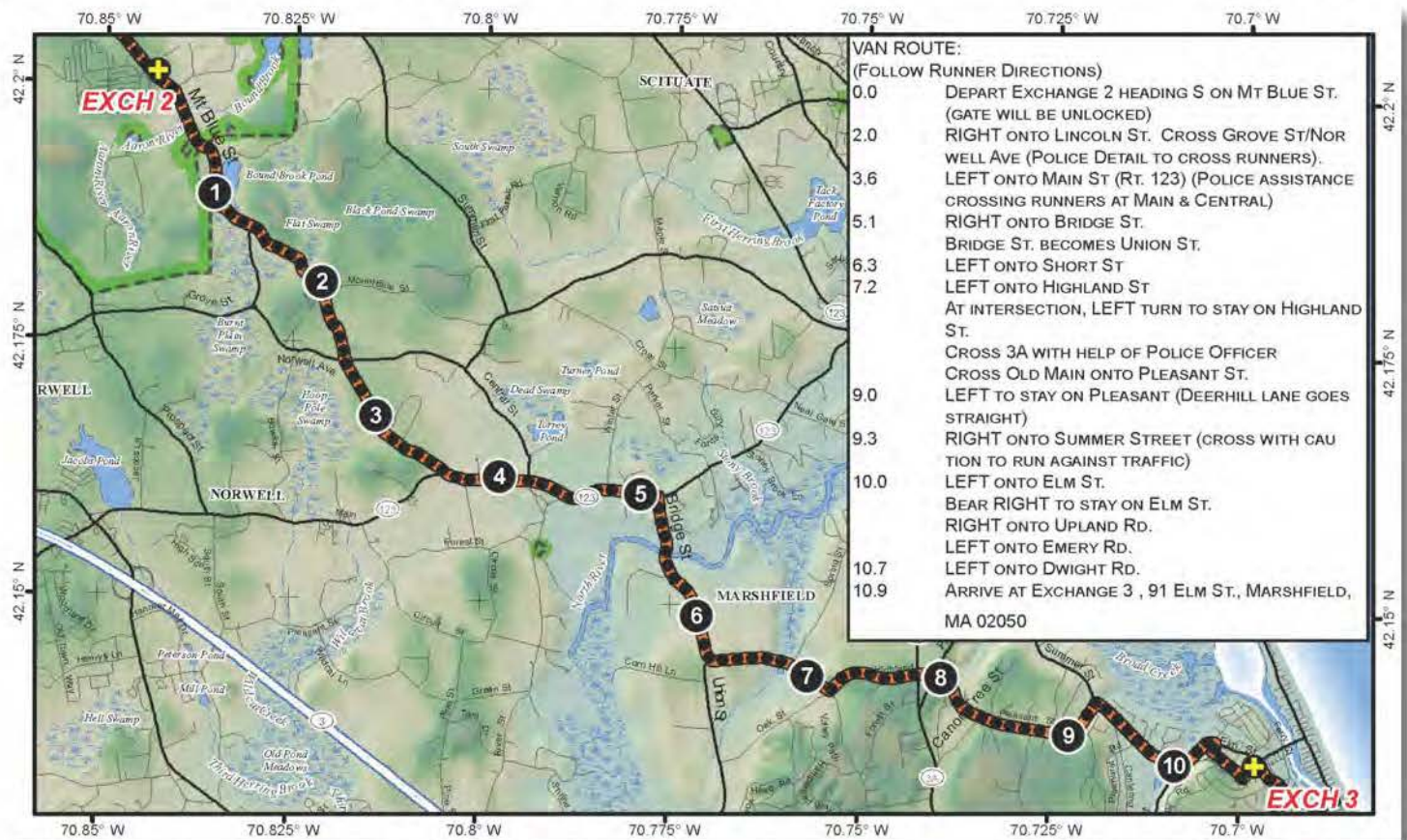


LEG 3 -- 10.9 MILES -- VERY HARD - 'WICKED HARD LEG' -- FULL VAN SUPPORT



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.

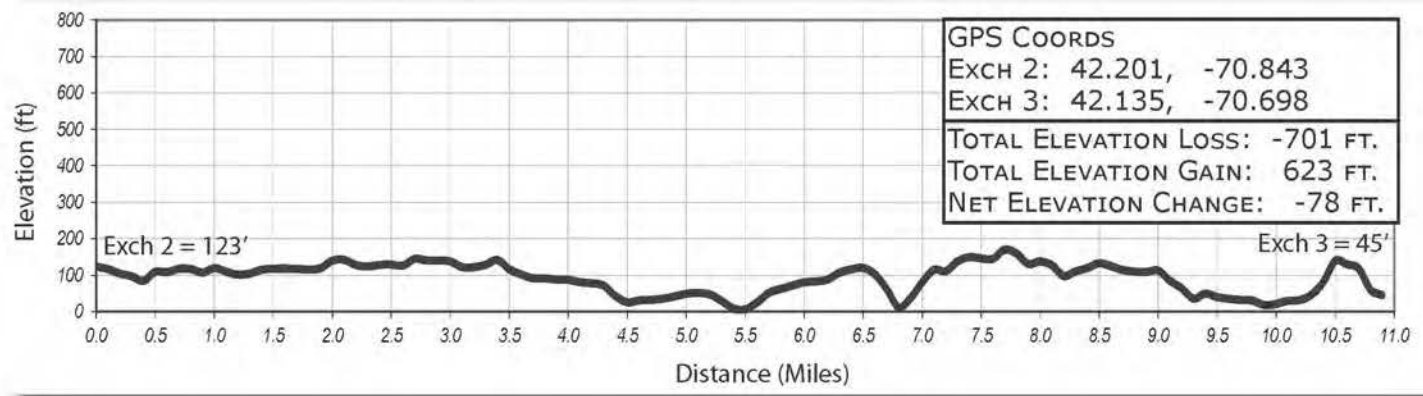
9.0 LEFT to stay on Pleasant (Deerhill lane

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.

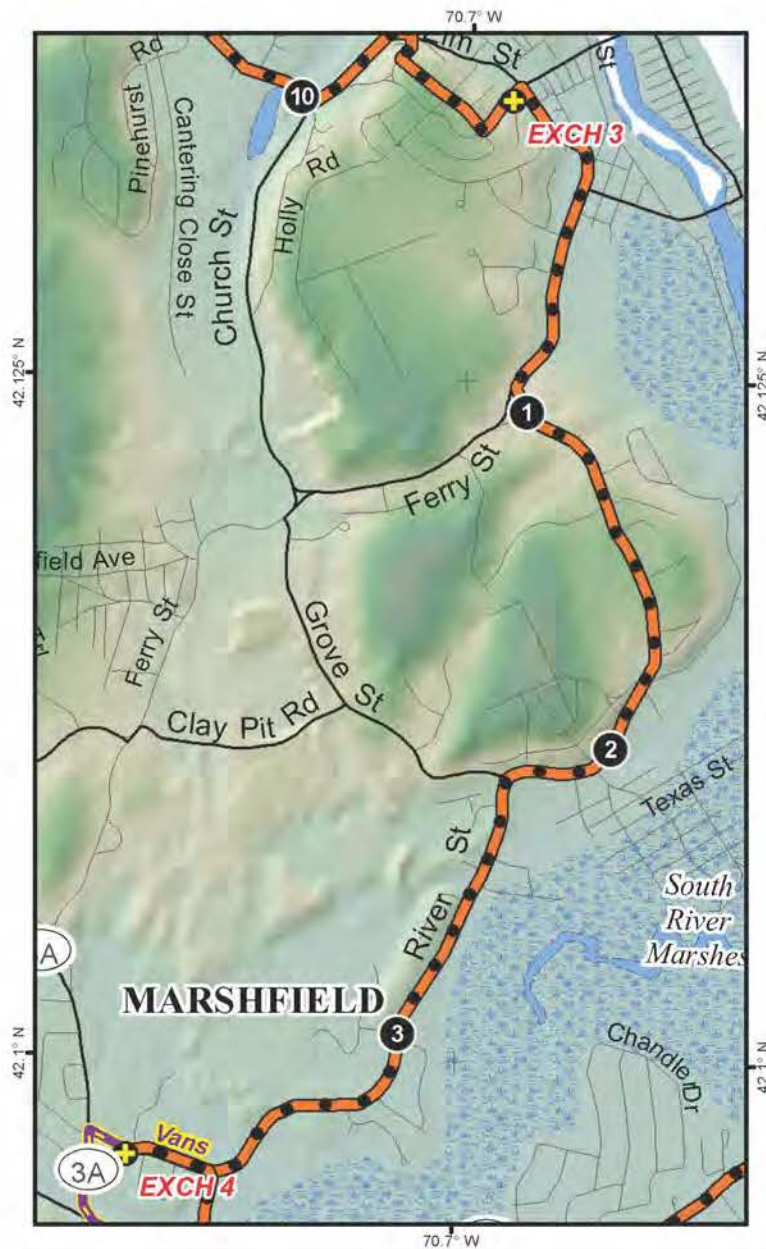
10.7 LEFT onto Dwight Rd.

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



LEG 3

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

