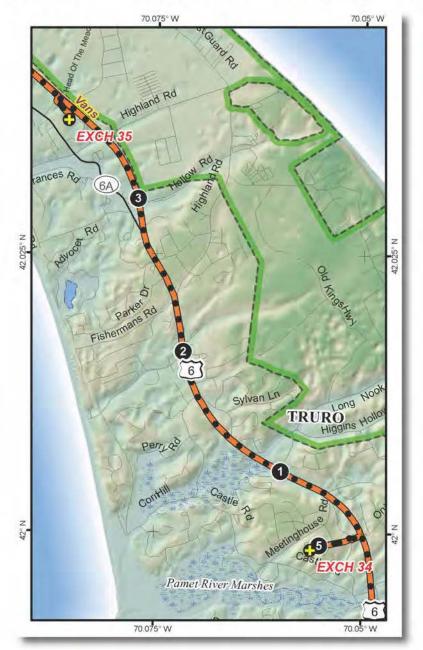
LEG 35 -- 4.52 MILES -- MODERATE -- NO VAN SUPPORT



LEG 35 -- 4.52 MILES -- MODERATE

Truro Community Center 7 Standish Way North Truro, MA 02652 42° 3'2.88"N 70° 4'49.82"W

8:15 AM-6:30 PM

Van drivers There is NO SUPPORT on Route 6. Runners will be running with traffic inside a cone lane.

LEG LEGEND:

Depart exchange East on Town Hall Road 0.0

- 0.6 LEFT on Hwy 6
- LEFT onto Standish Way 3.8
- 3.9 LEFT into Exchange 35

VAN ROUTE

- (Follow runner directions)Depart exchange East on 0.0
- Town Hall Road
- 0.6 LEFT on Hwy 6
- 38 LEFT onto Standish Way
- 3.9 LEFT into Exchange 35

GPS COORDS

700 Ехсн 34: 42.000, -70.056 600 Ехсн 35: 42.037, -70.086 Elevation (ft) 500 TOTAL ELEVATION LOSS: -293 FT. 400 TOTAL ELEVATION GAIN: 212 FT. 300 NET ELEVATION CHANGE: -80 FT. 200 Exch 34 = 123'100 Exch 35 = 43'0 0.5 1.0 1.5 2.0 2.5 3.0 3.5 4.0 4.5 5.0 5.5 6.0 6.5 7.0 7.5 8.0 8.5 9.0 0.0 Distance (Miles)

Reebok A M CAPE COD

800

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LEG 36 - 7.0 MILES - VERY HARD - PARTIAL NO VAN SUPPORT



LEG 36 -- 7.0 MILES -- VERY HARD

Pilgrim Monument 1 High Hill Pole Road Provincetown, MA 02657 42° 3'10.94"N, 70°11'21.03"W

9:00 AM-8:30PM

Vans cannot support, pull over, or park while on Highway 6. You will want to leave yourself plenty of time to get to the finish line and catch the shuttle. To accommodate this, we will be providing one water station. Please remember to have a cup/bottle with you!

We will have chowder and soft drinks for all finishers. Bring your bib tags and ID for beer!

LEG LEGEND:

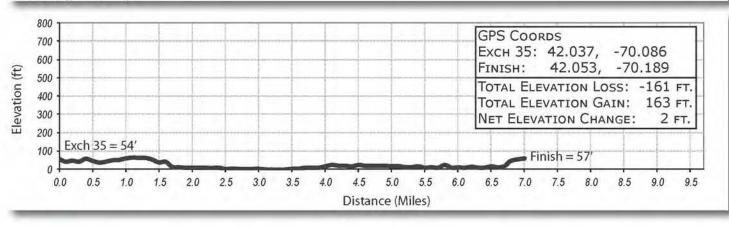
0.0	Depart exchange RIGHT onto
	Standish Way
	Immediate LEFT onto Hwy 6
6.4	LEFT onto Shank Painter

6.45 LEFT onto Jerome Smith

- 6.6 **RIGHT onto Winslow** LEFT into Pilgrim Monument 6.9

VAN ROUTE:

NO SUPPORT Vans take Hwy 6 for 8 miles to Herring Cove Shuttle Lot. There will be a free shuttle to the finish line from there.



RAGNAR STR CAPE COD

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