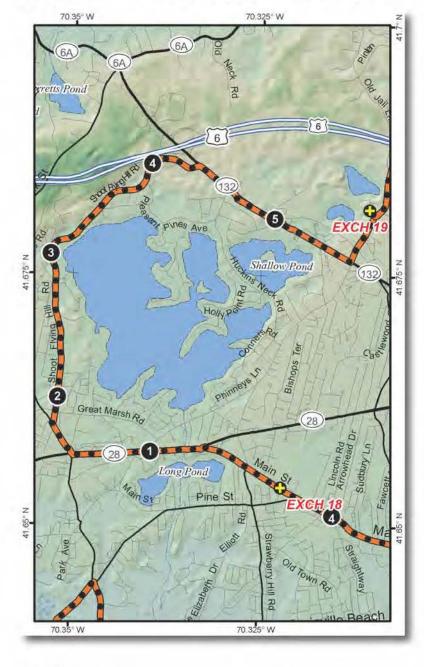
# LEG 19 -- 6.0 MILES -- MODERATE -- FULL VAN SUPPORT



LEG 19 -- 6.0 MILES -- MODERATE

Hathaway Ponds (See GPS Coordinates) 41°40'53.98"N, 70°18'38.18"W

#### LEG NOTES:

Please respect residents. Minimize noise in neighborhoods. No cheering or honking during night time hours.

## LEG LEGEND:

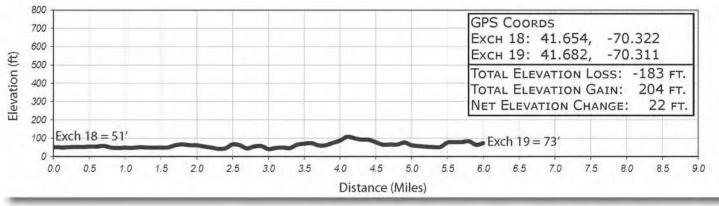
- 0.0 Depart exchange LEFT (W) on Main Street
- 0.7 LEFT onto Falmouth Road
- 1.5 RIGHT onto Old Stage Road
- 1.8 RIGHT onto Shootflying Hill Road
- 4.0 RIGHT onto Iyannough Road/Hwy 132
- 5.6 LEFT onto Phinney's Lane
- 6.0 Exchange is on the LEFT

### VAN LEGEND:

(Follow runner directions)

Depart exchange LEFT (W) on Main Street

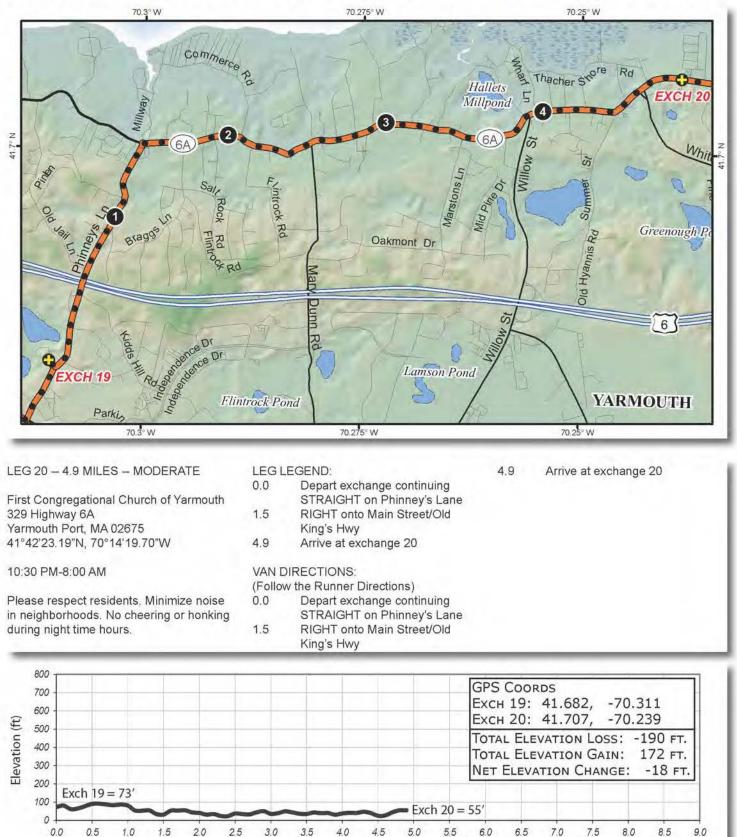
- 0.7 LEFT onto Falmouth Road
- 1.5 RIGHT onto Old Stage Road
- 1.8 RIGHT onto Shootflying Hill Road
- 4.0 RIGHT onto Iyannough Road/Hwy 132
- 5.6 LEFT onto Phinney's Lane
- 6.0 Exchange is on the LEFT



RAGNAR

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## LEG 20 -- 4.9 MILES -- MODERATE -- FULL VAN SUPPORT



40

Distance (Miles)

RAGNAR STR CAPE COD

0.0

0.5

1.0

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9.0