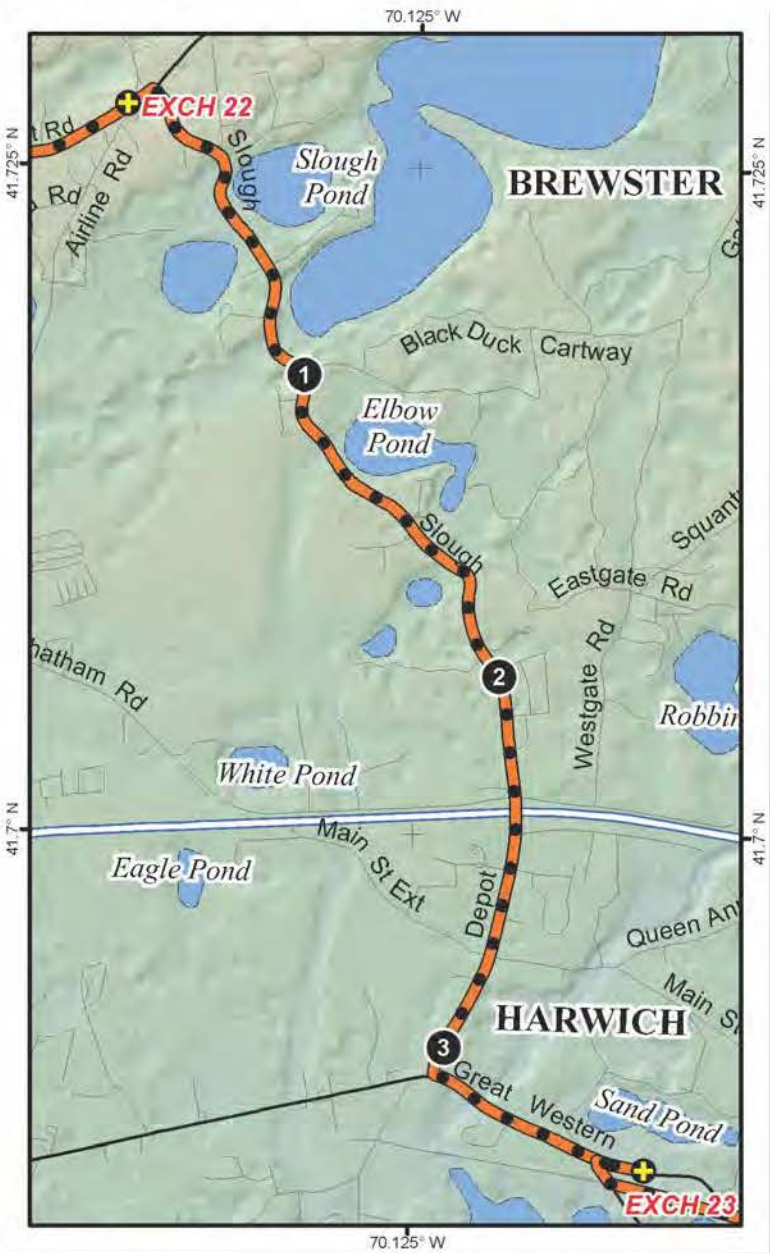


LEG 23 -- 3.7 MILES -- EASY -- FULL VAN SUPPORT



LEG 23 -- 3.7 MILES -- EASY

Sand Lake Recreational Area
176 Great Western Rd, Harwich, MA
41°41'15.64"N, 70° 6'46.62"W

12:15 AM-9:45 AM

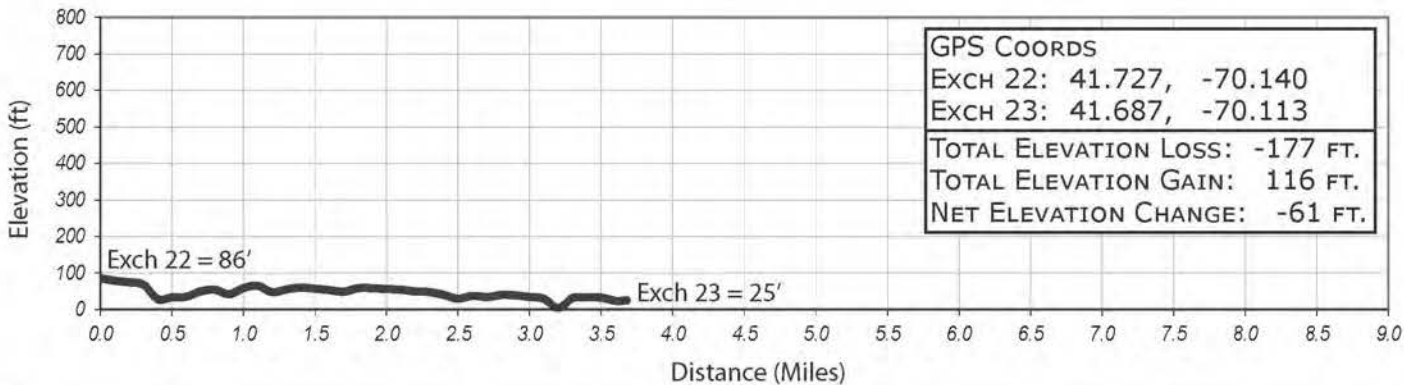
Respect residents. Minimize noise in neighborhoods. No cheering or honking during night time hours.

LEG LEGEND:

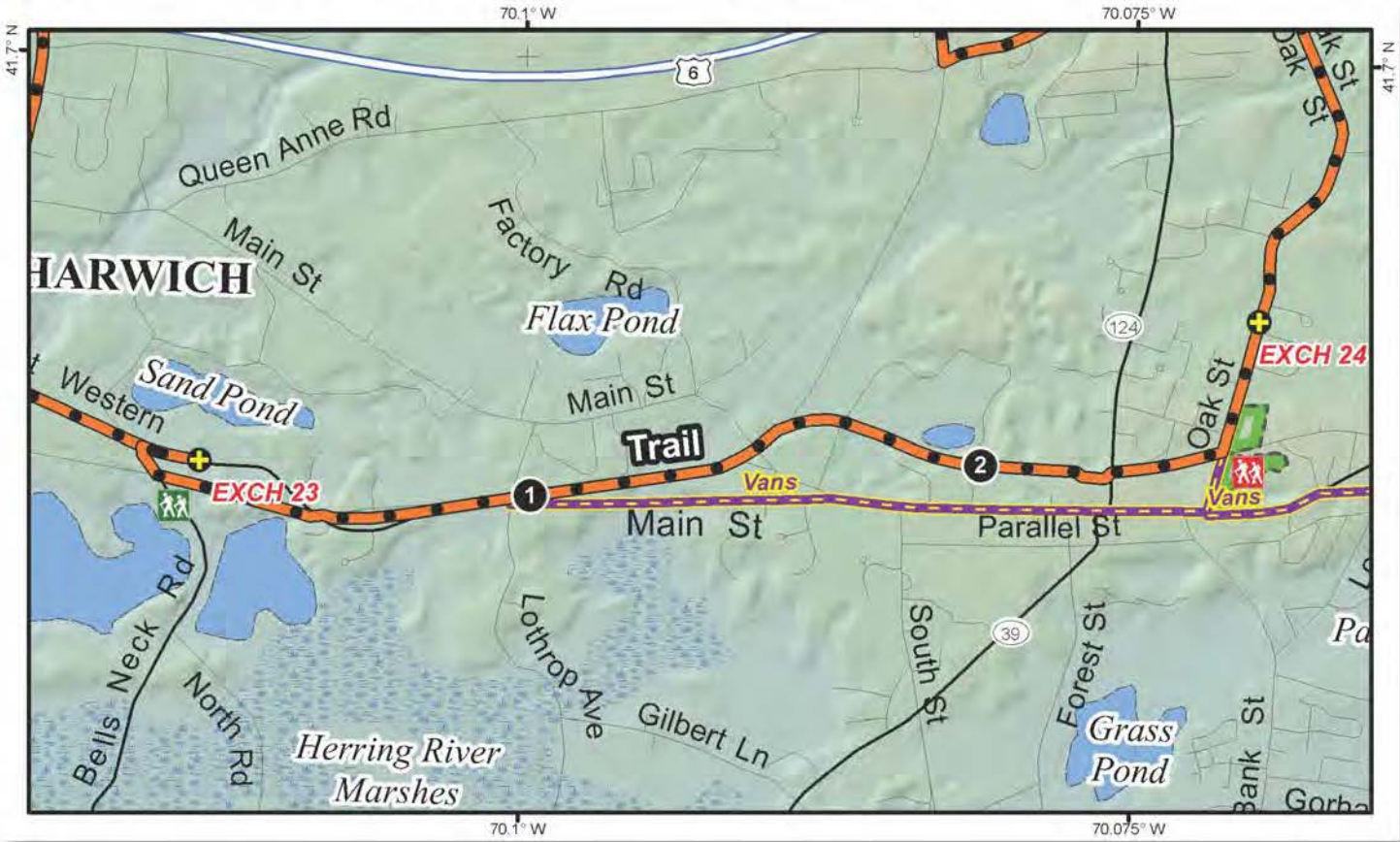
- 0.0 Left out of exchange onto Setucket
- 300 Ft RIGHT onto Slough Road (becomes Depot St as you cross into Harwich)
- 3.0 LEFT onto Great Western Road
- 3.7 Arrive at Exchange 23

VAN DIRECTIONS:

- (Follow Runner Directions)
- 0.0 Left out of exchange onto Setucket
 - 300 Ft RIGHT onto Slough Road (becomes Depot St as you cross into Harwich)
 - 3.0 LEFT onto Great Western Road
 - 3.7 Arrive at Exchange 23



LEG 24 -- 2.81 MILES -- EASY -- NO VAN SUPPORT



LEG 24 -- 2.81 MILES -- EASY

Harwich Community Center
100 Oak St, Harwich, MA 02645
41°41'33.05"N, 70° 4'14.02"W

The Monomoy Boys Soccer Team will be asking for a small donation for inside sleeping in the gym. There are 4 mens and 4 womens showers and stalls off the gym that will be available (bring your own towel). There will be no access to other parts of the building. Overflow parking is available in the lot across the street. Runners and vans will be separated for Most

of this leg as it is on the rail trail. Runners use caution when the trail crosses roads.

LEG LEGEND:

- 0.0 RIGHT out of exchange running back on Great Western Rd. Runners on leg 23 will be coming at you.
- 600 ft LEFT turn onto Bells Neck Road.
- 1000 ft LEFT onto Cape Cod Rail Trail.
- 1.5 RIGHT at split onto Old Colony Rail Trail.
- 2.5 LEFT onto Oak Street.
- 2.8 Arrive at Exchange 24

VAN ROUTE:

- 0.1 LEFT onto Great Western Road, Road becomes Main Street.
- 2.2 LEFT onto Oak Street
- 2.6 Arrive at Exchange 24

