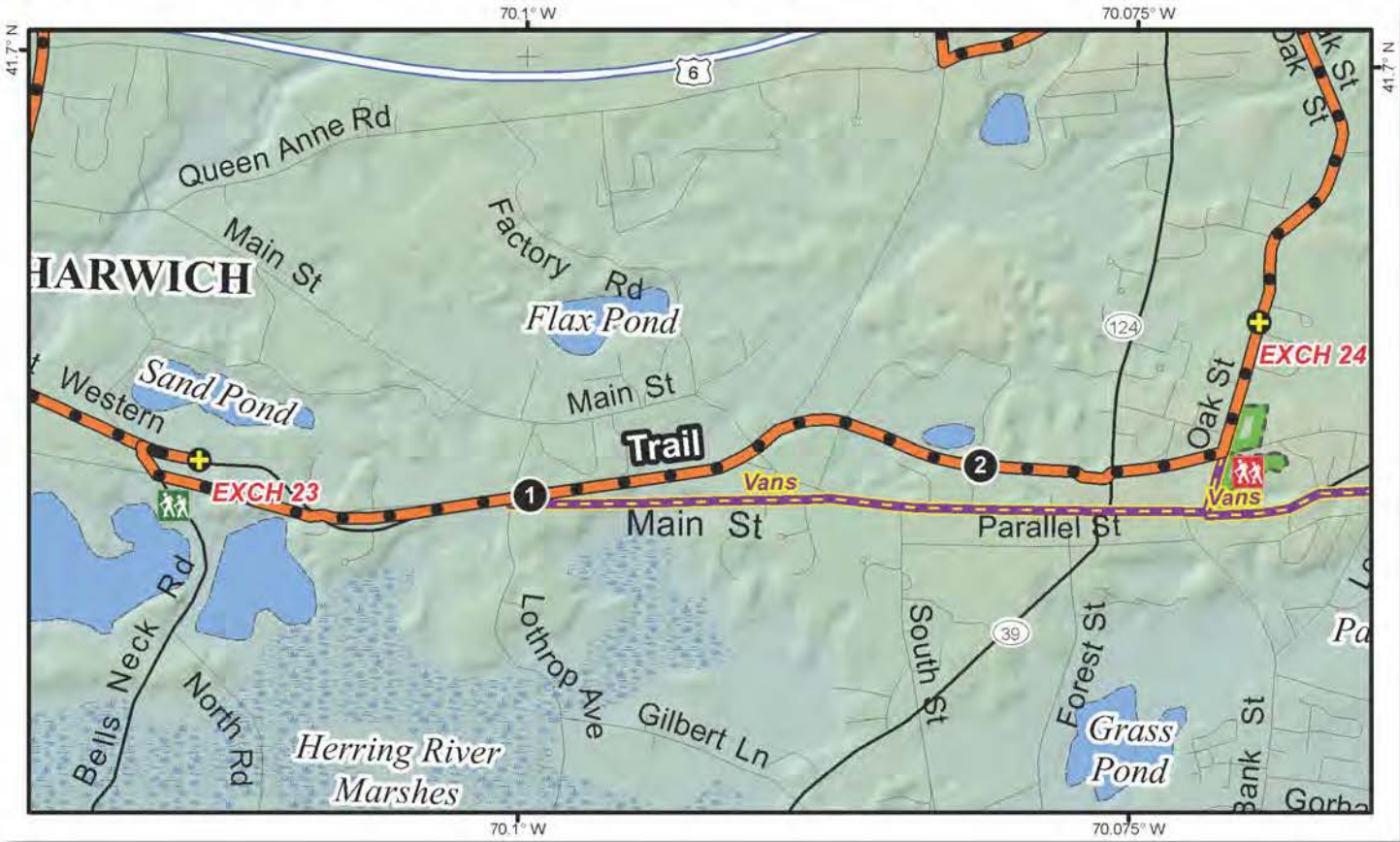


LEG 24 -- 2.81 MILES -- EASY -- NO VAN SUPPORT



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

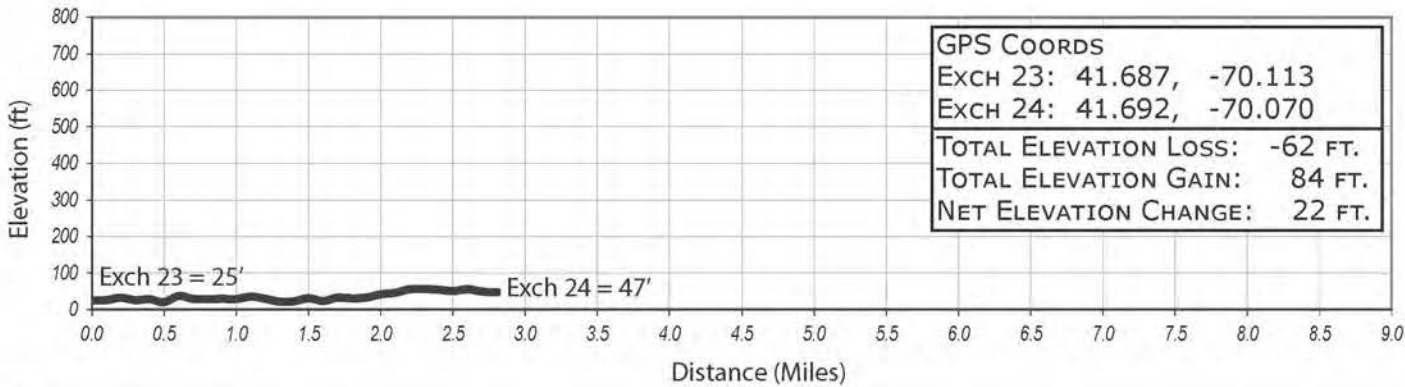
of this leg as it is on the rail trail. Runners use caution when the trail crosses roads.

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



VAN 1 -- LEGS 25-30 -- 28.6 MILES



The school will have the cafeteria open and will be selling a selection of items. Cash only please.
Extra Mile Charity Village featuring The Hole in the Wall Gang Camp, Dylan's Wings of Change, Ben's Light House, REACH Newtown, Smilemass, The Avielle Foundation, and Stupid Cancer
Finish: Newman's Own Lemonade Stand – presented by The Hole in the Wall Gang Camp

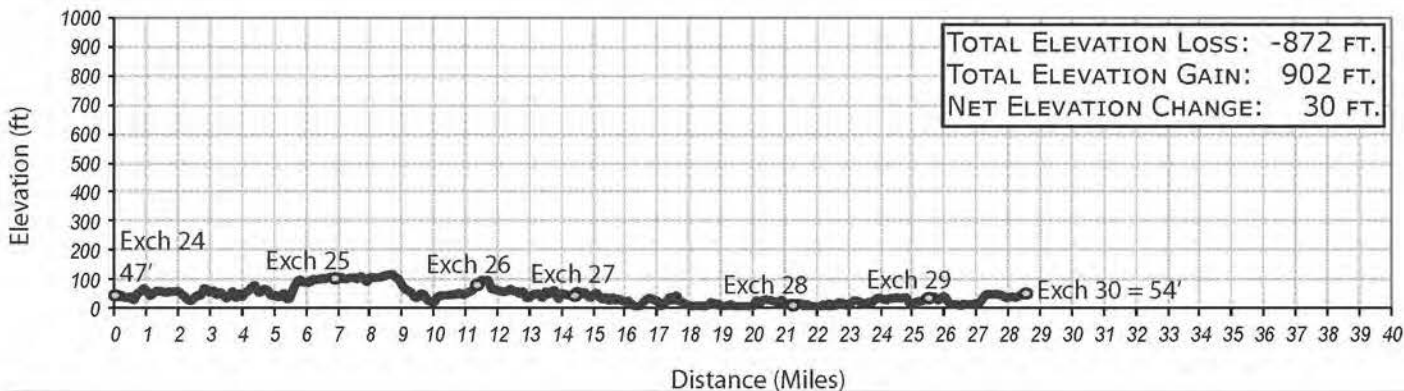
Nauset Regional High School
100 Cable Road
Eastham, MA 02642
41°51'30.37"N 69°58'2.57"W

1:30 AM-3:00 PM

INACTIVE VAN DIRECTIONS TO EXCHANGE

- 30:
0.0 Depart Exchange 24 north on Oak Street
0.4 LEFT (W) onto Har-Wood Avenue
0.7 RIGHT (N) onto Pleasant Lake Avenue

- 1.3 LEFT (W) to merge onto Highway 6 toward Orleans/Provincetown
14.9 RIGHT (E) onto Brackett Road
15.9 LEFT (N) on Nauset Road
16.1 RIGHT (E) onto Cable Road
16.3 Arrive at Exchange 30



TOTAL ELEVATION LOSS: -872 FT.
TOTAL ELEVATION GAIN: 902 FT.
NET ELEVATION CHANGE: 30 FT.