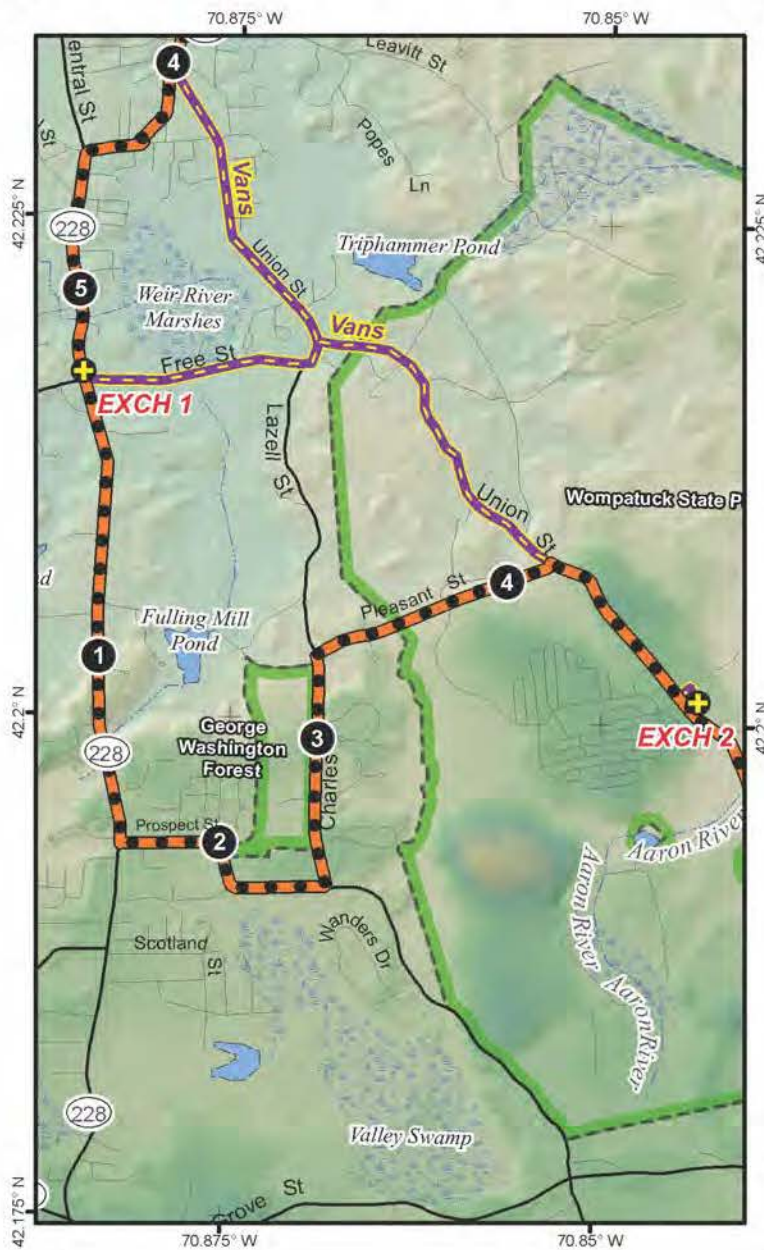


LEG 2 -- 5.0 MILES -- MODERATE -- NO VAN SUPPORT



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.

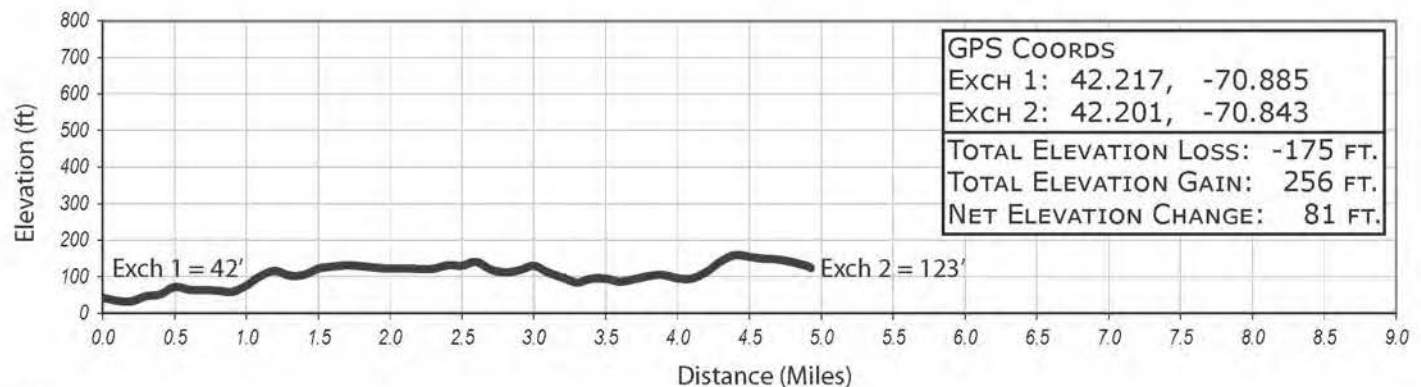
Vans- Please follow Free to Union and head directly to the exchange. You will see runners the last 0.75 miles of this leg. Please remember this is a non-support leg and continue to the exchange.

LEG LEGEND:

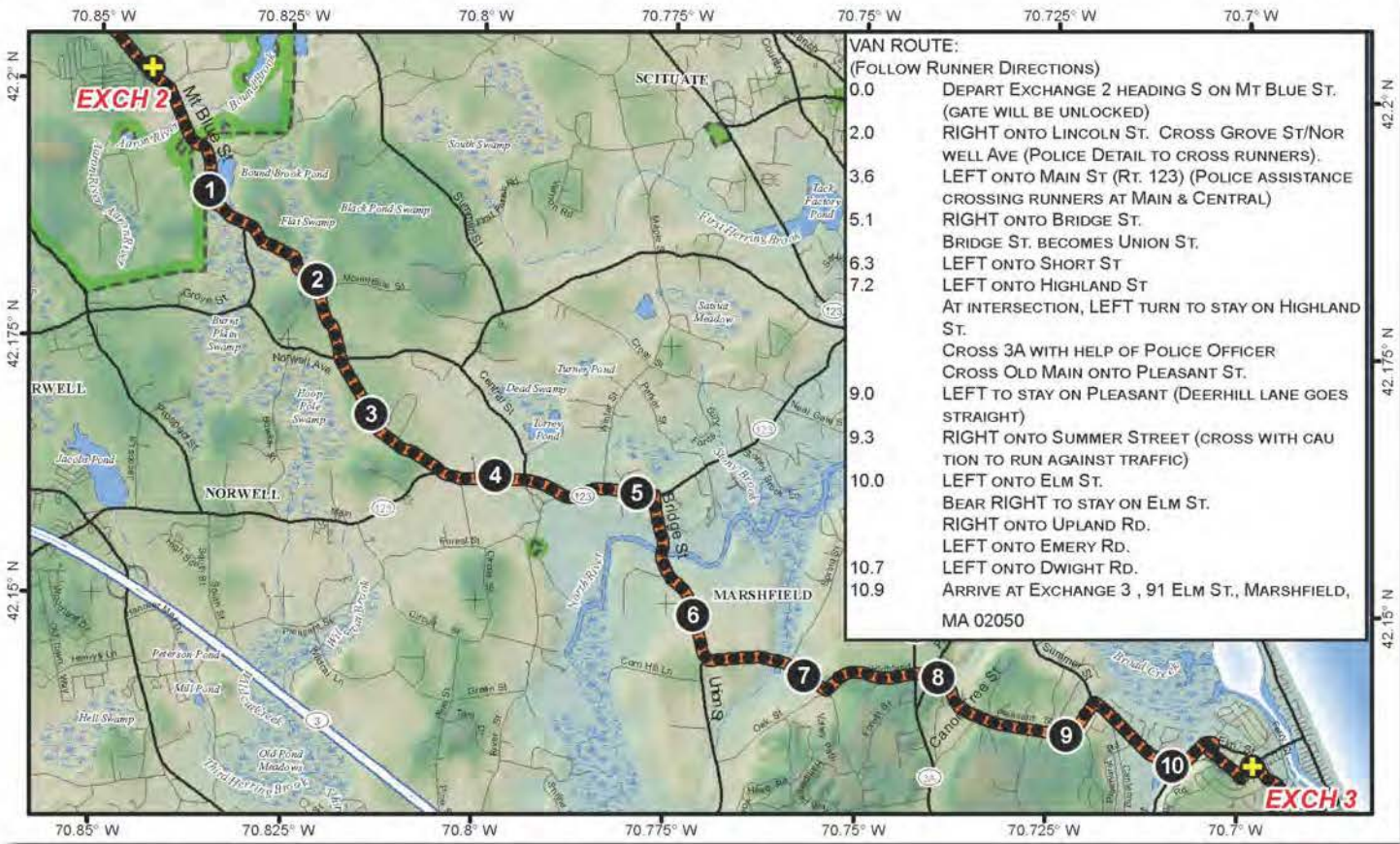
- 0.0 Depart Exchange 1 heading South on 228/Main
- 1.7 LEFT onto Prospect Street
- 2.5 LEFT onto Charles Street
- 3.3 RIGHT onto S. Pleasant., then continue through the gate to enter the park.
- 4.2 RIGHT onto Union Street
- 5.0 LEFT into Exchange 2 (Wompatuck State Park Transfer Station)

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.

6.3 Bridge St. becomes Union St.

7.2 LEFT onto Short St

7.2 LEFT onto Highland St

9.0 At intersection, LEFT turn to stay on Highland St.

9.0 Cross 3A with help of Police Officer

9.3 Cross Old Main onto Pleasant St.

9.3 LEFT to stay on Pleasant (Deerhill lane

goes straight)

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

10.0 LEFT onto Elm St.

10.0 Bear RIGHT to stay on Elm St.

10.0 RIGHT onto Upland Rd.

10.0 LEFT onto Emery Rd.

10.0 LEFT onto Dwight Rd.

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

