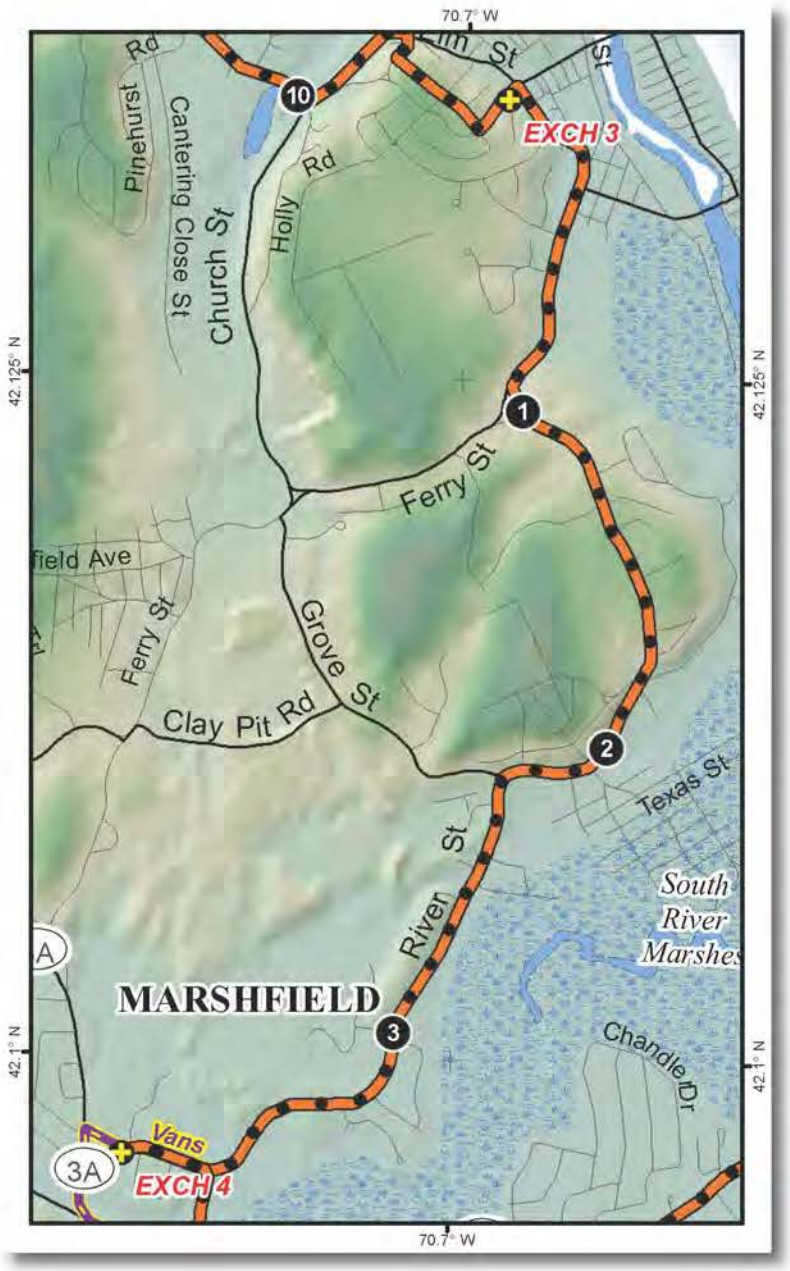
Leg 4 -- 3.9 Miles -- Easy -- FULL VAN SUPPORT



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.

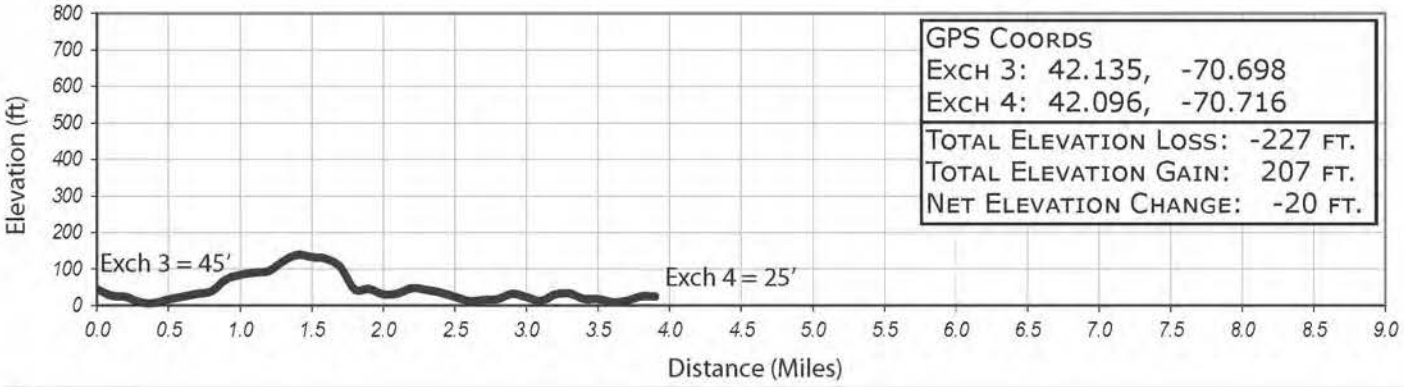
Exchange 4 is adjacent to the fire station. Please be aware of emergency vehicles coming and going.

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



Reebok RAGNAR CAPE COD

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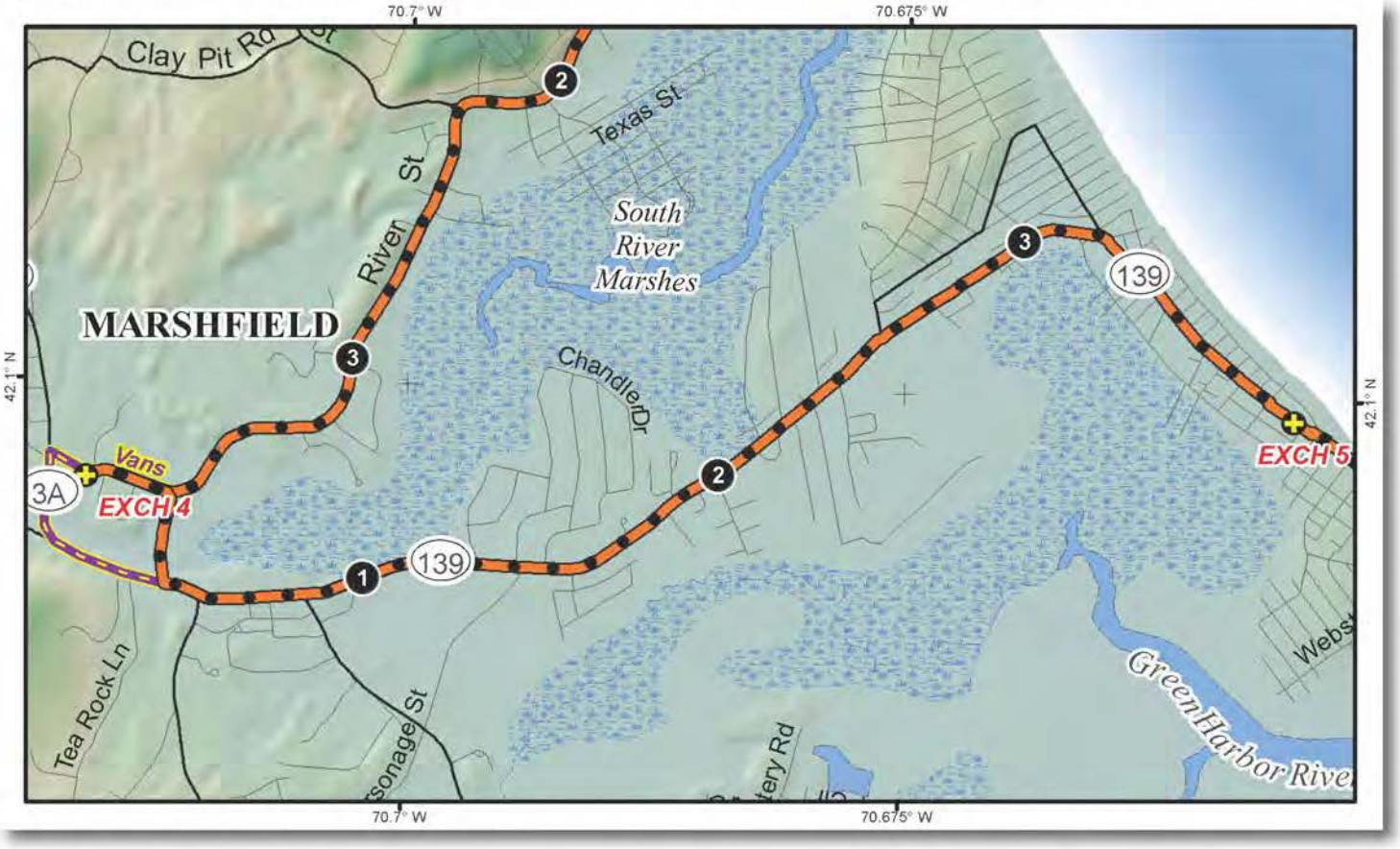
Leg 5 -- 3.9 Miles -- Easy -- FULL VAN SUPPORT



LEG 5 -- 3.9 MILES -- EASY

St. Ann's by the Sea
591 Ocean St.
Marshfield, MA 02050
GPS: 42° 5'57.03"N 70°39'19.32"W

9:00 AM – 8:00 PM

Willow St is a 1-way and runners will be heading against traffic.

Vans take a left out of exchange 4 and take the next available left.

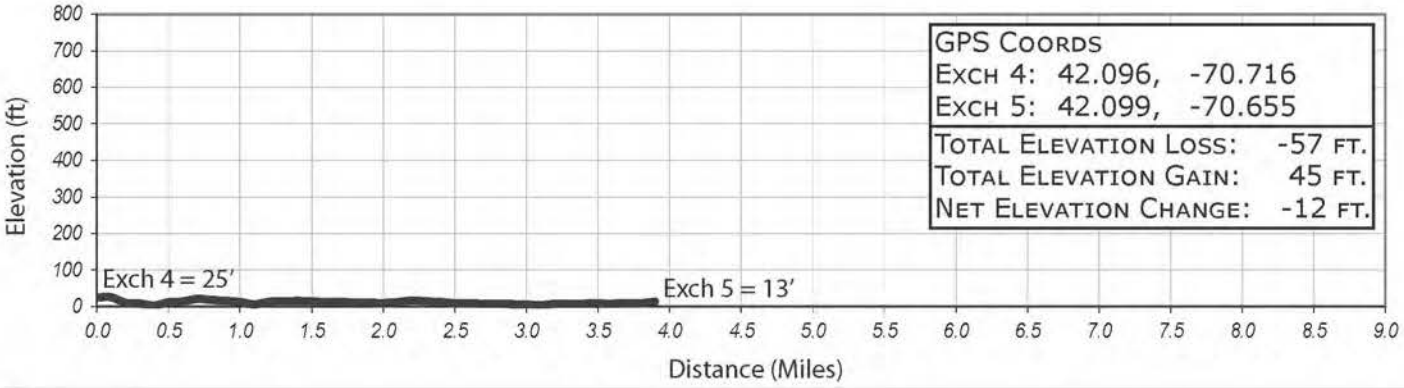
SMILE MA- one of our charity groups, will have chicken salad and pasta salad along with other items available for a donation!

LEG LEGEND:

0.0	Depart Exchange 4 taking a Right (heading East) on South River (leg 4 runners will be coming at you.)
0.2	RIGHT onto Willow Street (Cross over w caution to run against Traffic on Willow)
0.5	LEFT onto 139 (Ocean St). Follow Ocean St to exchange 5, using crosswalk just before exchange to cross.
3.9	Arrive at Exchange 5: St. Ann's by the Sea 591 Ocean Str. Marshfield, MA 02050

VAN ROUTE:

0.0	LEFT out of the exchange heading on S. River away from Willow
0.1	LEFT onto Main St
0.4	LEFT onto 139 (Ocean St)
0.7	You will pick up the runners shortly as they take a left off of Willow onto 139.



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