

# LEG 28 -- 7.4 MILES -- HARD -- PARTIAL VAN SUPPORT



## LEG 28 -- 7.4 MILES -- HARD

First Encounter Beach  
Samoset Road  
Eastham, MA 02642  
41°49'18.02"N 70° 0'10.81"W

4:15 AM- 1:45 PM

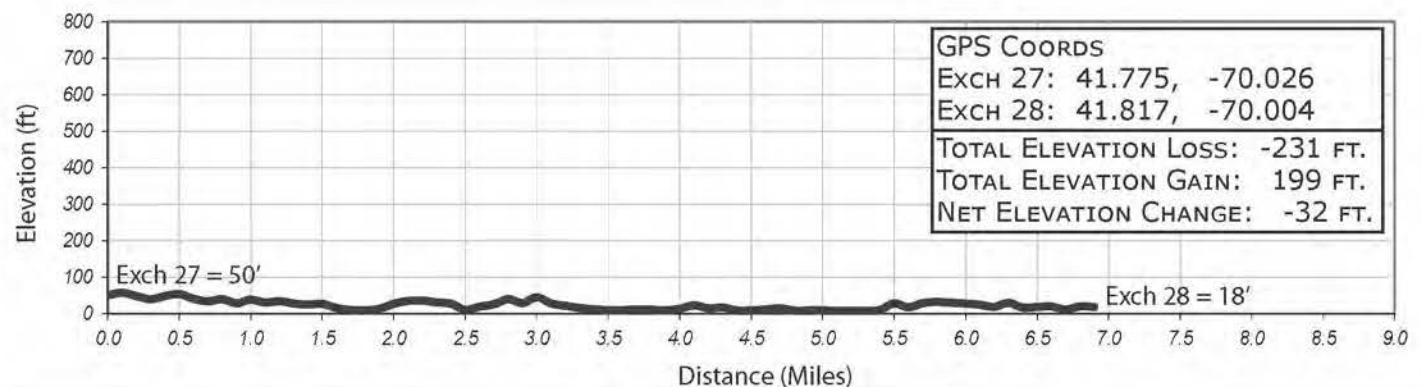
**Vans are not allowed on Skaket Beach Road or Rockharbor Road.** There will be police monitoring the area. If you would like to support your runner, at the rotary, head toward the court house and take a right onto Bridge and catch up with your runner there.

### LEG LEGEND:

- 0.0 Depart exchange LEFT onto Main St
- 0.2 Cross with police assistance at Mitchell Ln
- 0.25 RIGHT Onto Deer Park Rd
- 0.5 RIGHT onto Cape Cod Rail Trail
- 2.3 LEFT off Rail Trail onto West Road
- 2.5 RIGHT onto Skaket Beach Road
- 2.9 LEFT onto Rock Harbor Road.
- 3.45 RIGHT at Youngs Fish Market/wharf to continue on Rock Harbor
- 4.35 LEFT onto Bridge Road.
- 5.1 RIGHT at Bayview to stay on Bridge Road.
- 5.9 LEFT onto Herring Brook Road
- 6.9 LEFT onto Samoset Road running with traffic. (runners on next leg coming at you)
- 7.4 Arrive at Exchange 28

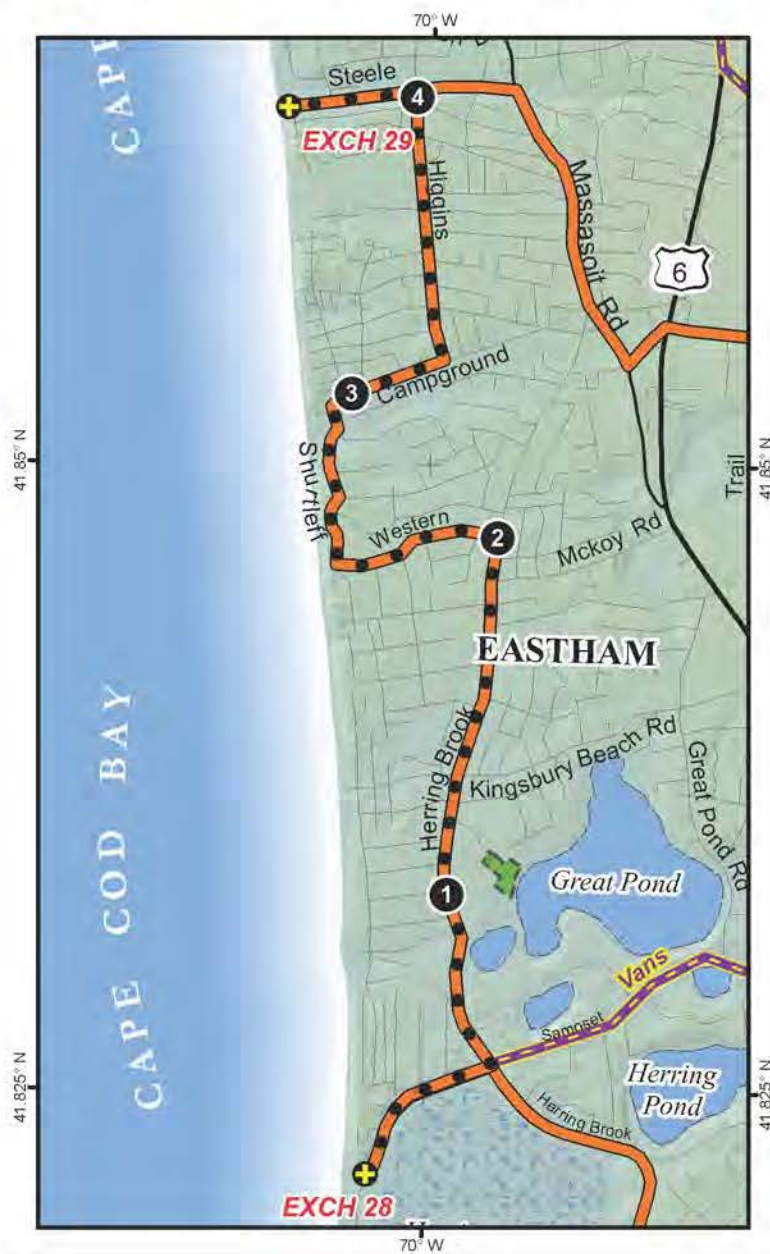
### VAN ROUTE:

- 0.1 Exit exchange RIGHT on MA-6A E/Main
- 1.6 Merge onto MA-6A E/Mid Cape Highway
- 3.8 At the traffic circle, take the 3rd exit onto Rock Harbor Road ramp
- 3.9 LEFT onto Rock Harbor Road
- 4.2 RIGHT onto Bridge Rd
- 5.0 RIGHT to Stay on Bridge Rd
- 5.8 LEFT onto Herring Brook Rd
- 6.8 LEFT onto Samoset Rd





# LEG 29 -- 4.4 MILES -- MODERATE -- FULL VAN SUPPORT



## LEG 29 -- 4.4 MILES -- MODERATE

Cooks Brook Beach  
Steele Rd, Eastham, MA 02642  
41°51'51.12"N 70° 0'27.87"W

5:00 AM-2:30 PM

Please be respectful in this neighborhood.

Nauset Cullinary will be offering the following items for sale-cash only:

PB-Cacao-Superseed balls - 2pk - \$2 • Large Cranberry-Oatmeal-Choc-Almond Super Cookies \$1 • Andean Breakfast Bars (ancient grains, seeds, etc) \$2 • Slice of The Farm! Thick Slice of Super-Moist Delicious Apple-Carrot-Zucchini Bread \$2 HOT: • Hot Oatmeal-Quinoa Bowls w/FRESH Fruit \$3 • MultiGrain Mini-Pita Pockets w/Egg, Slice of Cheese & Mesclun Greens \$4.50 • Coffee, Teas, Hot Chocolate \$1 • Assorted Mini (muffin cup size) Veggie & Cheese Frittatas \$2 COLD: • Pre-Packaged NF Greek Yogurt- w/hm Dried Berries & Almond Granola \$3.50 • Assorted Bottled Cold Drinks (incl. water, coconut water, watermelon water and more) \$2 - \$4 • Mint-Green Iced Tea w/Honey \$2 • Cucumber-Lime-Agua Fresca \$2

### LEG LEGEND:

- 0.0 Depart Exchange 28 on Samoset Road running against traffic (leg 28 runners will be coming at you).
- 0.5 LEFT onto Herring Brook Road.
- 2.0 LEFT onto Western Ave
- 2.5 RIGHT onto Shurtleff Road
- 3.0 RIGHT onto Campground Road
- 3.3 LEFT onto Higgins Road
- 4.0 LEFT onto Steele Road
- 4.4 Arrive at Exchange 29

### VAN ROUTE:

(Follow Runner Directions)

- 0.0 Depart Exchange 28 on Samoset Road running against traffic (leg 28 runners will be coming at you).
- 0.5 LEFT onto Herring Brook Road
- 2.0 LEFT onto Western Ave
- 2.5 RIGHT onto Shurtleff Road
- 3.0 RIGHT onto Campground Road
- 3.3 LEFT onto Higgins Road
- 4.0 LEFT onto Steele Road
- 4.4 Arrive at Exchange 29

