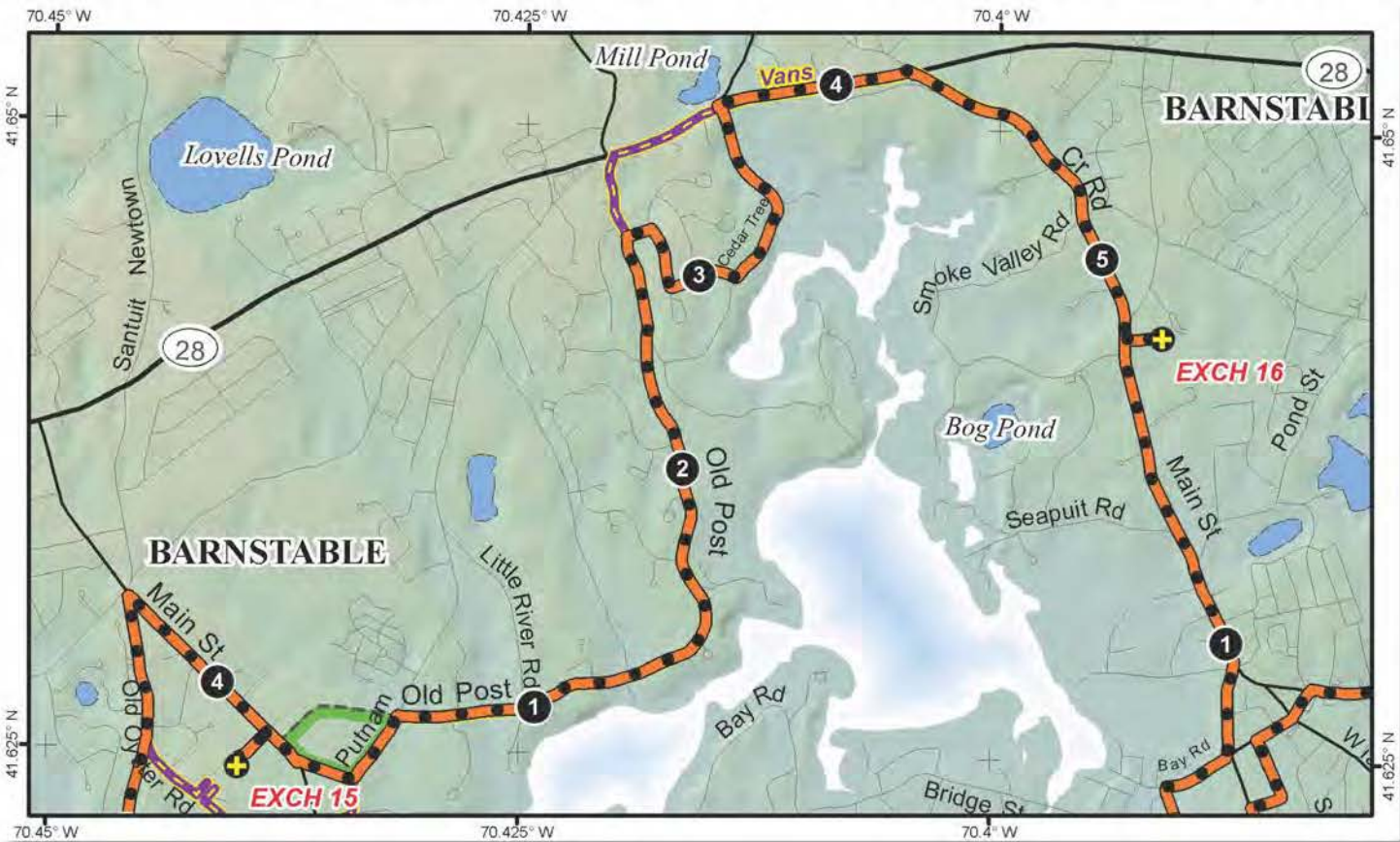


LEG 16 -- 5.3 MILES -- MODERATE -- FULL VAN SUPPORT



LEG 16 -- 5.3 MILES -- MODERATE

Cape Cod Academy
50 Osterville-West Barnstable Road
Osterville, MA 02655
41°38'30.74"N 70°23'28.15"W
6:45 PM-4:30 AM

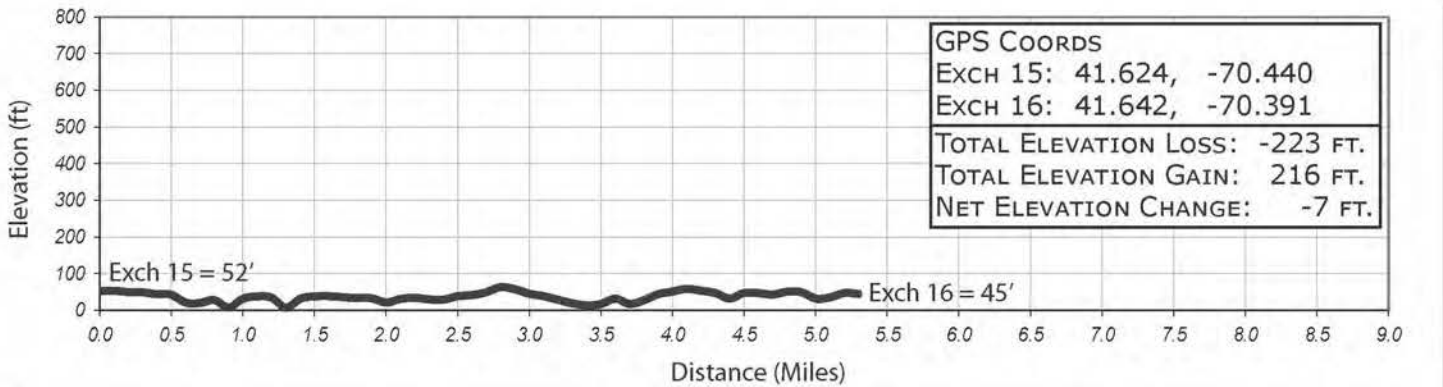
Please enter/exit the school via Old Oyster Road. Runners only will enter via Main Street. Please be courteous and respect neighborhood residents and be Extra quiet after 10PM.

This exchange will have the following Food available for donation/purchase:
Chocolate chunk cookies

- Yogurt granola
 - Chicken Rice soup
 - Turkey wraps
 - Hummus wraps
 - Juice and water
- 3.3 Cedar Tree Neck Road becomes Prince
 - 3.6 RIGHT onto Falmouth Rd/28
 - 4.2 RIGHT onto Main St
 - 5.2 LEFT into exchange 16

- LEG LEGEND:
- 0.0 Depart exchange and take a RIGHT onto Main St
 - 0.25 LEFT onto Lowell
 - 0.4 LEFT onto Putnam
 - 0.6 RIGHT onto Old Post Road
 - 2.65 RIGHT onto Rigging Way
 - 2.7 RIGHT onto Winding Cove Rd
 - 2.9 LEFT onto Little Neck Way
 - 3.1 LEFT onto Cedar Tree Neck Rd

- VAN ROUTE:
- 0.0 Exit exchange 14 South and take a LEFT onto Old Oyster Rd
 - 0.25 LEFT onto Coolidge St
 - 0.4 LEFT
 - 0.5 RIGHT onto Putnam
 - 0.6 RIGHT onto Lowell Ave
 - 0.9 RIGHT onto Old Post Road
 - 3.2 RIGHT onto Falmouth Rd
 - 4.0 LEFT onto Main St
 - 4.3 Arrive at exchange



LEG 17 -- 6.55 MILES -- HARD -- PARTIAL NO VAN SUPPORT



LEG 17 -- 6.55 MILES -- HARD

Craigville Beach
997 Craigville Beach Road
Centerville, MA 02632
41°38'13.24"N 70°20'21.49"W

Please keep noise to a minimum. No support in Osterville. Headphones not allowed. Runners will cross main street several times on this leg. Please be cautious and aware of traffic around you.

LEG LEGEND:

0.0	Depart exchange LEFT onto Main St.
1.1	RIGHT onto Parker Road
1.3	RIGHT onto W Bay Road
1.5	LEFT onto Hathaway Road
2.3	Keep LEFT on Hathaway Road
2.5	LEFT onto Parker Rd
3.1	RIGHT onto 1st Ave
3.3	RIGHT onto W Bay Road
3.5	RIGHT onto Main St/Craigville Beach Road
6.5	Arrive at exchange 17

VAN DIRECTIONS:

(Follow Runner Directions)	
0.0	Depart exchange LEFT onto Main St.
1.1	RIGHT onto Parker Road
1.3	RIGHT onto W Bay Road
1.5	LEFT onto Hathaway Road
2.5	LEFT onto Parker Rd
3.1	RIGHT onto 1st Ave
3.5	RIGHT onto W Bay Road
3.5	RIGHT onto Craigville Beach Road
6.5	Arrive at exchange 17

