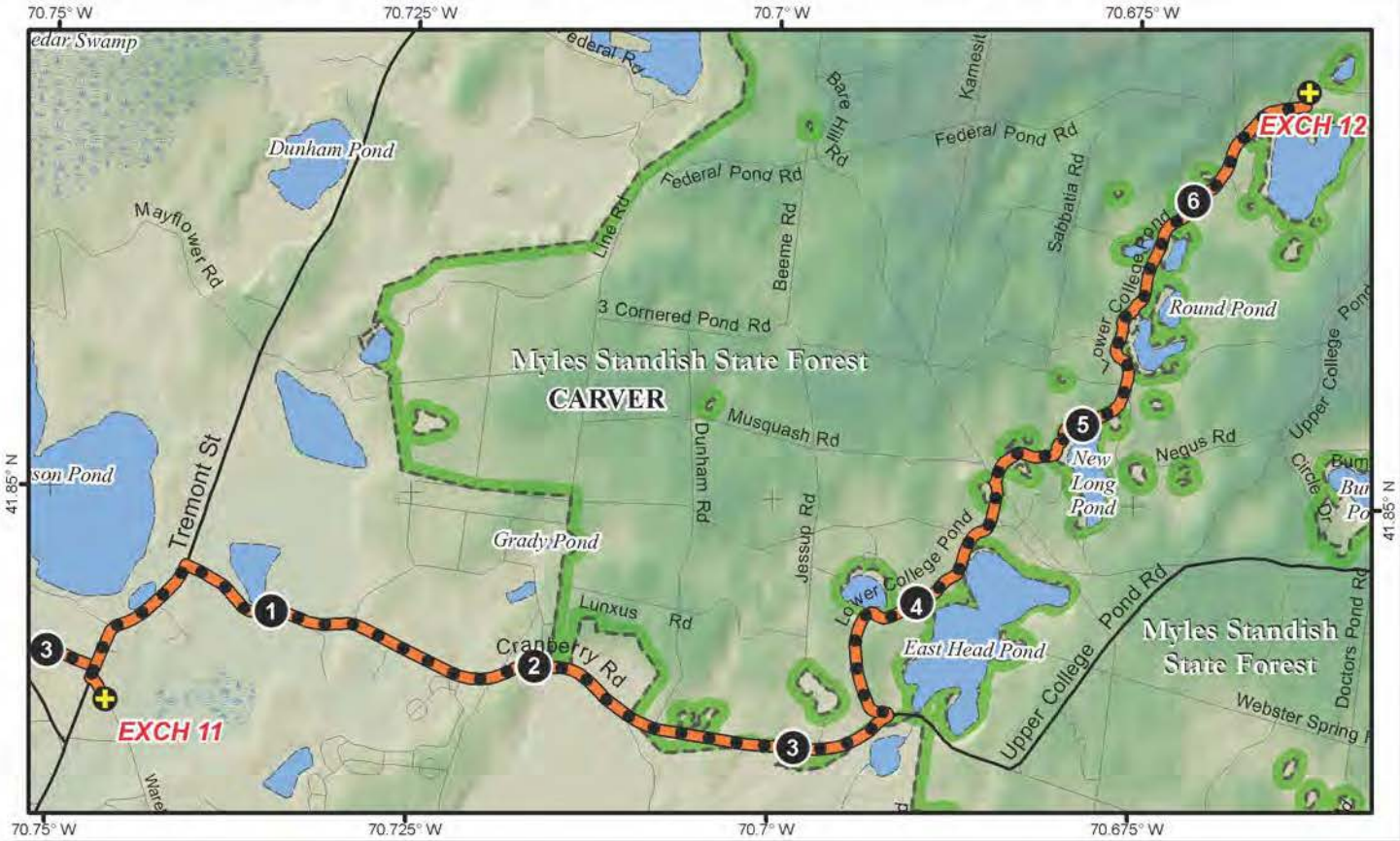


LEG 12 -- 6.6 MILES -- HARD -- FULL VAN SUPPORT



LEG 12 -- 6.6 MILES -- HARD

College Pond Lot  
(See GPS Coordinates)  
41°52'17.79"N 70°39'47.96"W

10:45 AM – 1:30 AM

This is a VIRTUAL EXCHANGE. Let van 1 know when you arrive and their runner will depart virtual exchange 12b. Go straight to exchange 18 after you pick up your runner from exchange 12a. YOU WILL NOT MEET VAN 1 AT THIS EXCHANGE. PLEASE GO STRAIGHT

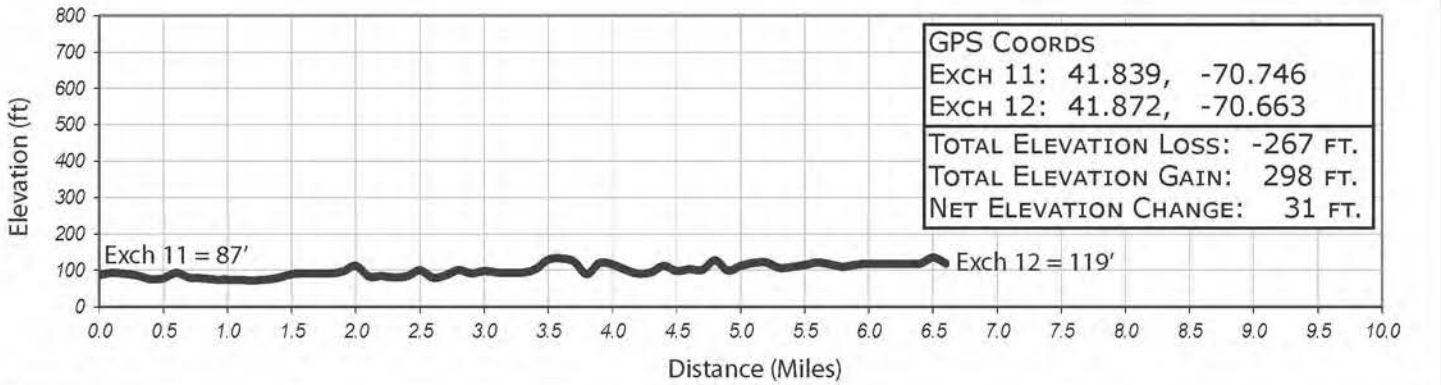
TO EXCHANGE 18 TO MEET VAN ONE AND START YOUR RUNNER FROM THERE.

LEG LEGEND:

- 0.0 Depart exchange LEFT onto Wareham, running with traffic
- Right onto Tremont and stay right at the fork to stay on Tremont
- 0.6 RIGHT on Cranberry Road
- 3.35 LEFT onto College Pond Road.
- Follow runner signs to continue onto Lower College Pond Road
- 6.6 Arrive at exchange 12a

VAN ROUTE:

- (Follow Runner Directions)
- 0.0 Depart exchange LEFT onto Wareham, running with traffic
  - Right onto Tremont and stay right at the fork to stay on Tremont
  - 0.6 RIGHT on Cranberry Road
  - 3.35 LEFT onto College Pond Road.
  - Follow runner signs to continue onto Lower College Pond Road
  - 6.6 Arrive at exchange 12a





# VAN 1 -- LEGS 13-18 -- 27.9 MILES



**OVERVIEW:**  
Welcome to the Cape! This section of the course will show you the legendary towns of Bourne, Sandwich, Mashpee, and Barnstable. Oh, and of course plenty of beach. We don't know about you, but we're beginning to sense a beachy theme here.

**EXCHANGE NOTES:**  
The Cape Cod YMCA will be holding a sleeping fundraiser in the fieldhouse. For \$3 per person, runners will be able to sleep in the fieldhouse. They will also have FREE hot coffee and cocoa at their table just inside the fieldhouse for all runners. Don't forget your hotcup!

**EXCHANGE 18 ADDRESS:**  
Barnstable High School  
744 W Main Street  
Hyannis, MA 02601  
GPS: 41°39'12.19"N 70°19'15.01"W

4:45 PM- 6:15 AM

**INACTIVE VAN DIRECTIONS TO EXCHANGE 18:**

0.0	Depart exchange LEFT
	Head EAST on Lower College Pond Road
0.4	Lower College Pond Road will become Upper College Pond Road and then Alden Road
2.1	RIGHT onto Long Pond Road

4.1	LEFT onto Clark
4.4	LEFT to Merge onto MA-3 S toward US 6/Cape Cod
11.9	Continue onto US 6 E
22.5	Take exit 5 for MA 149 and at the rotary, take the second exit for Service Road
23.2	RIGHT onto Old Stage Road
24.3	LEFT to stay on Old Stage Road
26.3	LEFT onto Falmouth Rd
27.2	RIGHT onto Main St.
28	Exchange is on the RIGHT

