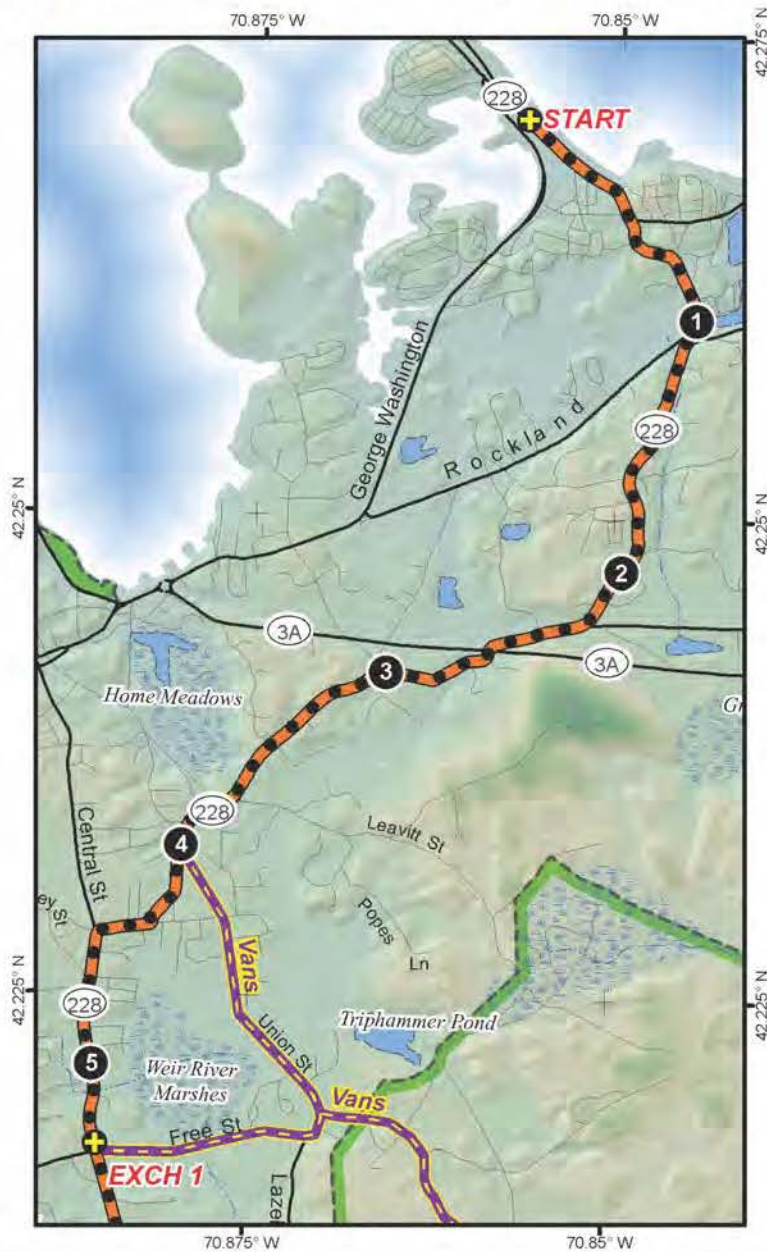


# LEG 1 -- 5.3 MILES -- MODERATE -- FULL VAN SUPPORT



## 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.

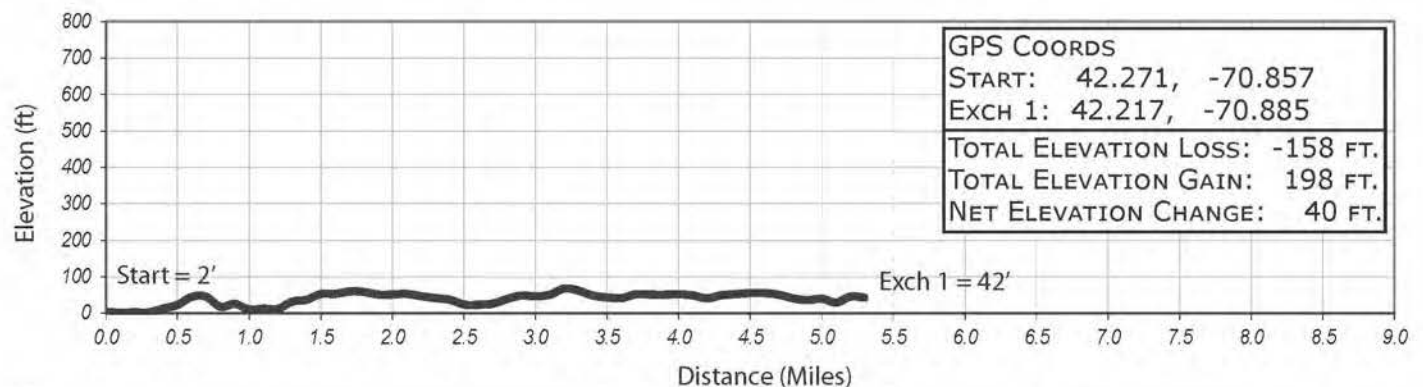
Vans will detour onto Middle to avoid backups at the Main/Free intersection and will enter/exit the exchange on Free Street.

### 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

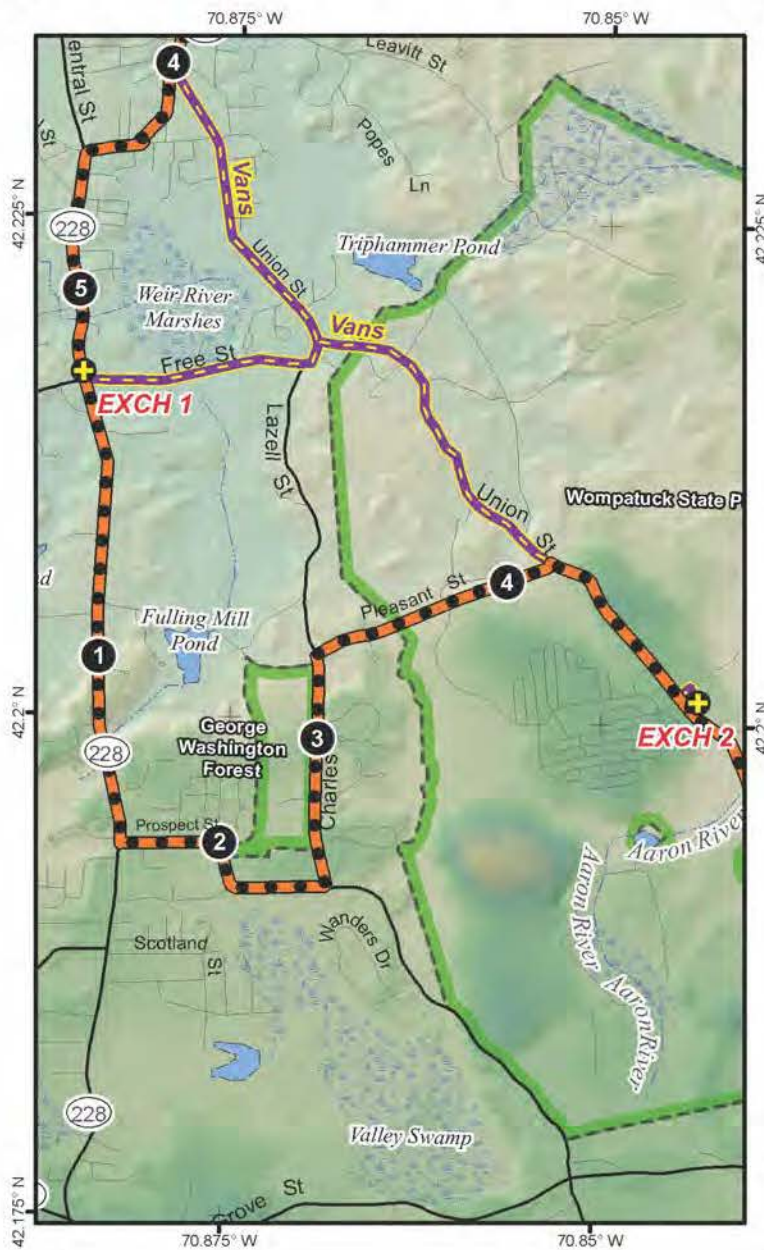
### VAN ROUTE:

- 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.
- 2.7 Follow Union right into Wompatuck State Park.
- 2.7 LEFT onto Beechwood and Right into exchange 2

