

VAN 1 -- LEGS 13-18 -- 27.9 MILES



OVERVIEW:

Welcome to the Cape! This section of the course will show you the legendary towns of Bourne, Sandwich, Mashpee, and Barnstable. Oh, and of course plenty of beach. We don't know about you, but we're beginning to sense a beachy theme here.

EXCHANGE NOTES:

The Cape Cod YMCA will be holding a sleeping fundraiser in the fieldhouse. For \$3 per person, runners will be able to sleep in the fieldhouse. They will also have FREE hot coffee and cocoa at their table just inside the fieldhouse for all runners. Don't forget your hotcup!

EXCHANGE 18 ADDRESS:

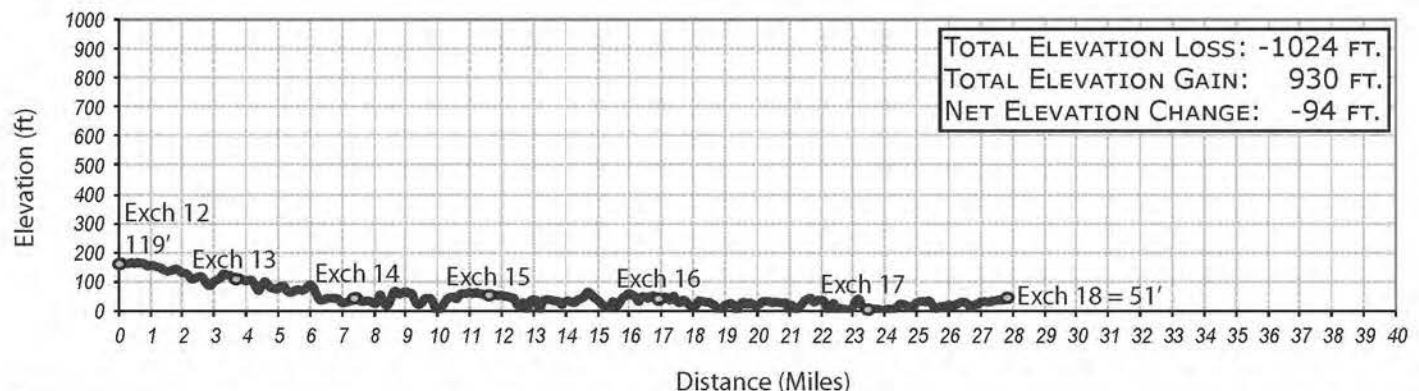
Barnstable High School
744 W Main Street
Hyannis, MA 02601
GPS: 41°39'12.19"N 70°19'15.01"W

4:45 PM- 6:15 AM

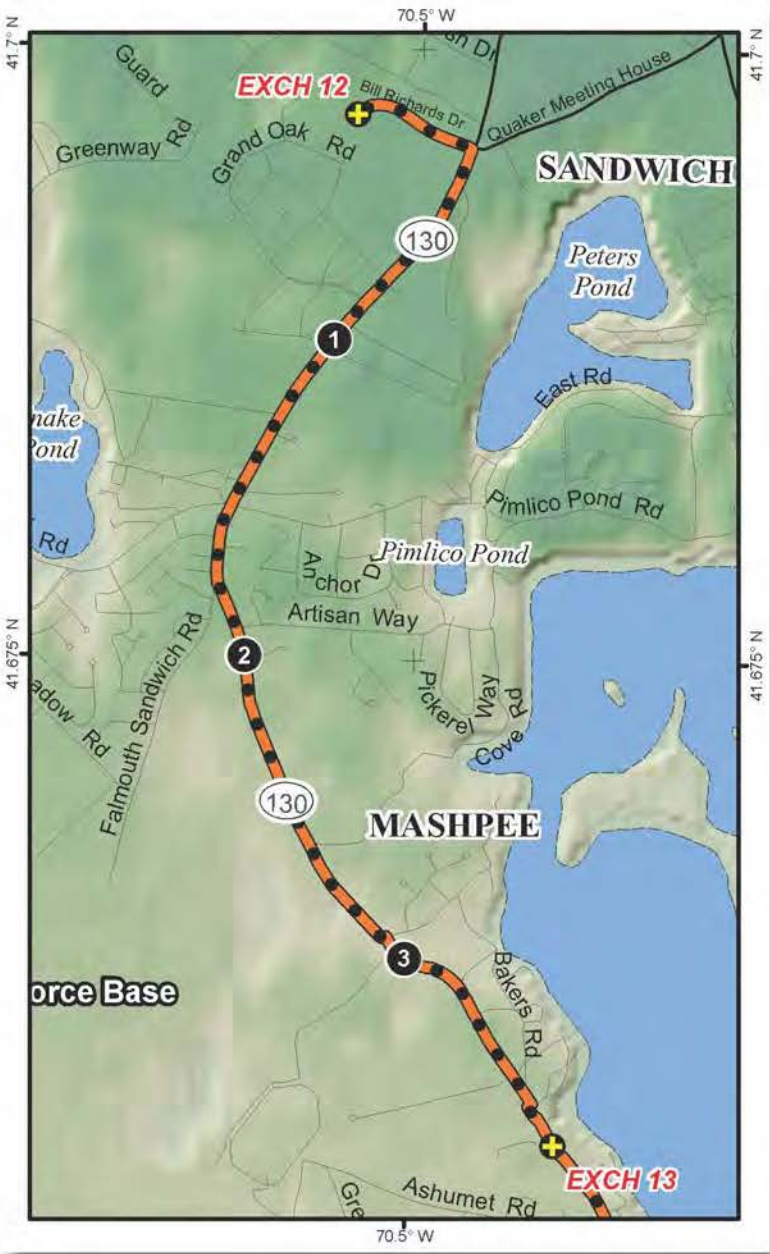
INACTIVE VAN DIRECTIONS TO EXCHANGE 18:

0.0	Depart exchange LEFT Head EAST on Lower College Pond Road
0.4	Lower College Pond Road will become Upper College Pond Road and then Alden Road
2.1	RIGHT onto Long Pond Road

4.1	LEFT onto Clark
4.4	LEFT to Merge onto MA-3 S toward US 6/Cape Cod
11.9	Continue onto US 6 E
22.5	Take exit 5 for MA 149 and at the rotary, take the second exit for Service Road
23.2	RIGHT onto Old Stage Road
24.3	LEFT to stay on Old Stage Road
26.3	LEFT onto Falmouth Rd
27.2	RIGHT onto Main St.
28	Exchange is on the RIGHT



LEG 13 -- 3.7 MILES -- EASY -- FULL VAN SUPPORT



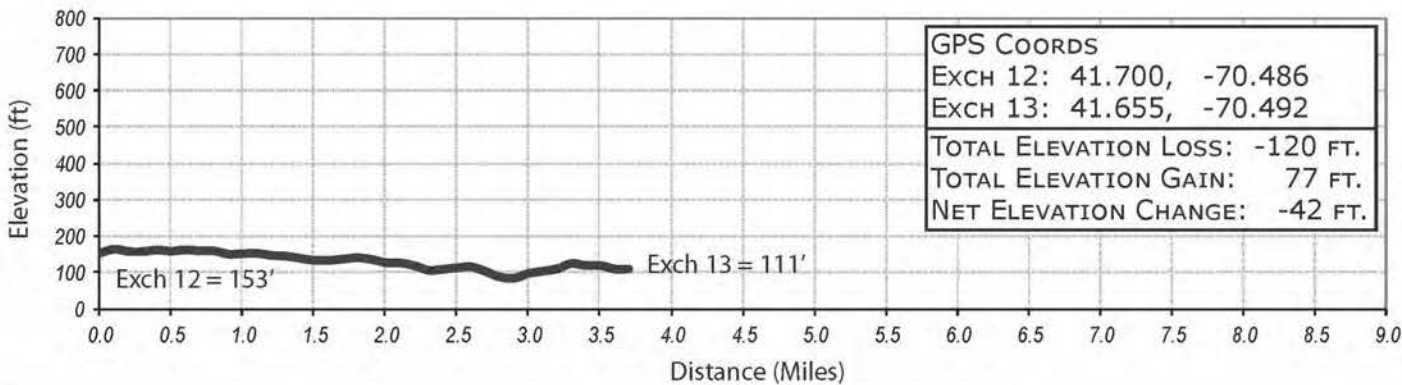
LEG 13 -- 3.7 MILES -- EASY

Heritage Park
520 Main Street
Mashpee, MA 02649
41°39'18.84"N 70°29'31.00"W

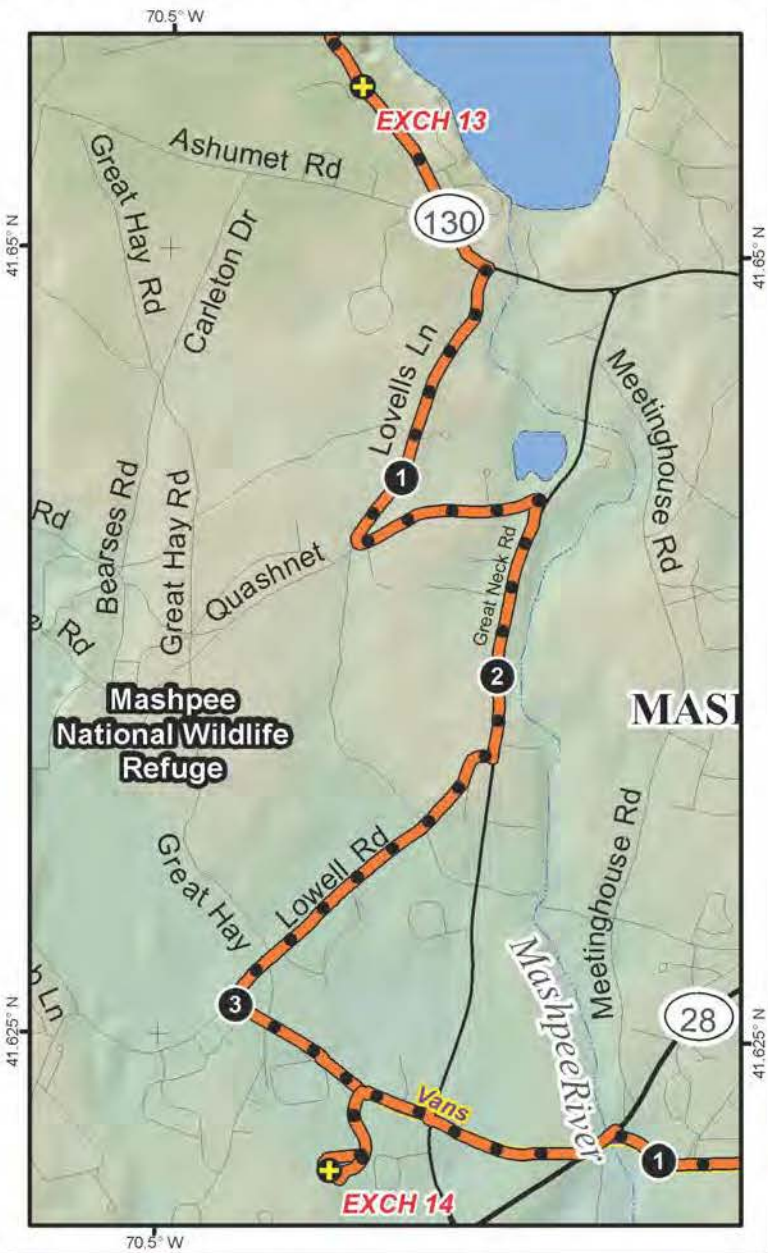
6:00 PM-4:00 AM

- LEG LEGEND:
- 0.0 Depart Exchange East onto Bill Richards Drive
 - 0.3 RIGHT onto Route 30
 - 3.7 Right into exchange 13

- VAN ROUTE:
(Follow Runner Directions)
- 0.0 Depart Exchange East onto Bill Richards Drive
 - 0.3 RIGHT onto Route 30
 - 3.7 Right into exchange 13



LEG 14 -- 3.6 MILES -- EASY -- FULL VAN SUPPORT



LEG 14 -- 3.6 MILES -- EASY

KC Coombs School
150 Old Barnstable Rd, Mashpee, MA 02649
41°37'14.66"N 70°29'33.26"W

5:30 PM-3:30 AM

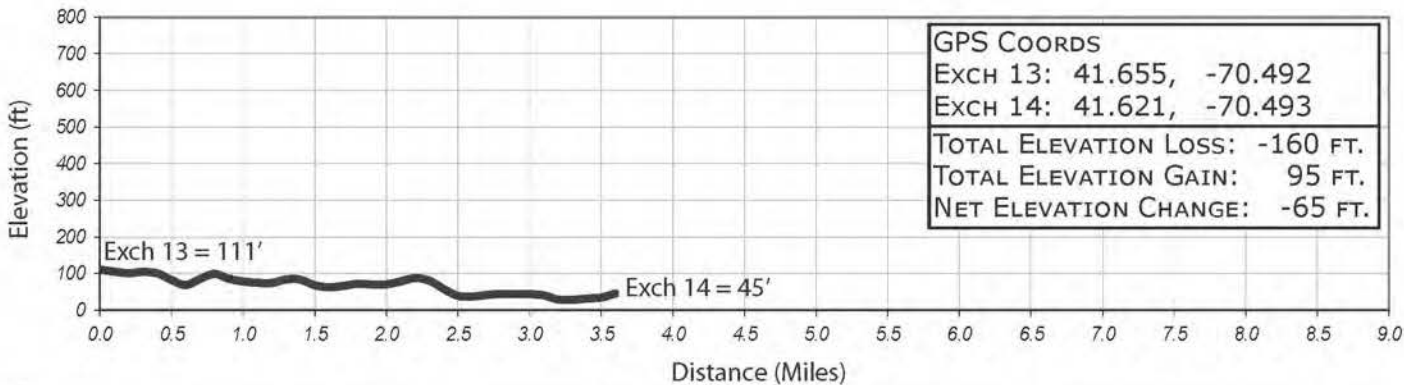
Please respect residents. Minimize noise in neighborhoods. No cheering or honking during night time hours.

LEG LEGEND:

- 0.0 Depart exchange headed south on Main St/130
- 0.5 RIGHT onto Lovell's Ln
- 1.1 RIGHT onto Quashnet Rd
- 1.6 RIGHT onto Great Neck Way
- 2.2 LEFT onto Lowell Rd
- 3.0 LEFT onto Old Barnstable Rd
- 3.3 RIGHT onto Great Hay Rd
- 3.6 Arrive at exchange 14

VAN DIRECTIONS:

- (Follow Runner Directions)
- 0.0 Depart exchange headed south on Main St/130
 - 0.5 RIGHT onto Lovell's Ln
 - 1.1 RIGHT onto Quashnet Rd
 - 1.6 RIGHT onto Great Neck Way
 - 2.2 LEFT onto Lowell Rd
 - 3.0 LEFT onto Old Barnstable Rd
 - 3.3 RIGHT onto Great Hay Rd
 - 3.6 Arrive at exchange 14



LEG 15 -- 4.3 MILES -- MODERATE -- FULL VAN SUPPORT



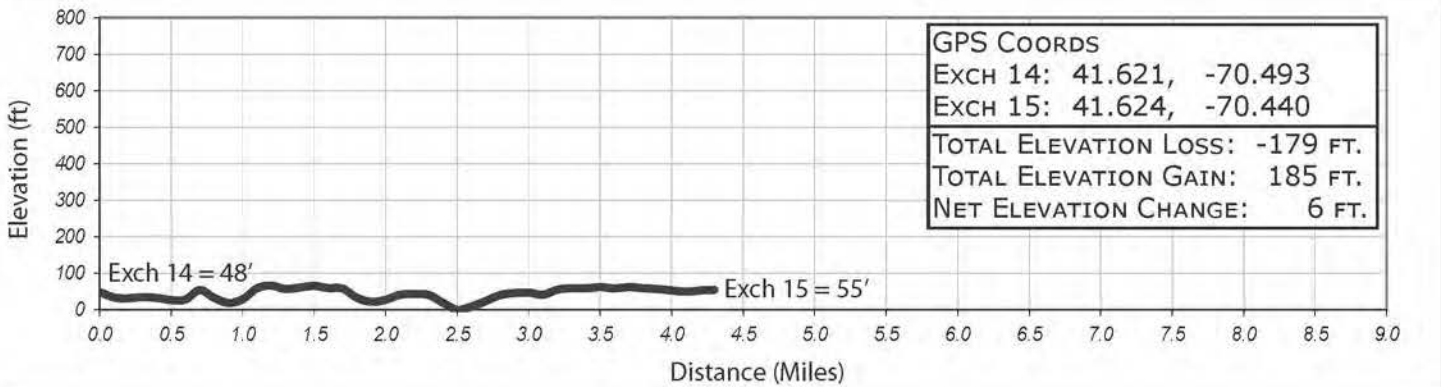
LEG 15 -- 4.3 MILES -- MODERATE

Waldorf school
14 Old Oyster Road
Cotuit, MA 02635
41°37'27.48"N 70°26'23.40"W

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

LEG LEGEND:

- 0.0 Depart exchange RIGHT onto
North on Great Hay Road
- 0.3 RIGHT onto Old Barnstable Road
- 0.8 LEFT onto Falmouth Rd
- 0.9 RIGHT onto Quinaquisset Ave
- 2.6 LEFT onto Santuit
- 3.75 RIGHT onto Lowell St
- 4.2 LEFT into exchange
- 4.3 Arrive at exchange



LEG 16 -- 5.3 MILES -- MODERATE -- FULL VAN SUPPORT



LEG 16 -- 5.3 MILES -- MODERATE

Cape Cod Academy
50 Osterville-West Barnstable Road
Osterville, MA 02655
41°38'30.74"N 70°23'28.15"W
6:45 PM-4:30 AM

Please enter/exit the school via Old Oyster Road.
Runners only will enter via Main Street. Please be
courteous and respect neighborhood residents and be
Extra quiet after 10PM.

This exchange will have the following Food available
for donation/purchase:
Chocolate chunk cookies

Yogurt granola
Chicken Rice soup
Turkey wraps
Hummus wraps
Juice and water

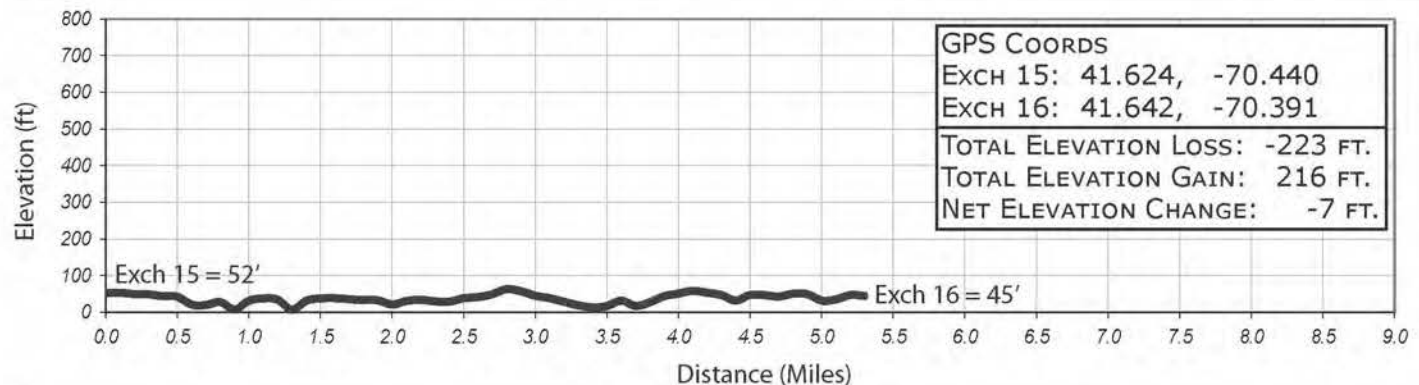
LEG LEGEND:

0.0 Depart exchange and take a RIGHT
onto Main St
0.25 LEFT onto Lowell
0.4 LEFT onto Putnam
0.6 RIGHT onto Old Post Road
2.65 RIGHT onto Rigging Way
2.7 RIGHT onto Winding Cove Rd
2.9 LEFT onto Little Neck Way
3.1 LEFT onto Cedar Tree Neck Rd

3.3 Cedar Tree Neck Road becomes Prince
3.6 RIGHT onto Falmouth Rd/28
4.2 RIGHT onto Main St
5.2 LEFT into exchange 16

VAN ROUTE:

0.0 Exit exchange 14 South and take a LEFT
onto Old Oyster Rd
0.25 LEFT onto Coolidge St
0.4 LEFT
0.5 RIGHT onto Putnam
0.6 RIGHT onto Lowell Ave
0.9 RIGHT onto Old Post Road
3.2 RIGHT onto Falmouth Rd
4.0 LEFT onto Main St
4.3 Arrive at exchange



LEG 17 -- 6.55 MILES -- HARD -- PARTIAL NO VAN SUPPORT



LEG 17 -- 6.55 MILES -- HARD

Craigville Beach
997 Craigville Beach Road
Centerville, MA 02632
41°38'13.24"N 70°20'21.49"W

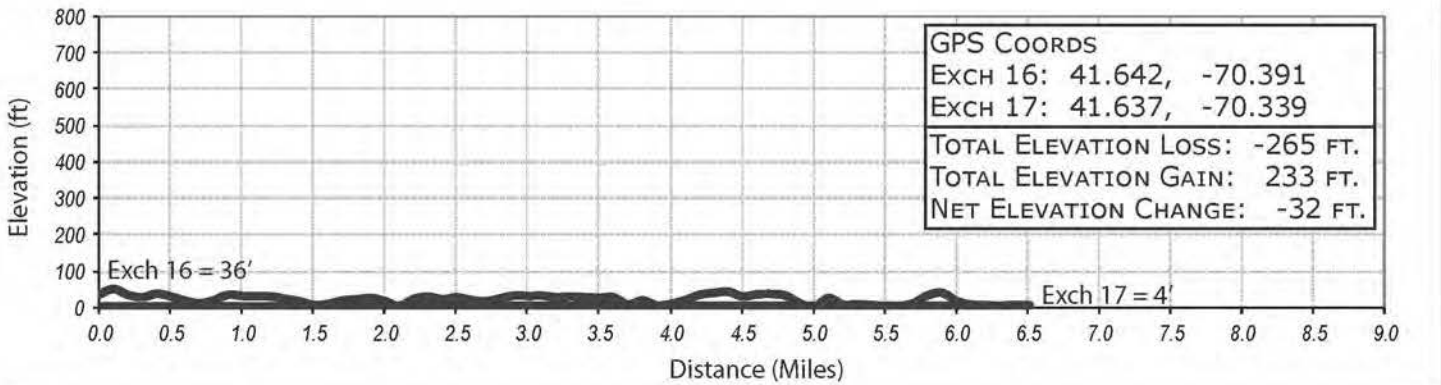
Please keep noise to a minimum. No support in Osterville. Headphones not allowed. Runners will cross main street several times on this leg. Please be cautious and aware of traffic around you.

LEG LEGEND:

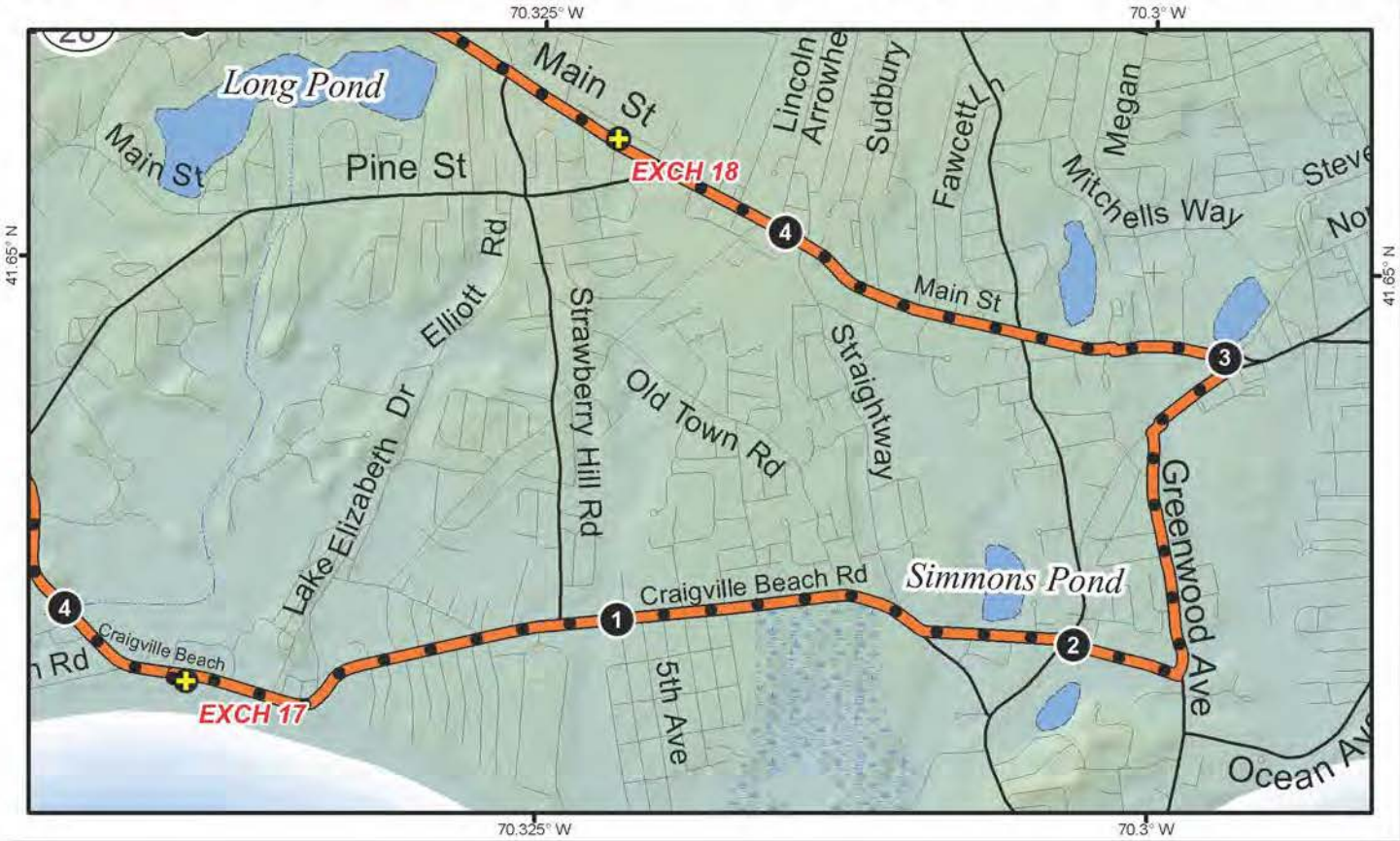
- 0.0 Depart exchange LEFT onto Main St.
- 1.1 RIGHT onto Parker Road
- 1.3 RIGHT onto W Bay Road
- 1.5 LEFT onto Hathaway Road
- 2.3 Keep LEFT on Hathaway Road
- 2.5 LEFT onto Parker Rd
- 3.1 RIGHT onto 1st Ave
- 3.3 RIGHT onto W Bay Road
- 3.5 RIGHT onto Main St/Craigville Beach Road
- 6.5 Arrive at exchange 17

VAN DIRECTIONS:

- (Follow Runner Directions)
- 0.0 Depart exchange LEFT onto Main St.
 - 1.1 RIGHT onto Parker Road
 - 1.3 RIGHT onto W Bay Road
 - 1.5 LEFT onto Hathaway Road
 - 2.5 LEFT onto Parker Rd
 - 3.1 RIGHT onto 1st Ave
 - 3.5 RIGHT onto W Bay Road
 - 3.5 RIGHT onto Craigville Beach Road
 - 6.5 Arrive at exchange 17



LEG 18 -- 4.4 MILES -- MODERATE -- FULL VAN SUPPORT



LEG 18 – 4.4 MILES – MODERATE

Barnstable High School
744 Main Street
Hyannis, MA 02601
41°39'13.87"N 70°19'19.04"W

4:45 PM- 6:15 AM

The Cape Cod YMCA will be doing a sleeping fundraiser in the school for \$3pp. They will also be giving away FREE Hot Cocoa and Coffee. Don't forget to bring

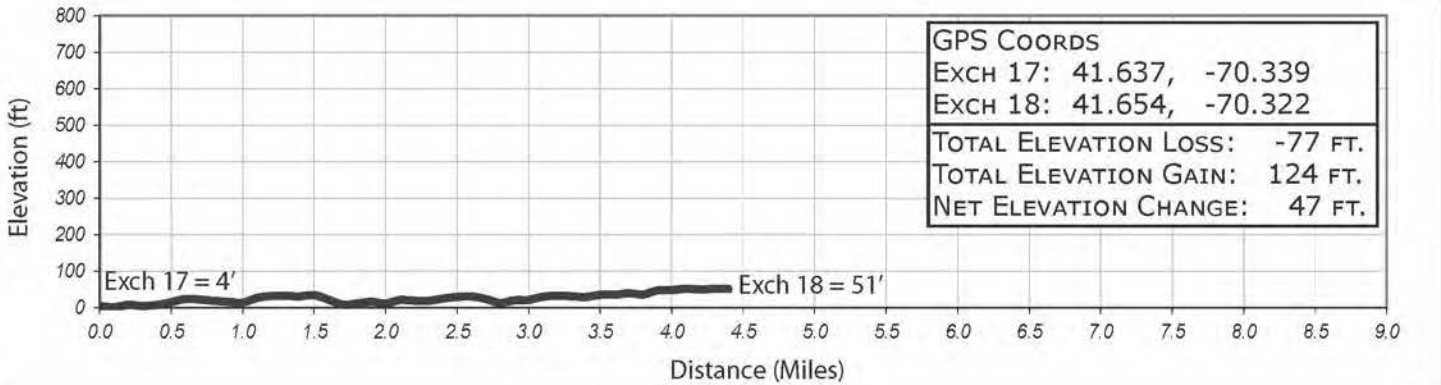
your own Hotcup!

LEG LEGEND:

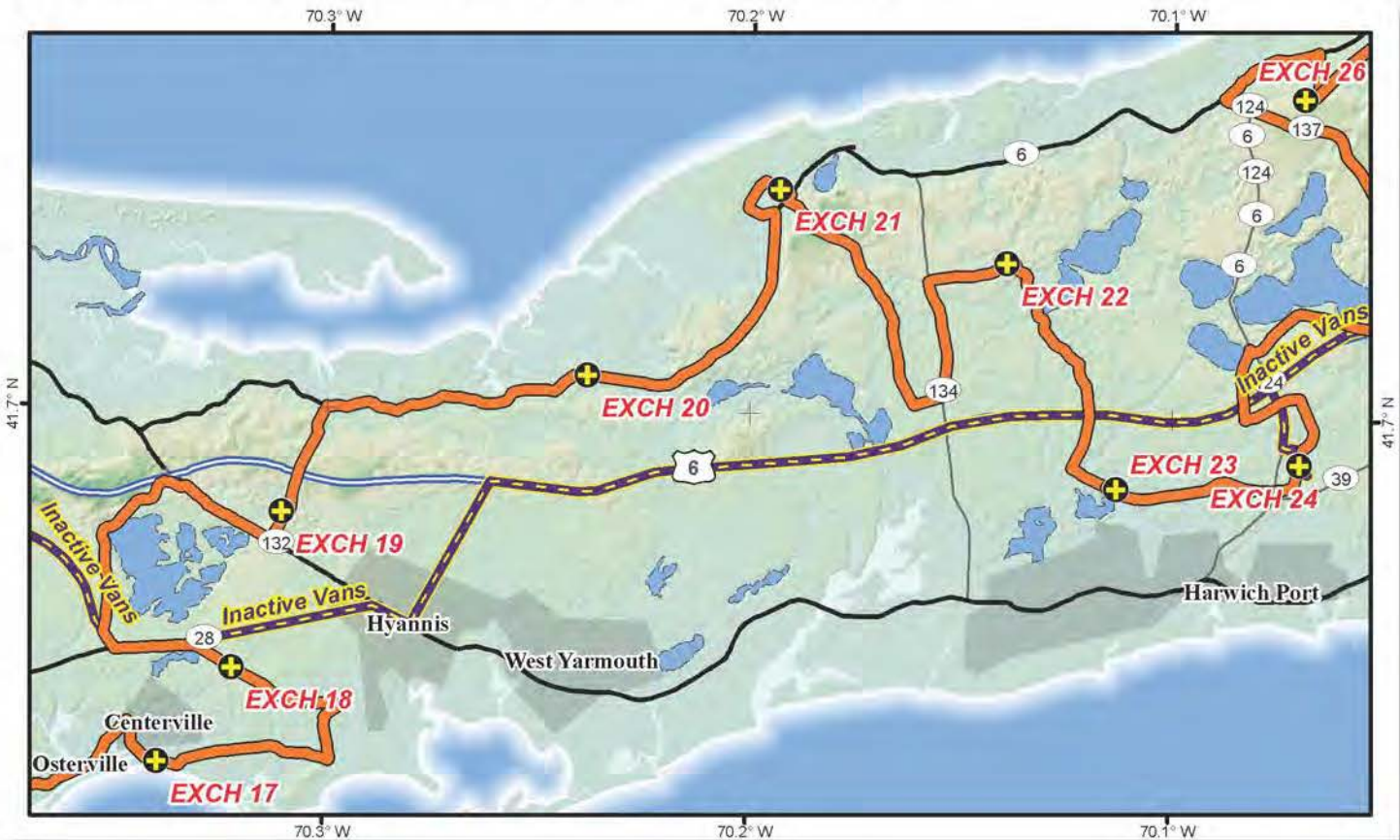
- 0.0 Depart exchange headed east on Craigville Beach Road
- 1.65 LEFT on Smith St. Smith St becomes Marston
- 2.25 LEFT on Greenwood Ave
- 2.75 RIGHT on Scudder Ave
- 3.0 LEFT at the rotary onto Main St.
- 4.4 Arrive at exchange 18 on the RIGHT

VAN DIRECTIONS:

- (Follow Runner Directions)
- 0.0 Depart exchange headed east on Craigville Beach Road
 - 1.65 LEFT on Smith St. Smith St becomes Marston
 - 2.25 LEFT on Greenwood Ave
 - 2.75 RIGHT on Scudder Ave
 - 3.0 LEFT at the rotary onto Main St.
 - 4.4 Arrive at exchange 18 on the RIGHT



VAN 2 -- LEGS 19-24 -- 28.4 MILES



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

9:30 PM-10:15 AM

EXCHANGE NOTES:
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.

INACTIVE VAN DIRECTIONS TO EXCHANGE 24:
0.0 Depart Exchange 18 heading WEST on Main St
0.3 Turn LEFT (N) on Lincoln Rd
0.6 Turn RIGHT (E) on Falmouth Road
2.6 Turn RIGHT (S) at the rotary on to Iyannough Road
3.1 Turn LEFT (N) onto Yarmouth Road. Road becomes Willow

Street
5.1 Merge onto Highway 6 toward Orleans/Provincetown
14.8 Take Exit 10 towardS Harwich/ Brewster
14.9 Turn RIGHT (S) onto Pleasant Lake Avenue
15.0 Turn LEFT (E) onto Queen Anne Road
15.2 Turn RIGHT (S) onto Oak Street
16.0 Arrive at Exchange 24

