

VAN 1 -- LEGS 25-30 -- 28.6 MILES



The school will have the cafeteria open and will be selling a selection of items. Cash only please.
 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
 Finish: Newman's Own Lemonade Stand – presented by The Hole in the Wall Gang Camp

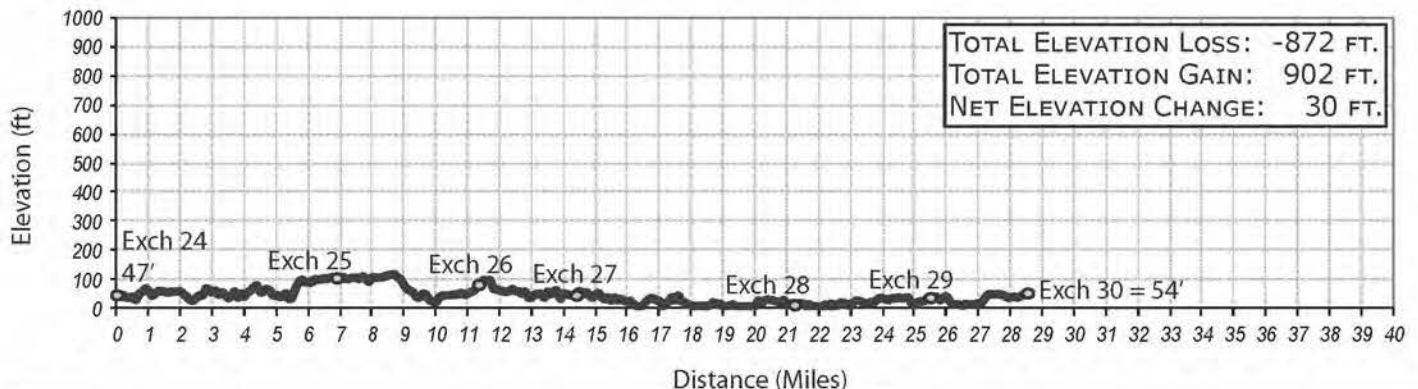
Nauset Regional High School
 100 Cable Road
 Eastham, MA 02642
 41°51'30.37"N 69°58'2.57"W

1:30 AM-3:00 PM

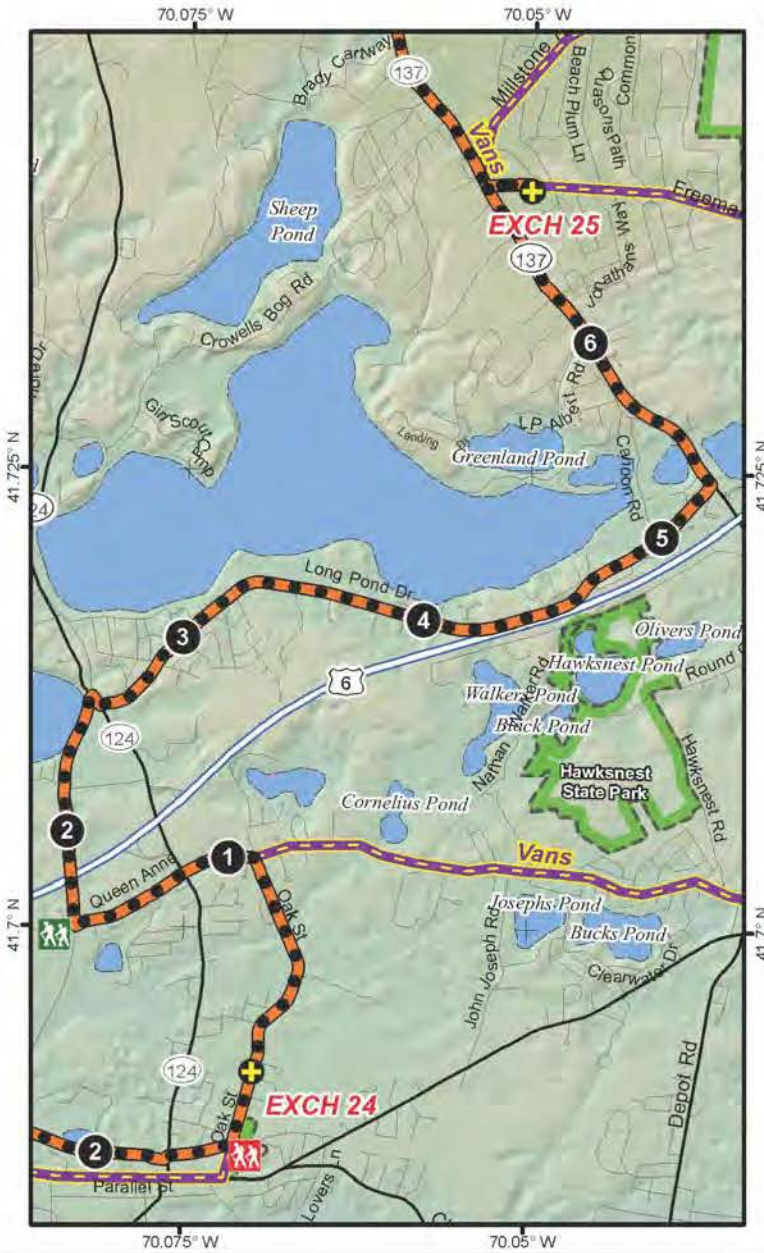
INACTIVE VAN DIRECTIONS TO EXCHANGE

- 30: Depart Exchange 24 north on Oak Street
- 0.4 LEFT (W) onto Har-Wood Avenue
- 0.7 RIGHT (N) onto Pleasant Lake Avenue

- 1.3 LEFT (W) to merge onto Highway 6 toward Orleans/Provincetown
- 14.9 RIGHT (E) onto Brackett Road
- 15.9 LEFT (N) on Nauset Road
- 16.1 RIGHT (E) onto Cable Road
- 16.3 Arrive at Exchange 30



LEG 25 -- 6.9 MILES -- HARD -- NO VAN SUPPORT



LEG 25 -- 6.9 MILES -- HARD

Church of Jesus Christ of Latter Day Saints
 94 Freemans Way
 Brewster, MA 02631
 41°44'25.15"N 70° 3'0.12"W

1:30 AM- 11:15 AM

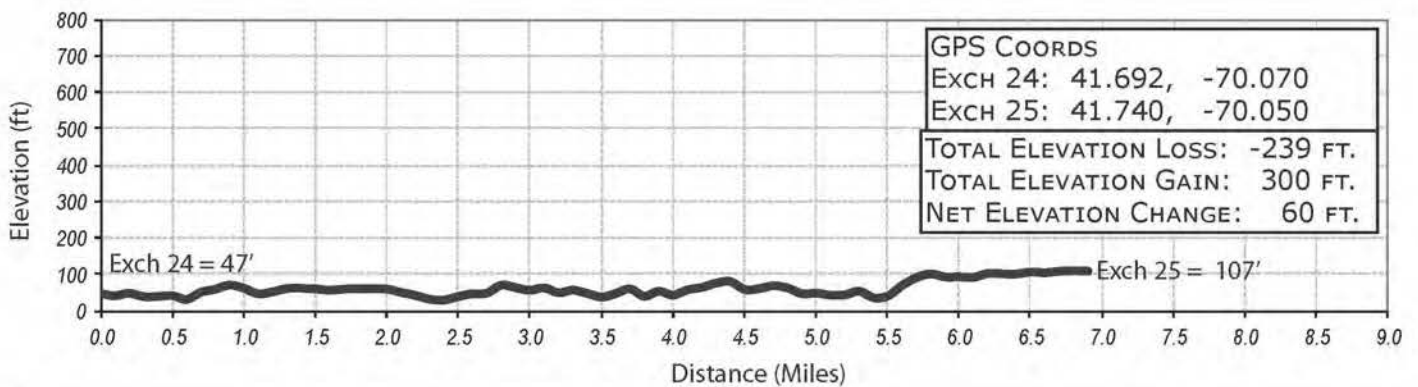
Runners and vans will be separated for part of this leg while runners are on the Cape Cod Rail Trail. Please respect residents. Minimize noise in neighborhoods. No cheering or honking during night time hours.

LEG LEGEND:

- 0.0 Depart exchange LEFT onto Oak St.
- 0.9 LEFT onto Queen Anne Road.
- 1.6 RIGHT onto Cape Cod Rail Trail.
- 2.5 Exit trail RIGHT onto Harwich
- 2.6 LEFT onto Long Pond
- 5.3 LEFT onto Chatham/Long Pond
- 6.7 RIGHT onto Freeman's way
- 6.9 Arrive at exchange 25

VAN ROUTE:

- 0.0 Depart Exchange 24 heading north on Oak Street
- 0.9 RIGHT onto Queen Anne Road
- 3.0 Take the third exit from the rotary onto Orleans Harwich Rd
- 4.5 Bear left to stay on Orleans Harwich Rd
- 6.0 Left onto Freemans Way
- 9.0 Arrive at exchange 25



LEG 26 -- 4.5 MILES -- MODERATE -- NO VAN SUPPORT



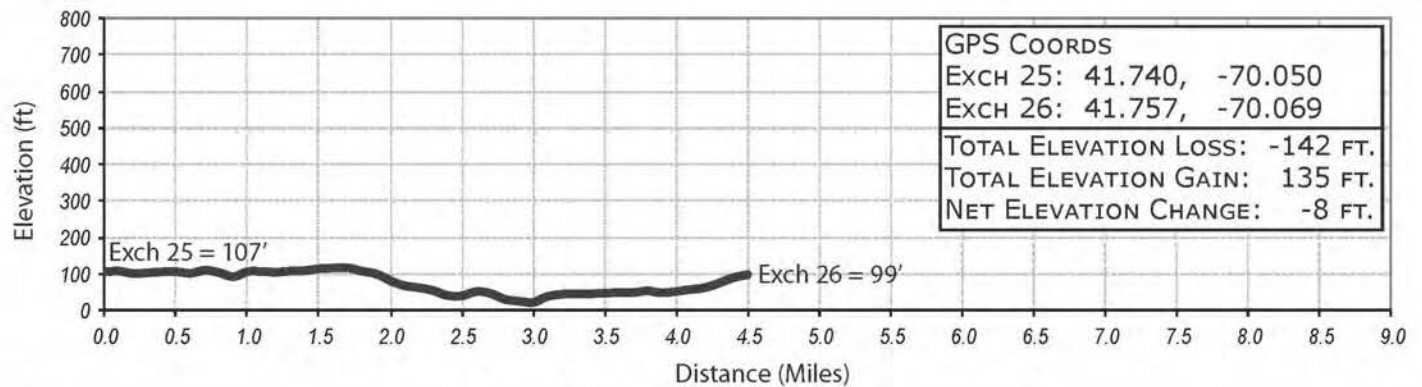
LEG 26 -- 4.5 MILES -- MODERATE

Stony Brook Elementary
 384 Underpass Rd
 Brewster, MA 02631
 41°45'26.84"N, 70° 4'10.11"W

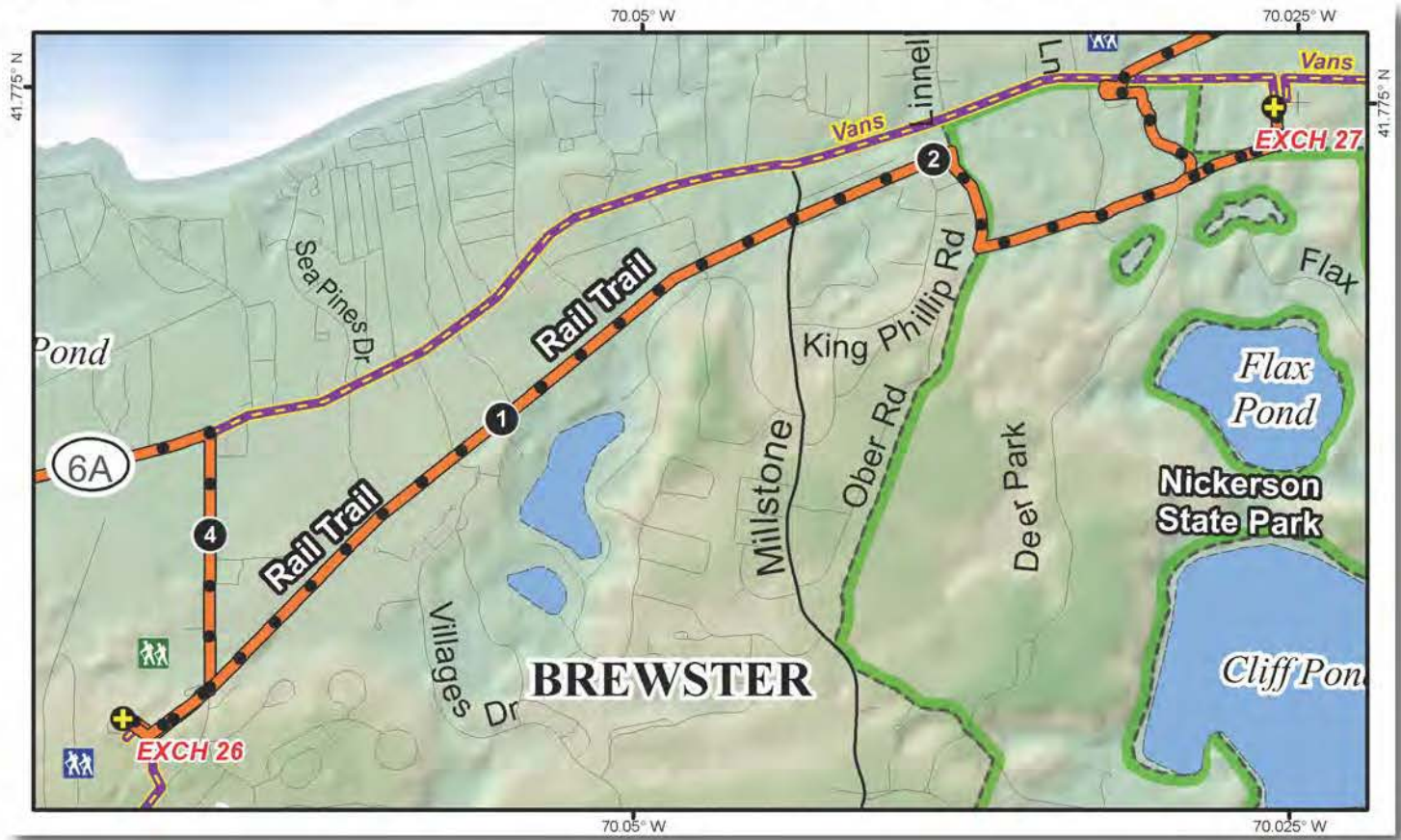
You will pass runners from legs 25 and 26 on Freeman's Way as you head out of the exchange.

LEG LEGEND:

- 0.0 Depart exchange headed west on Freemans Way
- 0.25 RIGHT onto Long Pond Road
- 2.45 RIGHT onto Main St.
- 3.8 RIGHT onto Underpass Rd.
- 4.3 RIGHT onto Cape Cod Rail Trail
- 4.45 RIGHT into Stoneybrook School
- 4.5 Arrive at exchange 26



LEG 27 -- 2.9 MILES -- EASY -- NO VAN SUPPORT



LEG 27 -- 2.9 MILES -- EASY

Cape Cod Bible Alliance
 3600 Main St.,
 Brewster, Mass. 02631
 41°46'30.73"N, 70° 1'34.27"W

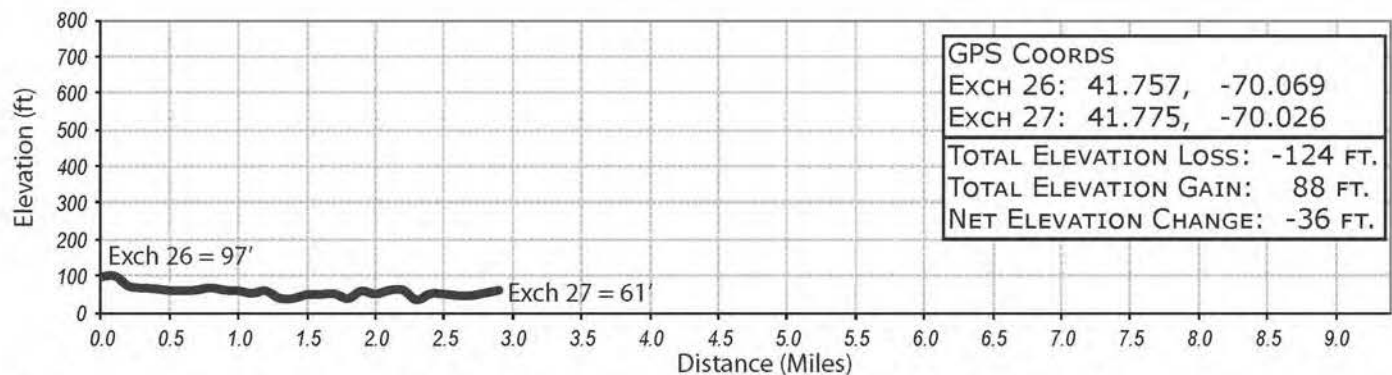
Vans will be on the same road as runners for leg 26. Do not let this confuse you and be aware of runners crossing the road.

LEG LEGEND:

- 0.0 Depart exchange heading East on the Cape Cod Rail Trail
- 2.0 RIGHT onto Deer Rd Trail
- 2.35 RIGHT onto trail
- 2.4 LEFT toward Deer Park Road
- 2.5 RIGHT onto Deer Park Road
- 2.7 LEFT onto Powerline Trail
- 2.9 LEFT into exchange

VAN ROUTE

- 0.0 Left onto Underpass Road
- 0.5 RIGHT onto Long Pond Road
- 1.4 RIGHT onto Main Street/Hwy 124
- 5.0 RIGHT into exchange 27



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

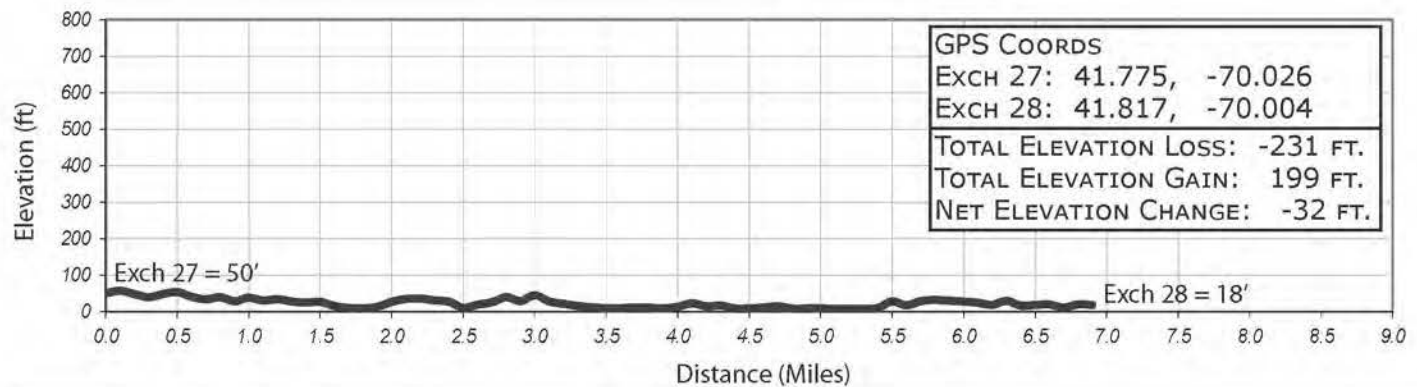
Vans are not allowed on Skaket Beach Road or Rockharbor Road. There will be police monitoring the area. If you would like to support your runner, at the rotary, head toward the court house and take a right onto Bridge and catch up with your runner there.

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

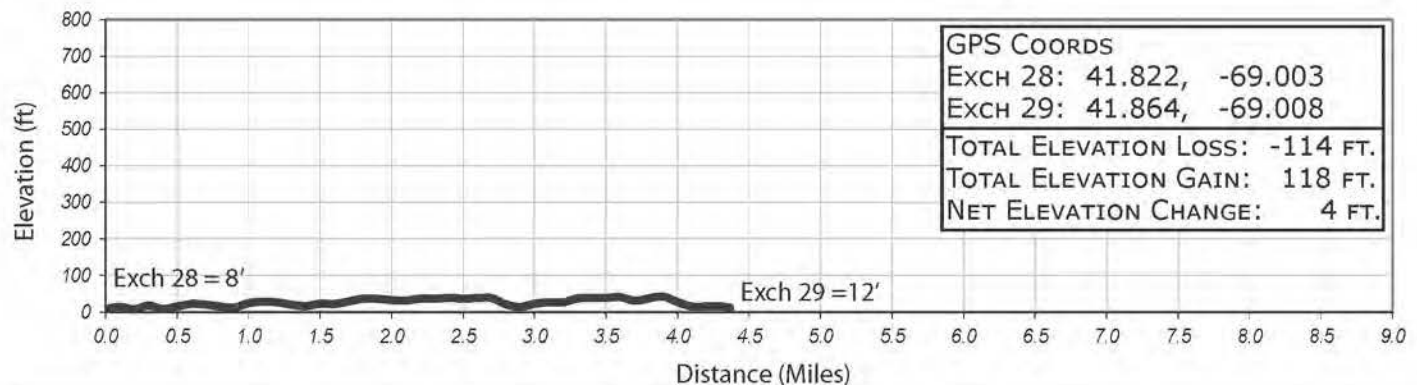
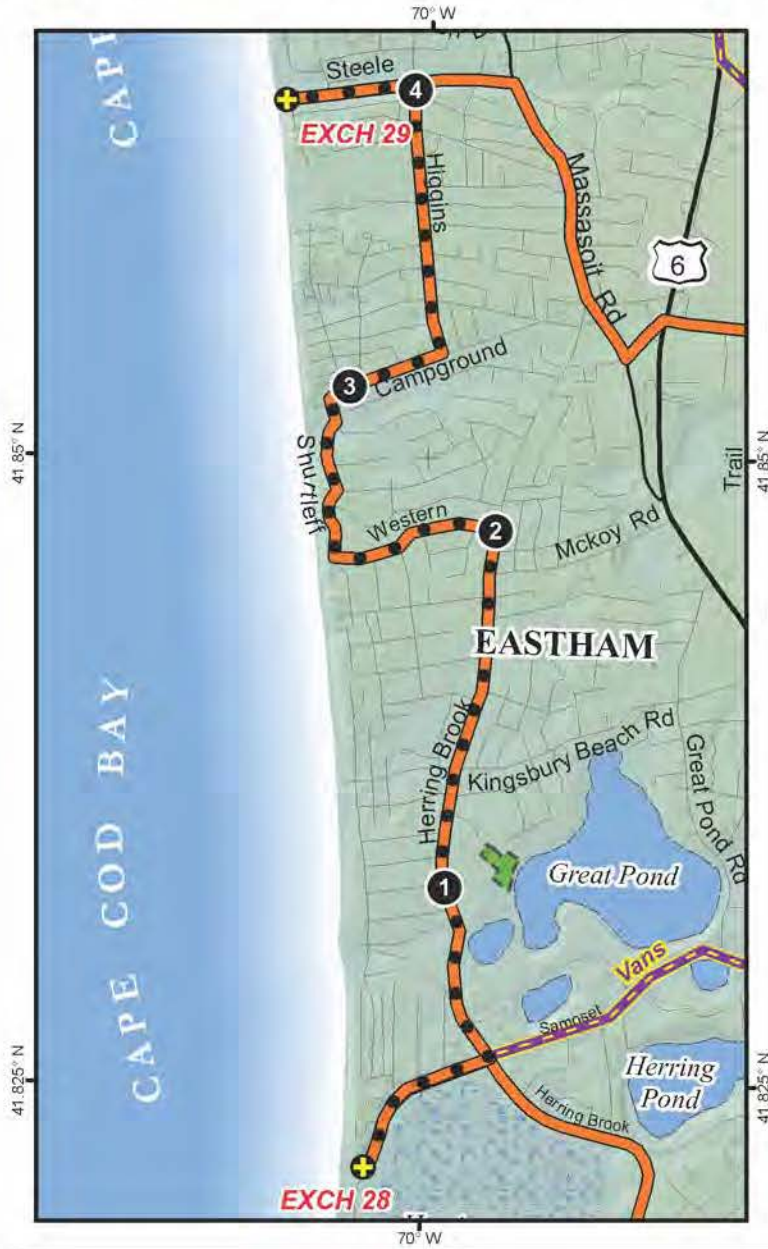
LEG LEGEND:

- 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

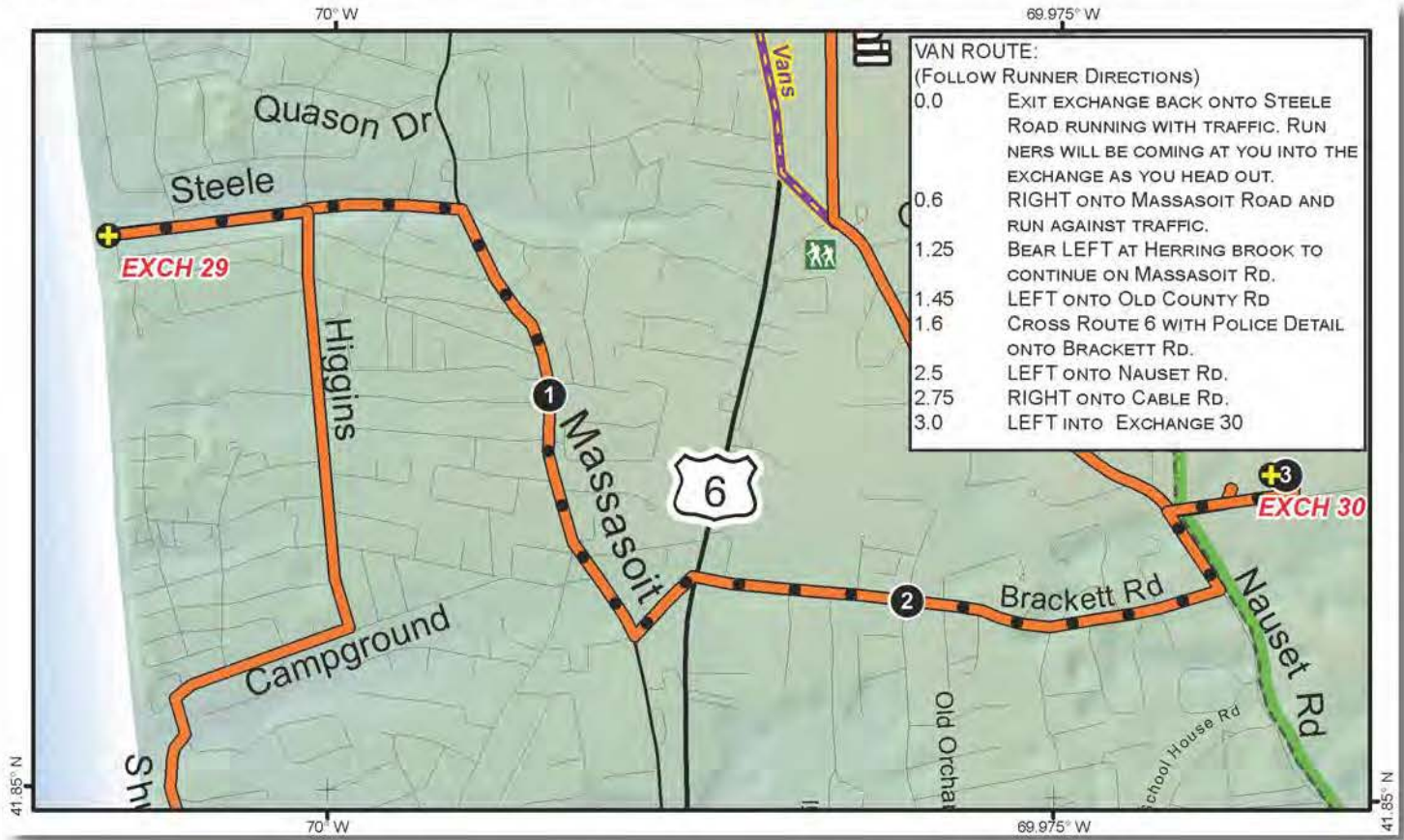
VAN ROUTE:

(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



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,

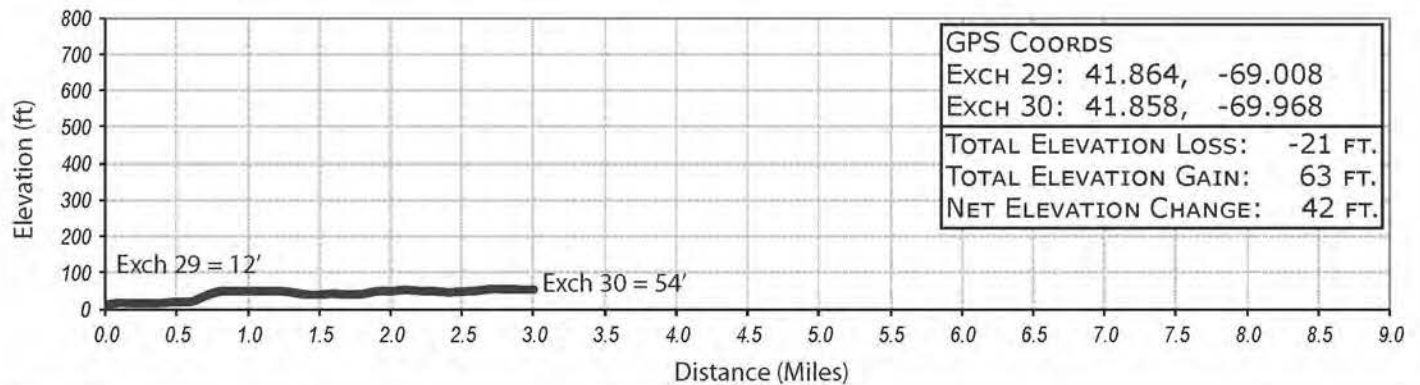
Smilemass, The Avielle Foundation, and Stupid Cancer: Games, music and fun!

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

