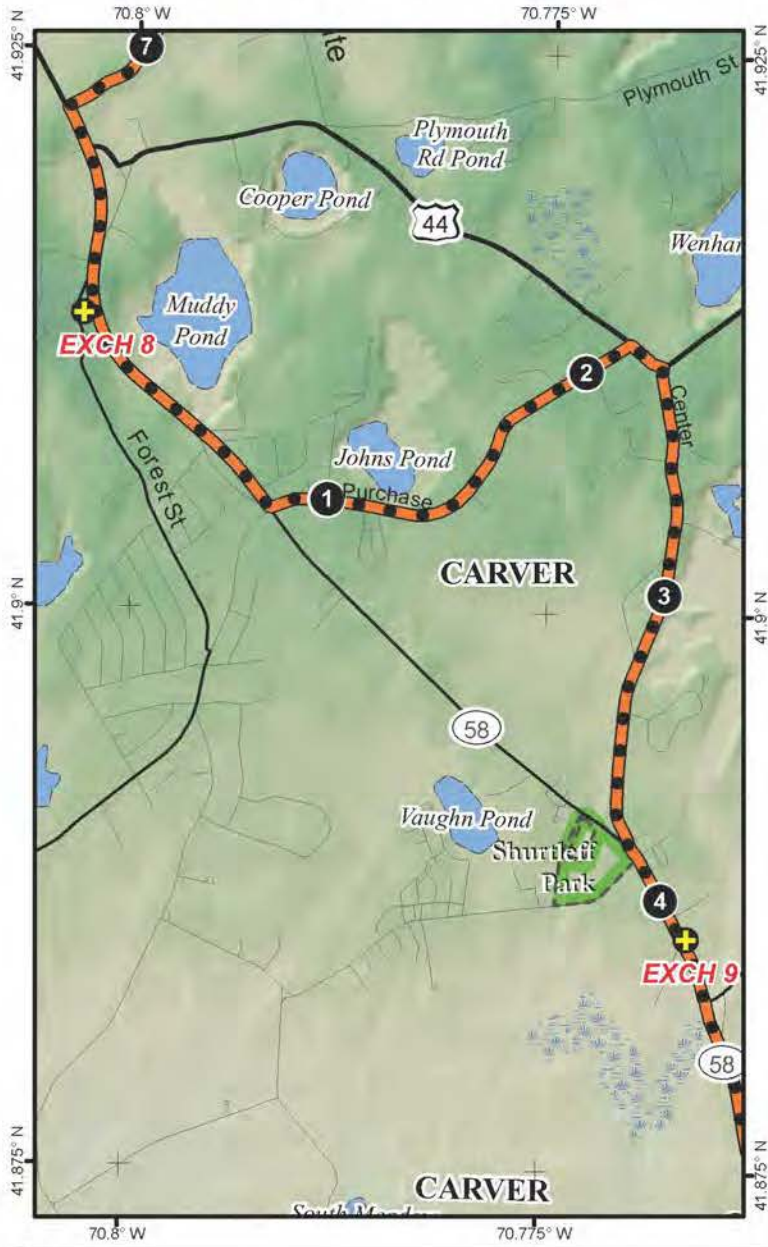
VAN ROUTE:

(Follow Runner Directions)

- 0.0 Depart exchange 7 RIGHT on Main
- 850 ft LEFT at Elm, running with traffic. Cross the road when the sidewalk ends and continue on Elm against traffic
- 0.8 RIGHT on Elm/Hwy 80 5at fork.
- 2.8 Elm Becomes Brook
- 5.0 Keep RIGHT on Brook Street
- 5.8 RIGHT on High St
- 7.3 LEFT onto Main
- 7.9 Arrive at exchange 8



LEG 9 -- 4.1 MILES -- EASY -- FULL VAN SUPPORT



LEG 9 -- 4.1 MILES -- EASY

Our Lady of Lourdes
 130 Main St, Carver, MA 02330
 41°53'7.88"N 70°45'58.21"W

1:15 PM -11:45 PM

Cub Scout Pack 63 will have their Food Truck selling Burgers, Dogs and drinks to raise money for their pack. Cash only.

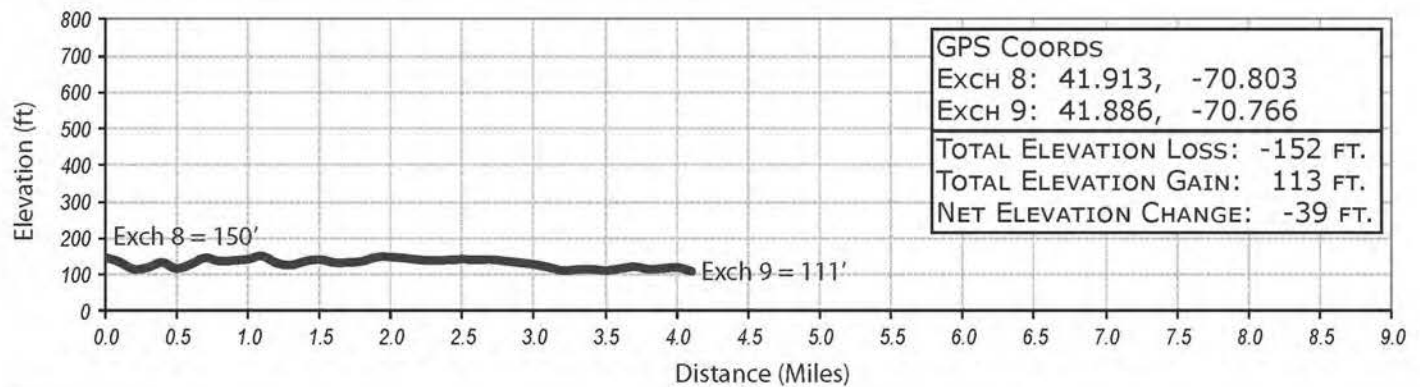
LEG LEGEND:

- 0.0 Depart exchange heading south on Main Street
- 0.8 LEFT on Silva Street
- 2.15 RIGHT onto Center
- 2.3 Keep RIGHT on Center
- 3.8 LEFT onto Main/Hwy 58
- 4.1 Arrive at exchange

VAN ROUTE:

(Follow Runner Directions)

- 0.0 Depart exchange heading south on Main Street
- 0.8 LEFT on Silva Street
- 2.15 RIGHT onto Center
- 2.3 Keep RIGHT on Center
- 3.8 LEFT onto Main/Hwy 58
- 4.1 Arrive at exchange



LEG 10 - 4.7 MILES - MODERATE - FULL VAN SUPPORT

LEG 10 – 4.7 MILES – MODERATE

Edaville Family Theme Park
5 Pine St, Carver, MA 02330
41°50'42.28"N 70°46'22.49"W

1:45 PM-12:15 AM

The 'Frozen Chosen' will be selling food items at this exchange. Cash only.

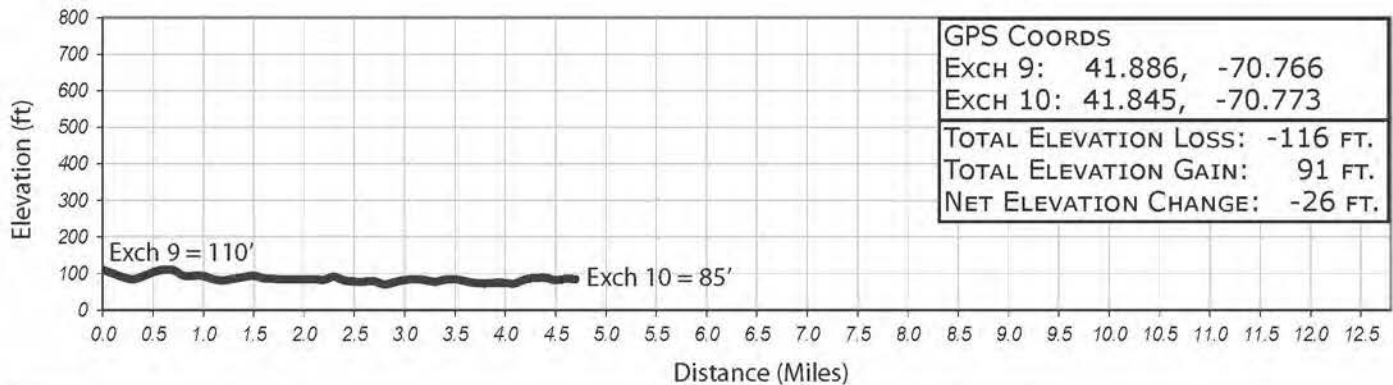
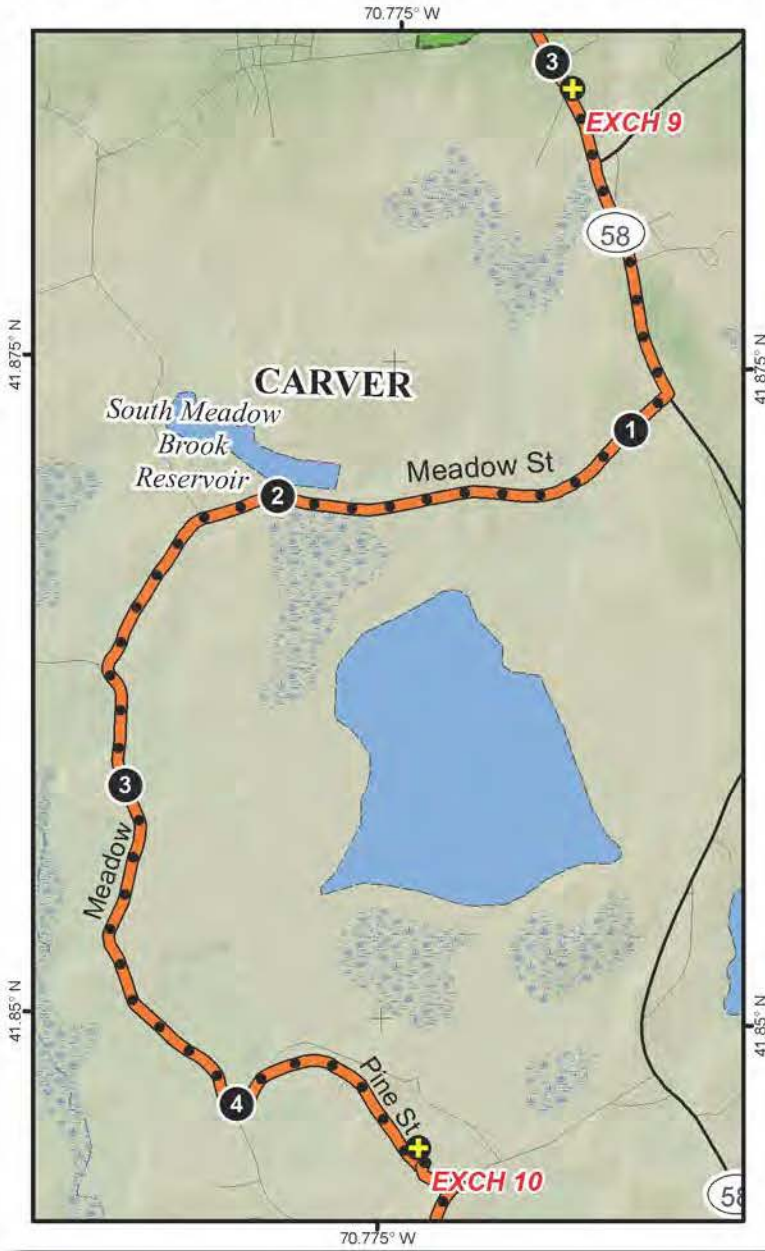
LEG LEGEND:

- 0.0 Depart exchange LEFT onto Main
- 0.8 LEFT onto Meadow St
- 4.0 LEFT onto Pine
- 4.7 Exchange is on the LEFT

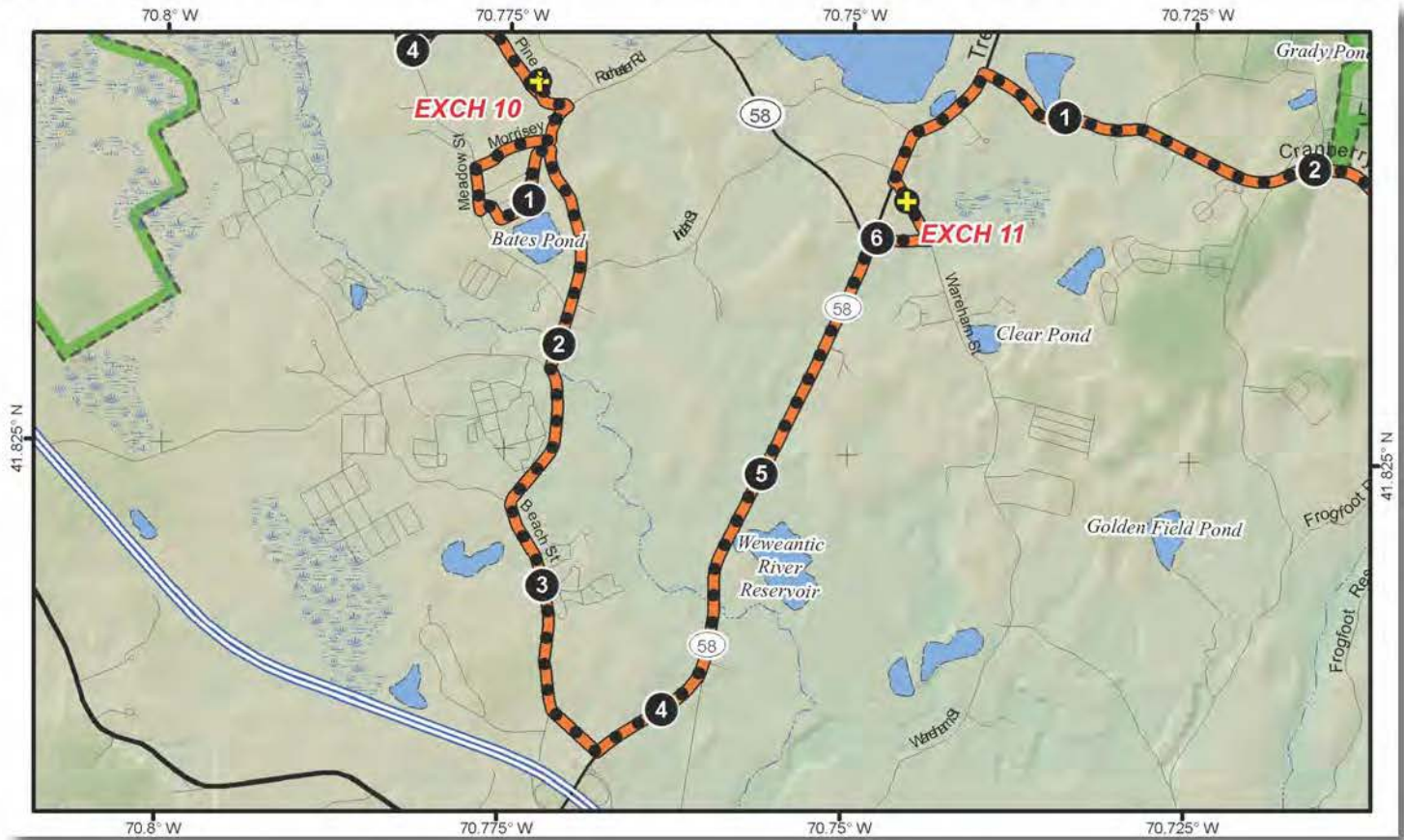
VAN ROUTE:

(Follow Runner Directions)

- 0.0 Depart exchange LEFT onto Main
- 0.8 LEFT onto Meadow St
- 4.0 LEFT onto Pine
- 4.7 LEFT into exchange 10



LEG 11 -- 6.4 MILES -- HARD -- PARTIAL VAN SUPPORT



LEG 11 -- 6.4 MILES -- HARD

Church of the Vine
 5 Wareham St. Carver, MA 02330
 41°50'20.28"N 70°44'45.23"W

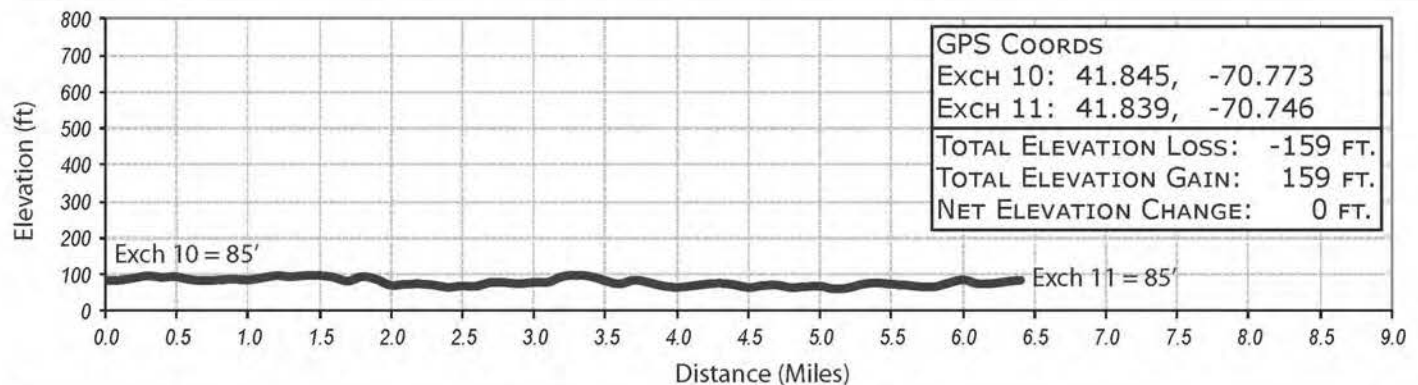
2:15 PM – 12:45 AM

Please follow signs and directions of the police details carefully. This leg has a few segments where you will be running with traffic.

Continue straight on Rochester when runners turn right onto Morrissey.

LEG LEGEND:

- 0.0 Depart exchange LEFT on Pine St
- RIGHT onto Rochester
- 0.25 RIGHT onto Morrissey Dr
- 0.6 LEFT onto Meadow
- 0.75 LEFT onto Bates Pond Road
- 1.2 RIGHT onto Rochester
- 2.1 LEFT onto East St.
- 2.7 LEFT on Beach St.
- 3.7 LEFT onto Main/Hwy 58
- 6.0 RIGHT onto Seipet St.
- 6.2 LEFT onto Wareham St.
- 6.4 Arrive at exchange on the LEFT



LEG 12 -- 6.6 MILES -- HARD -- FULL VAN SUPPORT



LEG 12 -- 6.6 MILES -- HARD

College Pond Lot
(See GPS Coordinates)
41°52'17.79"N 70°39'47.96"W

10:45 AM – 1:30 AM

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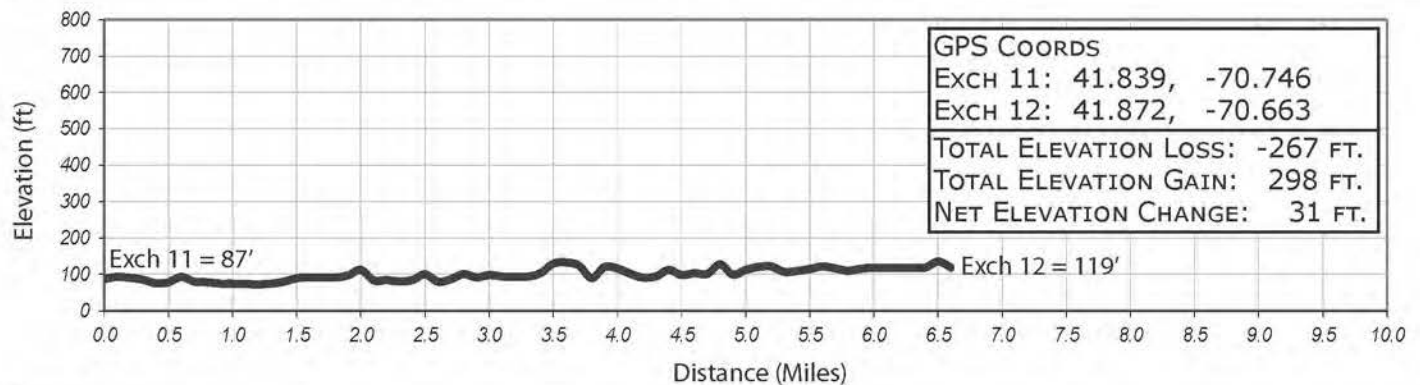
TO EXCHANGE 18 TO MEET VAN ONE AND START YOUR RUNNER FROM THERE.

LEG LEGEND:

- 0.0 Depart exchange LEFT onto Wareham, running with traffic
- Right onto Tremont and stay right at the fork to stay on Tremont
- 0.6 RIGHT on Cranberry Road
- 3.35 LEFT onto College Pond Road.
- Follow runner signs to continue onto Lower College Pond Road
- 6.6 Arrive at exchange 12a

VAN ROUTE:

- (Follow Runner Directions)
- 0.0 Depart exchange LEFT onto Wareham, running with traffic
 - Right onto Tremont and stay right at the fork to stay on Tremont
 - 0.6 RIGHT on Cranberry Road
 - 3.35 LEFT onto College Pond Road.
 - Follow runner signs to continue onto Lower College Pond Road
 - 6.6 Arrive at exchange 12a



VAN 1 -- LEGS 13-18 -- 27.9 MILES



OVERVIEW:

Welcome to the Cape! This section of the course will show you the legendary towns of Bourne, Sandwich, Mashpee, and Barnstable. Oh, and of course plenty of beach. We don't know about you, but we're beginning to sense a beachy theme here.

EXCHANGE NOTES:

The Cape Cod YMCA will be holding a sleeping fundraiser in the fieldhouse. For \$3 per person, runners will be able to sleep in the fieldhouse. They will also have FREE hot coffee and cocoa at their table just inside the fieldhouse for all runners. Don't forget your hotcup!

EXCHANGE 18 ADDRESS:

Barnstable High School
744 W Main Street
Hyannis, MA 02601
GPS: 41°39'12.19"N 70°19'15.01"W

4:45 PM- 6:15 AM

INACTIVE VAN DIRECTIONS TO EXCHANGE 18:

0.0 Depart exchange LEFT
Head EAST on Lower College Pond Road
0.4 Lower College Pond Road will become Upper College Pond Road and then Alden Road
2.1 RIGHT onto Long Pond Road

4.1 LEFT onto Clark
4.4 LEFT to Merge onto MA-3 S toward US 6/Cape Cod
11.9 Continue onto US 6 E
22.5 Take exit 5 for MA 149 and at the rotary, take the second exit for Service Road
23.2 RIGHT onto Old Stage Road
24.3 LEFT to stay on Old Stage Road
26.3 LEFT onto Falmouth Rd
27.2 RIGHT onto Main St.
28 Exchange is on the RIGHT

